

CHAKRA NUMBER ONE: ROOT CHAKRA

FUNCTION ASSOCIATED WITH THIS CHAKRA:

SURVIVAL

GROUNDING

EARTH

CORRELATION

Meaning	Root/Support
Location	Perineum, Base of Spine
Inner State	Stillness, firmness, stability
Glands Associated	Adrenals
Malfunction	Hemorrhoids, constipation, sciatica, degenerative arthritis, knee troubles, obesity, and anorexia

THE ROOT CHAKRA

The first chakra is the foundation of our whole system, the first building block upon which all the other charkas must rest. To deny attention to our foundation is to build on shaky ground.

Grounding

Grounding involves opening the lower charkas, merging with gravity, and feeling ourselves as an integrated flow of energy.

Without grounding, we are unstable. We lose our center. We lose our ability to contain, to have or to hold. When we lose our ground, our attention wanders from the present moment, and we appear to be "not all here".
Grounding is a simplifying force. We are bringing our consciousness into the body which, for all practical purposes, exists in one space and one time only – the here and now. Our thoughts, by contrast, are much more versatile, extending outside of space and time.

The human body/mind is a finely tuned instrument capable of receiving and transmitting an enormous variety of energies. Like any stereo receiver, we need to plug it in to make it work, thus completing the circuit that makes us a channel.

Grounding is a way of coping with stress. It is a way to channel excess tension. When something is truly grounded, it is brought to rest – to solidify and make still.

Grounding brings clarity through stillness. It is like "letting dirty water sit still in the glass long enough for the mud to settle to the bottom."

In this state of "groundedness" decisions are more easily made. It is a state that takes us out of the worries of the future or the frets about the past into a dynamic focus of our experience in the present moment.

While the stability of grounding is a necessary state to achieve, undue attachment to this security can be detrimental. It is possible to dominate our consciousness with addictions to material comforts.

One who is perpetually plagued by health problems or constantly struggling with "where their next meal is to come from" is caught on this first chakra level.

SURVIVAL

The consciousness level of the first chakra is centered around survival. Here we function from an instinctual level of consciousness concerned with hunger, fear, the need for rest, warmth and shelter.

Threats to survival stimulate the adrenal glands for that burst of extra energy when we need it. As our body gets energized, our awareness is heightened. The challenge of survival requires us to think and act quickly. Our consciousness is spontaneously focused on our situation in a way that rarely occurs at other times.

Events like losing a job, coming down with an illness or being evicted from an apartment can trigger our first chakra into working overtime.

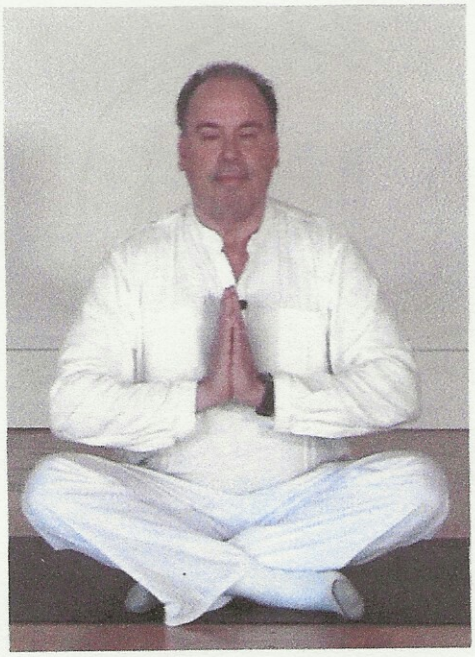
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THE BODY

Just as our houses are homes for our bodies, our bodies are homes for our spirit.

What our body expresses is an expression of ourselves. If our shoulders feel burdened and heavy, that's our body expressing that we also feel burdened and heavy. If our knees don't want to support us, our body is telling us that we don't have adequate support in our life for what we are doing.

