

THE BASE CHAKRA AND RED



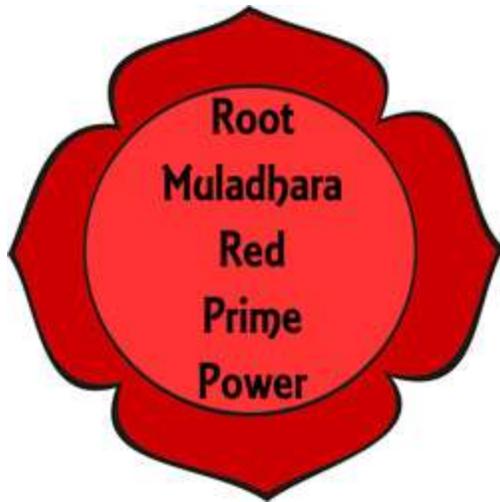
Red: The color of the Base or Root chakra, also known as Muladhara. This chakra is located at the base of the spine and allows us to be grounded and connect to the universal energies.

First chakra, base of the spine. Groundedness, trust, belonging, lessens feelings of mistrust.

Gemstones that will aid the Root chakra include lodestone, ruby, garnet, smokey quartz, obsidian, hematite and onyx.

The Base Chakra and Red

At the base of the spine, the Base Chakra controls the legs, kidneys, bladder, vertebral column and adrenal gland. Problems like hypertension, diarrhea, constipation, kidney stones and Crohn's Disease can arise here. The energy of red is extremely potent, with the main focus being self-awareness. Your sense of security and stability is dependent on red. While red energy gives courage, inner strength, will power and assertion, the lack of the same can lead to insecurity, aggression, self pity and fear



Red chakra color meanings:

The first, the root and base chakra. Just like the core of Mother Earth, it pulses and swells with bright crimson radiant heat. That red is a clear sign of visceral, primitive power. It's the sparking place for big blasts of raw creation. When you see red, consider a **sonic boom** of powerful action propelling you forward.

Consider this the spark of action. Make this hot red heat the seat of your physical, spiritual, emotional birth. This is the hot coal of your perception, and it's a great fuel-maker for whatever you want to start cooking.

Root Chakra



The root chakra is the home of a stable, slow vibration that enables one to be grounded in the workings of the world on a physical level. A **healthy** root chakra will promote core feelings of being part of a tribe or community, and it anchors the body in feelings of trust, safety, and protection.

Chakra Colors: **Red**, **black**, **dark brown**, **charcoal gray**

Health Associations: Responsible for body systems that provide physical structure, allowing for meaningful contact with the Earth: joints, bones, muscle, legs, and feet. Oversees the "boundaries" of the body through an internal and external defense system represented by the immune system and skin.

Root Chakra Healing Foods: Protein, root vegetables, edible and medicinal mushrooms, red-colored **foods** (apples, pomegranates, etc)

1 - Root chakra

The Root chakra is about being physically there and feeling at home in situations. If it is open, you feel grounded, stable and secure. You don't unnecessarily distrust people. You feel present in the here and now and connected to your physical body. You feel you have sufficient territory.

If you tend to be fearful or nervous, your Root chakra is probably under-active. You'd easily feel unwelcome.

If this chakra is over-active, you may be very materialistic and greedy. You're probably obsessed with being secure and resist change.

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 the anus.

Chant the sound LAM.



Meditation Commentary:

Now I see the red photon-rays of Almighty Supreme Father, Shiva Baba illuminating my red photon-field...I am getting charged with spiritual powers...become Master Almighty...These red might- rays now spread to the corporeal world, illuminate the power fields of millions of souls there ...Red might- rays of Shiva Baba now unite to create strong red might-waves strengthening the weak and powerless souls...



मैं सर्वशक्तिवान का सन्तान मास्टर सर्वशक्तिवान हूँ ।
सारे विश्व में शक्ति के लाल प्रकम्पन फैला रहा हूँ ।

I am the child of the Almighty Authority..I am a master almighty
authority.. I spread the Red vibrations of powers in the whole world...

