



CHAKRA ONE

ROOT CHAKRA

A poem by Daisy Lu

She comes to me like a whisper in the night.

I am too awake to be dreaming, my eyes wander in the darkness, no stimulation to distract me.

Again I hear her tiny voice as an incantation and in the darkness I feel safe.

I take deep, cleansing breaths into my lungs letting go of the day's stresses.

The voice inside me becoming clearer now "I am safe. I am secure. I am home."

With a final deep, cleansing breath I let go of everything and drift off to sleep.

Checklist for the Week

- Read through the entire chapter about this chakra.
- Determine your deficiencies and excesses in this chakra. What needs healing?
- Wear the color or keep it prominent.
- Work with your Chakra guardian.
- Meditate on your original Mandala.
- Make a new Mandala after working with the Chakra for a while.
- Work with the affirmation.
- Work with the stones, foods, herbs, spices, incense,
- Go through the correspondences and work with the items that resonate with you.
- Work with your Tarot cards or Runes.
- Record Ronald's meditation in your own voice to listen to at least daily.
- Chant the Mantra using the Mudras,
- Tone.
- Journal your thoughts and emotions.
- Keep a dream journal.
- Perform the exercises and practices given in each Chakra section.
- Check the website. www.razena.net
- Check in on the Facebook page.

CHAKRA ONE SYMBOLS AND CORRESPONDENCES

Sanskrit Name: *Muladhara*

Meaning: Root support

Location: Perineum, base of spine, coccygeal plexus

Element: Earth

Outer Manifestation: Solid

Psychological Function: Survival, Vitality, Reality, Grounding, Security, Support, Stability, Sexuality, Individuality, Courage, Impulsiveness

Emotions: Passions

Inner State: Stillness, security, stability

Rights: Right to be here, right to have

Identity: Physical identity

Orientation to Self: Self-preservation

Demon: Fear

Developmental Stage: Womb–12 mos.

Mantra: OM SHANECHRAYA NAMAHA

Vedic astrological associations: Gemini (A man with a club and a woman with a lute in a close embrace) and Cancer (Crab).

Vedic God association: Ganesha

Affirmation: "I am connected to the earth."

Basic Movement/Exercises: Stomp your feet on the ground, march in place, do squats.

Archangel: Sandalphon: Earth Healing, Carrying Prayers to God

Essential oils: Angelica, Balsam de Peru, Benzoin, Black Pepper, Cardamom, Atlas Cedarwood, Cinnamon, Clove, Elemi, Fennel, Frankincense, Garlic, Ginger, Grapefruit, Helichrysum, Lemon, Marjoram, Myrrh, Oakmoss, Patchouli, Rosewood, Sandalwood, Thyme, and Vetiver.

Herbs/Spices: Horseradish, Paprika, Chives, Garlic, Cayenne Pepper,

Flowers: *Leycesteria Formosa* "Bleeding Heart"

Stones: Red Jasper, Garnet, Onyx, Rubies, Apache Tear, Red Tiger's Eye, Smokey Quartz, Obsidian, Black Tourmaline & Hematite.

Foods: Protein (especially animal protein), root vegetables, edible and medicinal mushrooms, red-colored foods (apples, pomegranates, etc)

Tarot Major Arcana: Emperor, Devil, World

Tarot Suit: Pentacles

Rune: Fehu

CHAKRA ONE SYMBOLS AND CORRESPONDENCES

Glands: Adrenals

Associated Body Parts: Spine (Chi, Life Force) Legs, Feet, Bones, Teeth, Large Intestines, Prostate, Bladder, Blood, Circulation, Tailbone

Physical Dysfunction: Weight problems, Anemia, Fatigue, Obesity, Anus, Rectum (hemorrhoids), Constipation, Colds, Body Temperature, Bladder Infection, Sciatic, Numbness, Leukemia, degenerative arthritis, knee troubles

Color: Red

Sense: Smell

Seed Sound: Lam

Vowel Sound: O as in rope

Petals: Four—vam, sam, sam, sam

Sephira: Malkuth

Planets: Saturn, Earth

Metal: Lead

Corresponding Verb: I have

Yoga Path: Hatha yoga

Herbs for Incense: Cedar

Animals: Elephant, ox, bull

Lotus Symbols: Four red petals, yellow square, downward pointing triangle, Shiva lingam, around which Kundalini is coiled three and one-half times, white elephant, eight arrows outward. Above the *bija* (seed syllable) is the Child Brahma and the Shakti Dakini.

