

1ST CHAKRA – BASE OR ROOT

RED in utero-7 years old

Mūlādhāra means "root and basis of Existence." Mula means root and adhara means basis.

Base - Located at the tailbone & perineum

Element - Earth

Associated Sense - Smell

Associated Animal - Elephant

Life Lesson - Standing up for oneself



The endocrine gland associated with the base chakra is the adrenals. They regulate the metabolism and immune system. Adrenal glands produce and secrete a hormone called adrenaline. It helps the body to cope with physical and emotional stress by increasing the heart rate and blood pressure.

Description - It represents the will to live and self-preservation or survival. It grounds us in the physical world and to our mother earth. The base center is the physical energy center. It's the motivation and driving center of the physical body. It is connected to trusting life. It works on the filtration system of the body, the blood supply, so it stimulates health through our blood system. By developing a healthy base chakra, you will learn to say yes to life and discover the source of life energy.

Psychological Functions - Survival, Trust, Vitality, Reality, Grounding, Security, Money and Finances, Support, Stability, Sexuality, Individuality, Courage, Impulsiveness.

Associated body parts - Spine (Chi, Life Force) Legs, Feet, Bones, Teeth, Bowels, Prostate, Blood, Bladder, Circulation, Tailbone.

Physical disfunction - Anemia, Fatigue, Obesity, Anus, Rectum (hemorrhoids), Constipation, Colds, Body Temperature, Rebuilds Blood Cells & Hemoglobin, Sciatic, Numbness, Leukemia

Disconnection with Mother Earth is also a principal cause of blockages in this chakra which results in trust issues. The person doesn't trust themselves, others or life. There is overwhelm, indecisiveness and crisis.

Depleted (chakra spins too fast) – bullying, overly materialistic, self-centered, engages in physical risk taking.

Blocked (chakra spins too slowly or not at all) – emotionally needy, low self-esteem, restless, lack of focus, self-destructive behavior, anxious and fearful. Has trouble taking care of themselves including financially. Any traumas from 0-7 years may cause a blockage in the root chakra. They will not have a strong presence in thy physical world. Avoids physical activity and may be "sickly". Lacks physical power.

Balanced – feels secure within oneself, doesn't have to look for security outside of themselves. Feels grounded and balanced and has a deep connection to the earth. Demonstrates self-mastery, high physical energy, healthy, vibrant. Strong will to live and strong life force energy. They will exude a strong presence of power and vitality.