

1st Chakra

Self-Preservation



Self-Preservation is at the root of the 1st Chakra. If we do not have a well established foundation we will struggle in the area of basic survival issues. It is never too late to build/re-establish a solid 1st chakra.

Location: Base of Spine

Influence: Base of spine, legs, bones, skeletal structures, feet, rectum, immune system.

Associative Color: Red

Central Focus: Primal fears, survival, abandonment, humiliation, physical needs and safety, nourishment, self-preservation, loss of money, religion, tribal power, tribal traditions and myth, lessons related to material and physical identity, the need for logic, order and structure, the inability to ground and form boundaries.

The first chakra relates to our emotional and mental health. It is our primal instinctual connection to being alive and to our physical well-being; as well, it provides for our most basic necessities and feel a sense of belonging in the world. The root chakra reflects our belief in our right to be alive: "I have the right to be here and to have." The first chakra is where our boundaries – or lack thereof – are created, as well as our capacity to be grounded and present in our physical bodies.

Our roots represent where we come from: the earth, the womb, our ancestors and family. Without a strongly rooted foundation, little else can be accomplished. The underlying element of this foundation is the instinct to survive; a strong foundation creates solidity, where as an unwanted child doubts his or her right to be here. To build a solid foundation we must sort out the roots of our childhood — we cannot simultaneously deny our past and maintain our roots.

Ways in which to connect to the first chakra:

- **Massage/body work:** *helps to break down contracted body armor both physically and energetically while nurturing, providing touch and pleasure.*
- **Exercise:** *pumps energy through the body and develops strength, promoting a sense of connection to the body and the earth.*
- **Yoga:** *a mental, physical and spiritual discipline that is practiced to create union among these three aspects of oneself.*
- **Meditation/breath work:** *brings us into our bodies and into present time and grounds our bodies to the earth plane.*

Everything you experience has a physical sensation, therefore, if you are not present in your body with what you are truly feeling, you will be disconnected emotionally, physically and spiritually.

Namaste, Teresa