Hindu Deities: Brahma, Dakini, Ganesha, Kubera, Uma, Lakshmi, Prisni

Other Pantheons: Gaia, Demeter/Persephone, Erda, Ereshkigal, Anat, Ceridwen, Geb, Hades, Pwyll, Dumuzi, Tammuz, Atlas

Chief Operating Force: Gravity

BALANCING THE FIRST CHAKRA

Defense structures can develop which either avoid or compensate, leading to deficient or excessive coping strategies in any of the chakras. If you find that you are weak, resistant, or avoidant to the first chakra principles of earth, grounding, being in the body, or dealing with work, home finances, and basic worldly matters, then you would be deficient in your first chakra. If you are over preoccupied with your body, with work, and material comfort, eating, security or other issues related to the first chakra, then you would fall on the excessive side.

Look over the following characteristics and make note of the ones that apply to you. Keep in mind that it is possible to have characteristic of both excess and deficiency. Compare this information with your assessments in the beginning and find where you fall on the continuum between excess and deficiency in your first chakra.

This assessment suggests the practices you will need to do to bring your first chakra back into balance.

Please note: It is possible to have only some characteristics of excess or deficiency, or even characteristics of both. This list shows some basic ways you may have learned to cope with survival issues. Both excessive and deficient characteristics need to be brought toward the center to achieve true balance.

Excessive characteristics:

- Heaviness, sluggishness, slow movements
- Resistance to change
- Overeating, Obesity
- Hoarding
- Material fixation, greediness
- Workaholism
- Excessive spending'

Deficient characteristics:

- Fear, anxiety
- Resistance to structure
- Anorexia, underweight
- Spaciness, flightiness, vagueness
- Disconnection from your body
- Restlessness, inability to sit still
- Difficulty manifesting

Balanced Characteristics:

The following characteristics indicate a balanced first chakra.

They are also rewards that come from first chakra work.

- Groundedness
- Physical Health
- Being comfortable in your body
- A sense of safety and security
- Stability and solidity
- Right livelihood
- Prosperity
- Ability to be still
- Presence in the here and now.

Open the Root Chakra

Let the tips of your thumb and index finger touch.

Concentrate on the Root chakra at the spot in between the genitals and anus.

Chant the sound LAM.



the

Techniques to open the Root Chakra Using The Body And Becoming Aware Of It

The Root chakra, being the first chakra, is the most physical one. This means that any activity that makes one more aware of the body, will strengthen this chakra.

This particularly goes for physical activity. One can do sports, martial arts, walking, yoga, Tai Chi, it all helps; also doing house-cleaning, manual dishwashing and car-cleaning helps. It is important not to do things that make one insensitive to pain and not to overdo it. Exhaustion is just not good.

Zen meditation is an activity that seems to be the contrary of physical, but actually is. This can make one very aware of the body.

Grounding

The Root chakra is particularly about connecting to the ground. Expressions like "Be on firm ground" and "Getting on your feet again" convey a good connection and an open Root chakra. "To lose ground" and "Getting swept off your feet" convey a closed (or almost closed) Root chakra. When your Root chakra is closed too far, you may actually feel that your feet don't seem to really touch the ground.

This is an exercise to strengthen this connection to the ground.

Stand up straight and relaxed.

Put your feet shoulder width apart.

Slightly bend your knees.

Put your pelvis somewhat forward.

Keep your body balanced, so that your weight is evenly distributed over the soles of your feet.

Sink your weight downward.

Keep in this position for several minutes.

Contracting bottom muscles

By contracting the muscles that are between the anus and the genitals, the Root Chakra is stimulated. At each inhalation, contract these muscles inward, and at each exhalation, relax. Do this for a few minutes.

This can be done while sitting, standing or walking.

Mantra Chanting

Mantra: OM SHANECHRAYA NAMAHA

First Chakra – Saturn – Times to do Chants for week of Jan 15 - 22, 2013

Chant the Mantra 108 times each day, preferably at one of the times listed below for the most powerful Chakra activation. These are the times of the day when Saturn, ruler of the first chakra is also ruler of that hour.

THURSDAY

Sani (Saturn) horai (hour) starts at 1:15 p.m.

Sani (Saturn) horai (hour) starts at 8:15 p.m.

FRIDAY

Sani (Saturn) horai (hour) starts at 10:15 a.m.

Sani (Saturn) horai (hour) starts at 5:15 p.m.

