***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.

*Information Drawn from:*

Andrews, Ted. Animal Speak: The Spiritual & Magical Powers of Creatures Great & Small. MN, Llewellyn

Publications, 2003. Pages 267-269, 281, 282, 360-363.

Andrews, Ted. Animal-Wise: Understanding the Language of Animal Messengers & Companions. Jackson, TN,

Dragonhawk Publishing, 2004, 2009. Pages 70-75.

Ashby, Nina. *simply* color therapy. NY, NY, Sterling Publishing Co, 2006. Pages 11-13, 19, 20.

Bennett, Bija. Breathing into Life: Recovering Wholeness Through Body, Mind and Breath. NY, NY, HarperCollins

Publishers, 1993.

Bruyere, Rosalyn. Wheels of Light: Chakras, Auras, and the Healing Energy of the Body. NY, NY: Simon &

Schuster Inc., 1989, 1991, 1994. Pages 42, 43, 105-217.

Dale, Cyndi, The Subtle Body: An Encyclopedia of Your Energetic Anatomy. Boulder: Sounds True Inc, 2009.

Pages 252-255, 298.

Harris, Diantha. Simply…Color. Library of Congress, 2003. Pages 18-21, 85-88.

Reed*,* Beckah. *9/24/21: beckahreed@gmail.com*