***First Chakra Description***

***To Live or Die: To Thrive!***

Color: Red (if too much red, invite complementary color- green)

Location: Root, Base; center of the perinium

Sound: “oo” as in moon; Lam

Music: Drums

Musical Note: Middle C

Scent: Sandalwood

Characteristics: Security, survival ~ fight-flight-freeze, physical power, life force/energy, enthusiasm, courage, passion, contact, loyalty, generosity, sacrifice

Organ: Bone, skeletal structure, teeth, nails, colon, blood, coccygeal nerve plexus

Gland: Adrenals

Element: Earth (yellow); Fire

Animal: Elephant (solid, dependable, endure, persevere…); Snake (kundalini); Horse (one needs to be grounded when sitting on a horse’s back)

Sense Organ: Nose, attraction/smell

Action organ: Feet

Gemstone: Ruby, Garnet, Fire Topaz

Flower: Geranium, Poppy

Foods: Red fruits & vegetables, red meat, watermelon, beets, red cabbage, red peppers

Affirmation: “I have”

Challenging Aspects: Hoarding, chronic fatigue, predatory behavior, abandonment issues, anemia, low libido, materialism, impulsive, reckless, hyperactivity, excess anger, frustration, irritability, stubbornness.

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