SATURDAY

Sani (Saturn) horai (hour) starts at 7:15 a.m.

Sani (Saturn) horai (hour) starts at 2:15 p.m.

Sani (Saturn) horai (hour) starts at 9:15 p.m.

SUNDAY

Sani (Saturn) horai (hour) starts at 11:15 a.m.

Sani (Saturn) horai (hour) starts at 6:15 p.m.

MONDAY

Sani (Saturn) horai (hour) starts at 8:15 a.m.

Sani (Saturn) horai (hour) starts at 3:15 p.m.

Sani (Saturn) horai (hour) starts at 10:15 p.m.

TUESDAY

Sani (Saturn) horai (hour) starts at 12:15 p.m.

Sani (Saturn) horai (hour) starts at 7:15 p.m.

WEDNESDAY

Sani (Saturn) horai (hour) starts at 9:15 a.m.

Sani (Saturn) horai (hour) starts at 4:15 p.m.

Sani (Saturn) horai (hour) starts at 11:15 p.m.

Root Chakra Self Recorded Meditation

By Ronald Williams

This meditation should be recorded in your own voice and listened to on a daily basis for the week we are working on this Chakra. In the future, whenever you feel a need to work with the first Chakra, spend time listening to it to help balance this Chakra

Get comfortable. Breathe in and out slowly and deeply, letting go of all the tensions from the outside world.

Think about the chakra that is being worked on today. Summon the guardian for that chakra. Know that they will keep this journey totally safe for you and guide you, helping you learn what lessons the chakra has for you.

Remember being on a swing? Maybe it has been many years, but we can still feel the strong chains that held the seat. We would lean way back and stretch out our toes. Make that seat the connection to our root chakra.

Love the stability and safety of your seat. With the smallest of effort allow yourself to sway front and back.

Leaning in your mind, just a little bit. Notice the pivot point that your hips and pelvis have become.

Be aware, as your mind moves you. Be aware of how wonderful this makes you feel.

To be young and primal. To almost fly. Safe in the swing.

Breath as your mind leans you back. Pulling on the strong chains.

Exhale completely as your inner self swings forward.

Feel as gravity lets you float just a little bit, as your mind sets you free of the here and now.

Allow your thoughts and feelings to converge in this freedom. This joy. This now.

I start with acknowledgment and acceptance. The root chakra is part of me.

Part of what and who I am. I am open to the lessons that it holds for me.

Swing, sway, relax. As the grounding root of my being supports me.

I am aware of here and now. Open to learning. Open to self-exploration and discovery.

There is such a thing as me. And I allow myself to know and love all that I am.

Focusing now on the lowest part of my torso. I also feel. The radiating glow of love.

Another word for this spot is Muladhara.

As it rolls of my mental tongue I feel the exhale of Ra. And relax into and from that sound.

My mind's eye finds a four-petaled lotus blossom,

A flower of the most vivid beautiful deep warm red.

Acknowledging and accepting that I am ancient power.

Allowing myself to know the beauty that is life and is me.

I allow my forefingers and thumbs tips to lightly touch.

Knowing my finger are all I need to hold the chain.

As the sound of LAM fills and refreshes me.

I lose myself even more to the swing, as I feel more and more comfortable.

Loving this moment. This reality.

The root chakra is the start. The door to my inner being. My deepest power.

I allow it to glow. I bask in its wisdom.

My root chakra guardian is near and is a comfort to me. Like a warm sweater.

That feels just so very right.

Near me, but not crowding me. Helping me by allowing my growth.

The caveman inside me lives here. And a wonderful being he is. As am I!

His tools are simple. Sticks, stones. Yet his instinct is powerful and strong.

I know to eat and sleep from his lessons. My very breath is an instinct.

I live and thrive on instinct. My foundation for growth is strong.

I enjoy the swing. The seat feels so good. Just as the seat of the swing, sways, holding me up.

My root chakra or Muladhara holds me up.

Supporting me with its beautiful red flowering.

I accept this part of me. And the me this is part of.

My swing slows as I glide gently. Knowing this ride waits for me anytime I wish.

Physically, my Muladhara governs sexuality.

I am a sexual being. And accept the wisdom of my root to guide me.

Mentally, it governs stability.

I am a fortress, my security and love, shelter my family.

I accept and give thanks for the stability of my life.

Emotionally it governs sensuality.

Not only in the bedroom.

But in the appreciation of the crisp sent of leaves in the fall air.

Spiritually it governs a sense of security.

