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Our First Chakra, Muladhara

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As some of you may know, our first chakra is known as our base or root chakra. You may have heard it referred to as the grounding chakra; that is because this is the chakra that grounds us and connects us to Mother Earth. Just like the roots of a plant are grounded into Mother Earth, so we too must ground ourselves. When working with this chakra, it is helpful to envision roots growing out from the soles of our feet, embedding us to the subterranean world of Mother Earth. By doing so, we will be better able to weather the many seasons of change. Change can be harsh and hard to withstand, similar to that of a tropical storm, or change can be happy and bright, like a warm and sunny, summer day. And just as the weather is unpredictable, so is life itself. Therefore, it is important for us to ground ourselves to God's light and love to prepare for both the foreseen and unforeseen. And to do that, we should focus on our first chakra.

Located at the base of our spine, the light from our first chakra points down towards the earth, thus allowing us to release any negativity down to Mother Earth (and don't worry - nature knows how to properly handle any negative energy that is released to it, thereby ultimately transmuted back to healing light and love for us to embrace). Alternatively, we can also connect with Mother Earth for her good energy to flow up into our first chakra. Have you heard of the expression, "Go hug a tree?" There is a reason for that! The roots of a tree are very deeply embedded into Mother Earth's ground. Therefore, when our lives seem totally out of balance, we can ground ourselves with the positive energy that emanates through a well-grounded tree. Just by touching the trunk of a tree and allowing its energy to mesh with our energy field, the grounding process will begin.

In Sanskrit, we refer to our first chakra as Muladhara. The vibrational sound associated with Muladhara is LAM, while the color association is red. Some crystals/stones that are helpful for first chakra healing include but are not limited to: bloodstone, garnet, and a clear or smoky quartz. Oils or incenses that promote healing to our first chakra include lavender, sandalwood, cedar or patchouli.

Our first chakra starts to develop while we are in the womb up through six months of age. Therefore, any residuals of post-traumatic stress that may still be apparent from a trauma which occurred during this developmental stage, should seek healing through the first chakra. For instance, let's say a baby was born pre-maturely and as a result was kept in ICU, away from his/her mother for weeks prior to being brought home. Although medically necessary to keep the baby hospitalized, later in life if this person should have abandonment issues, those issues of abandonment should seek first chakra healing.

Our first chakra deals with feelings of security, self-worth, survival, keeping us alive, as well as our basic instincts (such as eating, sleeping and shelter). This chakra is the foundation of all the other chakras. As any new building must have the proper ground work to lay its foundation, so too must we have the proper ground work for a healthy foundation. If we do not take care of our bodies with the proper nourishment, enough hours of sleep, levels of exercise, etc., we cannot be balanced enough to fully cultivate our life's purpose. If the foundation of our first chakra is out of balance, how can our remaining chakras above it be in balance? As you can see, therefore, a lot "sits" on our first chakra!! © Copyright Protected