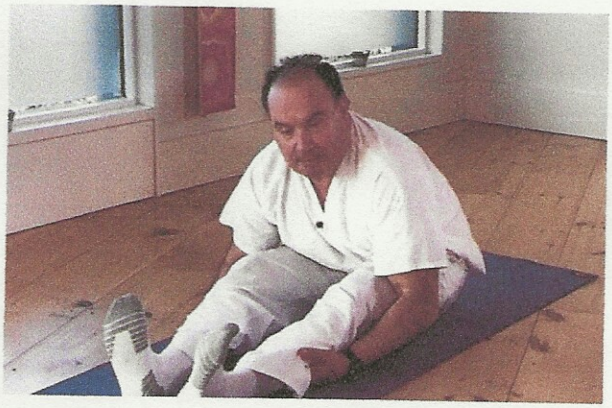
One way of making the first chakra "happy" is by taking care of ourselves and our body. Resting when we need to rest, eating well, exercising and giving the body pleasure. Massage, hot baths, good food, and pleasant exercises are all ways of nurturing ourselves and healing the mind/body split.



ONG NĂMŌ GURŪ DĔV NĂMŌ

(I bow to the teacher within)

Sit on the floor with legs crossed,
spine and head straight,
perpendicular to the floor
with hands in prayer position
at the level of the heart.





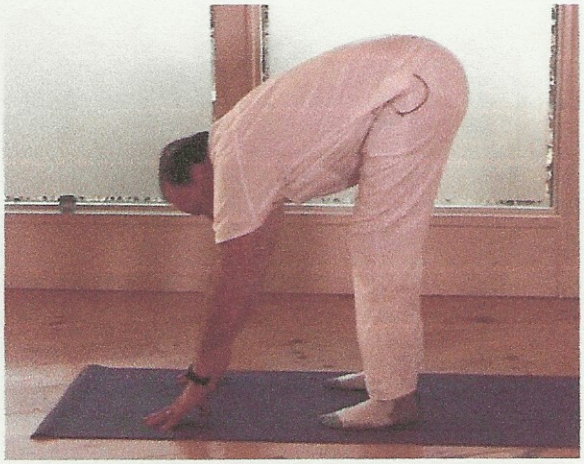
LIFE NERVE STRETCH

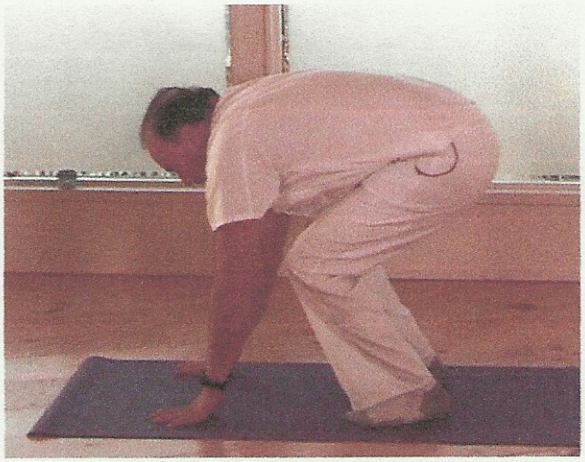
Sit on the floor with legs together and extended straight. Hands holding the ankles.

Exhale through the nose bending at the **base** of the spine. Keeping the back straight, stretch the life nerve. As you exhale feel the air from the top of the thighs to the feet.

Inhale bending up again until arms are fully extended, maintaining the back straight.

Repeat 20x





THE ELEPHANT

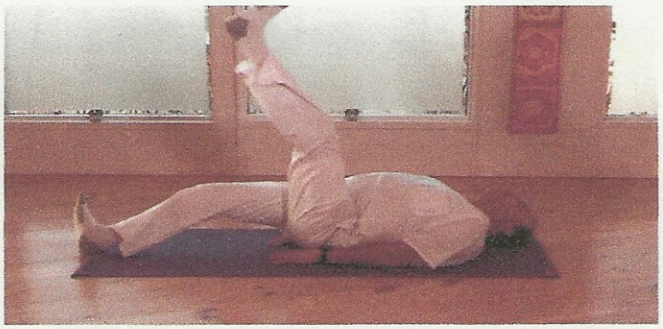
Bend over with your knees slightly bent and touch your palms to the floor.
Move your hands forward if this difficult.

Inhale and **bend** your knees to about 45 .°

Exhale and **straighten** your knees until they are almost straight, but never locked.

Repeat until you feel a shaking or streaming of energy in your legs.
(usually 8 – 10 x if done slowly.)





ALTERNATE LEG LIFTS

Lie on the floor,
arms kept on the sides,
hands under the buttocks.
Keep legs together and straight.

Inhale through the nose.
Keeping the right leg straight, lift the leg **up** until it reaches 90°

Exhale bringing the leg back **down**.
Imagine the breath is lifting and lowering your leg.

Repeat with the left leg.