**Chakra One Overview:**

**Location**:  Base of Spine

**Life Skil**l:  The Principle of Thought

**Color**:  Red        **Crystal**: Bloodstone        **Element**:  Earth

**Essential Oils**:  Patchouli, Sandalwood (layered on heel of both feet)  Harmony on backside at the base of spine)

**Organs**:  Suprarenal gland, adrenal gland, spine, kidneys, circulatory, skin, reproductive, sciatic nerve

**Age Developed**:  0-6 months

**Reactivated**: 14-15, 21-28, 56-63, 70-77

**Key words and phrases to use in  meditation and journaling**:

**Front Side**:  Governs whole lower half of the body, from the base of the spine to the soles of the feet

Spiritual fire that manifests matter

Survival, basic survival instincts, primal feelings,

Basic family programming, decisions about right and will to survive

Tactile; sense, touch, feel.

Regulates our physical existence, needs, addictions, sexuality, passion, money, housing, food, clothing, loving relationships.

Tribal (family or DNA patterns, group identity, group force, group will power and group belief patterns

Vortex of energy that creates the needs to eat, sleep, seek shelter and protection, aware of danger

**Overactive,** causes one to be self-centered, selfish, aggressive, manic, overactive, nervous and self-indulgent

**Underfunctioning**:   depressed, deny basic care, survival needs and be out of touch with physical body.  Feelings of barely surviving, or stuck in survival (vs. thriving) Miser

Need for logic, order and structure

Orients us in time and space to 5 senses

Trouble interpreting symbols, as opposed to literal perceptions and taking things at face value.

**Back Side**:  Located in a lower frequency dimension; contains all beliefs and experiences regarding rights to manifest, create and flourish on physical plane; core belief systems that reflect all natures of our being

Ideally, upward rhythmic flow of red energy  opens us up to passions, drive and desires.

  Healed, receive all energies to actualize or physical dreams and needs.  Heal physical issues including addictions, blood diseases and inherited problems.

When open, we experience abundance, complete health, worthiness and a belief in our own sacredness.  This lower frequency dimension is in the universal pool of physical matter from which all life springs!.

Holds DNA patterns, regulates body chemical balance in reactions to beliefs about being deserving and worthy.

**1st Auric Level**:  Skin, deals with basic security or safety, protection and boundary issues or skin & appearance issues.