Allowing me to let go and relax. Just as I am now.

As my swing glides in space. My mind glides down.

Down deeper. To my deepest being. To my very center.

To the root chakra. To my Muladhara.

I explore the maybe painful lessons that my center has taught me.

And see and love the wisdom there in.

The many folds of the lovely red flower. The many layers to me.

How explicitly wonderful.

I know, all I do to learn, about this core being of me, is wisdom.

Wisdom I will use to be.

I am a human being. It is my nature.

It is my core. It is my root chakra.

My swing stops so gently

I am not sure when it stopped.

But I loved the ride.

My feet find the ground.

Practices for the Root Chakra

From Anodea Judith's Chakra Activation Series from Sounds True

Basic Sitting Exercise

When you sit, you are perched on your first chakra. How you sit has a lot to do with how energy flows in your body. It is important to sit with the spine erect, but not rigid, with the tip of the tailbone tucked toward the back.

Since we sit in chairs so frequently, it is good to practice a basic grounding posture that you can use almost anytime, anywhere: sitting at a desk, riding in a car (not driving however!), flying in an airplane, eating at a table, sitting with friends, or watching a movie.

Place both feet firmly on the ground, hip-width apart, feet parallel to each other. If your legs are too short to touch the floor, try using a prop under your feet, such as a pillow or phone book. Avoid crossing your legs or lifting your feet, as the base of the spine makes contact with the Earth through your legs and feet.

Allow your hipbones to be directly above the place where your thighbones meet your hip sockets, your chest lifted and full, shoulders relaxed and sloping downward, and the top of your head parallel to the ceiling. With your feet on the ground and your spine erect, press your feet downward slightly, pushing them into the floor. Feel the muscles in your legs begin to tone and your buttocks become firm around the first-chakra area.

Now continue to press your feet into the ground, and then release them rapidly in little pulses. If you are really pressing down, you will find that the rest of your body rises up each time you press your feet into the floor and falls back down each time you release them. This exercise stimulates the first chakra and illustrates the paradoxical principle of the first chakra: *you must push down in order to rise up.*

Sitting with your feet against the floor, close your eyes and feel this alignment from inside. Get a sense of your center of gravity. Imagine that your torso is like a tree trunk, strong and solid. Now imagine that sprouting out of your first chakra at the base of your spine is a deep taproot going straight down from its center, with a cluster of peripheral roots around it. Let the other roots reach down and spread out, making a firm base for your trunk. You can imagine these roots to be filled with red, vital earth energy, like the molten core flowing beneath the hardened crust of the Earth.

You can do two things with these roots:

1. You can allow unwanted energies, such as stress, aches and pains, or patterns from the past, to drain down the roots and out of your body; and
2. You can draw vital earth energy up through your roots into your body for nourishment, just as trees do.

Ideally, you would do both, although with an excessive chakra you would focus more on letting go, and with a deficient chakra you would focus on filling yourself up. The more you work with this imagery, the stronger your grounding will become.

Q: Is it possible to do this exercise from a sitting, cross-legged position or a lotus pose?

A: Yes, in that you can still focus on the spine and imagine roots going down. However, the feet do not make contact with the Earth in this position, so it is less energizing for the legs.

Q: How about lying down?

A: Yes, lying down is one of the most basic and grounding exercises you can do, giving the body rest and renewal. This is increased if you lie directly on the Earth. In lying down, you are completely surrendering to gravity and allowing the solidity of the Earth to hold you up. The earth plane is where gravity and solidity meet: the first pulls you down, while the latter holds you up. They both happen without any effort on your part. Surrendering to these forces makes you feel nurtured and held.

Physical Exercises

In general, first-chakra exercises focus on strengthening the legs for a firm foundation and opening the base of the spine to stimulate the sleeping Kundalini energy.

I. Knee-to-Chest Pose: Apanasana

Note: This exercise may be contra-indicated for certain types of lower-back injuries. If you feel discomfort, stop immediately.

1. Lying on your back, slowly bend your knees into your chest. Take a deep in-breath, wrapping your forearms around your upper shins. Exhaling, pull your knees in deeper, fully letting all the air out, simultaneously imagining your tailbone moving toward the floor. Feel the entire length of your spine. Let those roots at the tailbone open wide and push downward as you release.
2. Now go back and forth slowly between bringing your knees into your chest and releasing your knees until your feet are just an inch above the ground. Feel the shift in weight in your lower back.
3. Return to the first position (legs folded into your chest) and slowly let your right leg move out straight, holding it slightly off the floor. Then switch sides, bringing your right leg into your groin, straightening the left leg.



