



CHAKRA 1 – ROOT, *the base center of primal energy and survival*

COLOR: **RED**, 4 lotus petals, each corresponding to the psychological states of joy, natural sexuality, security.

4 Lotus petals represent; Bliss of Union, Highest Bliss, Heroic Bliss and Innate Bliss.

SANSKRIT NAME: Muladhara, grounding or “the support of the root”.

LOCATION: Base of the spine (tailbone).

MANTRA: LAM

ELEMENT: Earth

Physiological System: Reproductive, balance of the endocrine system the gonads (ovaries and testes).

KUNDALINI SHAKTI – Earth Mother energy. The kundalini serpent is coiled like a snake at the base and lies waiting to be awakened to our discovery of our true self. With 3-1/2 coils from right to left with the head of the serpent usually pointing downward, which suggests the kundalini asleep. When the head of the kundalini serpent is turned upward, it is beginning to rise with spiritual awakening. Kundalini is in continuous flux, making a constant humming sound, like the buzzing of bees. This is an **om** sound, precursor of all sounds in the cosmos.

Dysfunctioning: Feeling like we never get enough food, money, items, sex.

Associated with: our feet, ankles, knees, groin.

Disorders that can occur: when out of balance, some disorders are known to be associated with the sacrum, spine, excretion and sexual organs.



MUDRA USED WHEN PERFORMING A ROOT CHAKRA CLEARING