1.2: Knee to chest pose (Apanasana)

II. Leg Stretches with a Tie

Lying flat on your back, straighten your right leg completely, allowing it to rest on the floor. Bending your left knee, take a belt, scarf, or yoga tie and wrap it around the arch of your left foot. Extend that foot into the air, toes flexed toward your face, so that the sole of your foot is parallel to the ceiling and directly above your groin. Take a moment to slide the tie back and forth (as if you were drying yourself with a towel) on the sole of your foot until you feel some warmth, thus opening the foot chakra. Then press your foot up toward the ceiling while keeping tension on the tie with your hands, so that you have something to push your foot against. With each inhalation bend your knee slightly, keeping the sole of your foot parallel to the ceiling. With each exhalation, press your foot into the tie, extending your leg. Within a few moments you might feel some trembling in your leg. This is energy flowing through your leg, so just allow it to happen.



1.3: Leg stretches with tie

III. Chair Pose: Utkatasana

Stand upright with your feet parallel to each other, so that the length of feet and the space between them form a square. Allow your tailbone to extend downward, and then gently flex and bend your knees, warming your legs.

Next, while pressing your feet down into the Earth, straighten your arms lift them slowly over your head. Keeping your spine as erect as possible, your weight to slowly drop downward, bending your knees and tightening your thighs. Find a position that you can comfortably hold for least ten seconds, raising your hands in front of your body as shown.



1.4: Chair pose (Utkatasana)

your
up
and
allow
at

IV. Bioenergetic Grounding Stance

Stand with your feet hip-width apart or slightly wider, with your heels a bit farther apart than your toes. Bend your knees over your feet, so that when you look down you can see your big toe just inside your kneecap. Push your feet into the floor and slightly outward, as if you were trying to push the floorboards apart. Feel how this stabilizes your standing foundation.

This is a basic grounding stance. Now we can energize that stance, an exercise suitable whether you are excessive or deficient in your first chakra.

As you inhale, bend your knees farther. As you exhale, push into the floor slowly, while pressing the floorboards apart. Allow your legs to straighten but not to the point where your knees lock, which cuts off the energy you are building.

Massage

As a reward for all your hard work in the root chakra, take some time to massage your feet. Better yet, get someone else to do it for you! Even better still, get a full-body massage as a first-chakra treat!

Final Assessment and Plan for Balancing Your First Chakra

Bringing about healing, balance, and transformation in your chakras takes time. Doing an exercise once may bring about an experience, but doing it repeatedly over time can bring about a permanent shift.

Before leaving this section, take some time to make a plan for how you want to work on your first chakra.

My strengths in this chakra are:

My weaknesses are:

My goals are:

The best tools or exercises for this are:

I make a commitment to:

Mandala Artwork

At some point during the week, preferably in the first day or two, either after doing your guided meditation or doing chanting work or dancing, you will need to draw a mandala representing your emotions you experienced.

A circle has been pre-drawn on the next page of this workbook to get you started. You will also need some colored crayons. The mandala art exercise is a way of anchoring our experiences back into our conscious world.

Mandala is a Sanskrit word that means, “magic circle.” It is a symbol of life and wholeness. Mandalas have appeared throughout history in many cultures and religions and Jung often painted mandalas as an expression of his psyche. As an art form, they work as symbolic expressions of our inner being, and hold a psychic energy and healing power.

This is not about creating a beautiful artwork. Many people immediately say “but I can’t draw!”

It really isn’t about what it looks like, it’s what your mandala represents that is important. Just as your dance or meditation unfolds organically and without force, so too, your mandala art is a spontaneous expression of your symbolic representation of the energy of your chakras. The images may be literal or you may find a color or a shape to represent the feelings you while working with each Chakra. This is playful ritual. Just let it unfold.

Mandala Artwork for Chakra One.

Title: _____



Reflections on Your Mandala Artwork

After you have finished doing the mandala, please review the following questions:

Title – Give your mandala a title. Let this title come through spontaneously. It is best to go with the first name that comes to you.

Feelings – What are the dominant feelings or emotional energy surfacing from your mandala?

Question – What question is your mandala asking of you? Of what is it trying to help you become more conscious.

Throughout this week, take time to meditate on your mandala, reviewing your question and responses. Evaluate how it might help to give meaning and direction to your life.