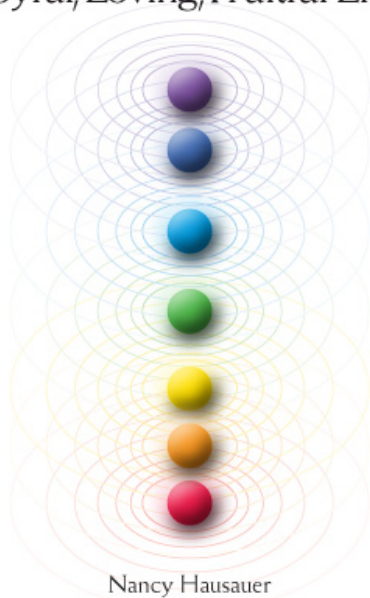


# CHAKRA CARE

Do~It~Yourself  
Energy Healing for a More  
Joyful, Loving, Fruitful Life



Nancy Hausauer

## CHAPTER 9

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# First Chakra: Anchoring Yourself

**Get Beyond Anxiety  
To A Sense Of Peace And Security**



The first chakra, also called the root chakra, is located at the base of the spine. Its keyword is "survival." Rather than projecting horizontally out from the body as the middle five chakras do, it projects downward, toward the earth.

The root chakra is very primal. It relates to the physical body, self-preservation, survival instincts, connection to the earth, family of origin, the ability to provide for oneself, and having a basic sense of safety, security and belonging in the world. It provides the necessary aspect of structure to a life.

When the first chakra is unbalanced, we feel like our feet are knocked out from under us, we're on edge, or we're "losing our grip." A healthy first chakra can help us relax, feel more calm, grounded and secure, and let go of nagging fears. It can help us feel that we truly belong in the universe, that we will have what we need to sustain physical life and that everything will turn out basically all right.

With these most basic of functions, the first chakra is the foundation for physical health and for the development of all the other chakras. When we feel deeply secure and have the practical side of life under control, we can turn our attention to more interesting things—hobbies, relationships, art, career, learning, volunteering, community betterment, spiritual development—the possibilities are endless. And that's a good feeling!

Its color is red, and it is related to the element of earth.

## First Chakra At A Glance

<b>Common English name</b>	Root Chakra
<b>Location</b>	Base of spine
<b>Associations</b>	Physical self, self-preservation, survival instincts, connection to our bodies and the earth, abundance, relationships with family of origin
<b>Related organs</b>	Bones, tailbone, legs, feet, colon
<b>Related sense</b>	Smell
<b>Related color</b>	Red
<b>Related element</b>	Earth
<b>Ideal level of functioning</b>	Physical health and vitality, sense of abundance, sense of security and ease in the world, stable, orderly life, ability to manage stress well, general feeling that things will work out OK

## Is Your First Chakra Healthy?

Someone with a healthy root chakra will usually have a basic sense of security and safety in the world. You will be well grounded and people will think of you as having "common sense." You will have a strong will to live.

The practical side of your life will usually function fairly smoothly. Bills get paid, meals happen on time, birthday cards get sent. You tend to be stable and well organized. Your life has structure.

You may or may not be wealthy, but you'll enjoy a sense of having (or being able to get) enough material resources to meet your needs. You are most likely very prudent financially, which may result in increasing abundance over time. However, you will not be flashy or extravagant.

You may enjoy traditions and be fairly conventional, at least in some respects. You may settle down in one place and stay there for a long time—at any rate, that's probably what you're most comfortable with. You like to put down roots. If you have a more nomadic lifestyle, you're likely to be very good at creating a sense of home wherever you land.

You probably have a comfortable home and enjoy a good, hearty meal. You may enjoy gardening, family gatherings and outdoor activities. You'll work hard, but have a good balance between work and the other aspects of your life.

Family will be important to you. If you're a parent, you'll make it a priority to create a stable, healthy home environment for your kids. If you're a pet-owner, you'll take good care of your animal companions. If your parents are alive, you're the kind of daughter

or son who will stay in close contact, with regular visits or calls and good intentions to care for them as they age.

You will be fairly at ease with your own body, as well as your life in general. You are likely to have good vitality and be relatively healthy, especially your bones, feet, legs and colon.

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## Is Your First Chakra Out Of Balance?

If your first chakra is out of balance, you will have issues with groundedness, security, structure and stability—either too much or too little. You will be either too comfortable and settled in the world, lacking the fire to change and grow, the inspiration to create, the lightness to laugh and play—or you will be the opposite— anxious, unstable, flighty.

If your first chakra is weak or underactive, your will to live—your survival instinct—may be weak, or you might live in a constant state of anxiety and worry whose basis, though not necessarily clear on the surface, is a primal fear of not being able to survive. This deep-seated concern about safety and survival could show up either as excessive fear or as aggression and defensiveness. You may have a persistent feeling of not belonging anywhere, that the world is a cold and hostile place and that nobody “has your back.” You might be prone to panic attacks.

If your first chakra is overactive, you may be ultra-conservative, complacent, highly status-conscious, set in your ways and completely satisfied with the status quo. Others may think of you as controlling. You may be overly identified with your “tribe” (e.g. your family, sports team, ethnic/cultural group or country) and may be all too eager to fight for them.

When the first chakra is out of balance, there are often issues with money. You might be "all about money," lacking in generosity or obsessed with acquiring wealth. You may have difficulty letting go of money and possessions. On the other end of the spectrum, you might be constantly scrambling to pay the rent. You might let go of money too freely, gambling, running up debt, giving money away or generally having difficulty managing your resources.

If your first chakra is chronically out of balance, you may have had a difficult childhood, including childhood trauma, abuse, extreme poverty or neglect.

If you have children, you may have difficulty settling into your role as a parent (underactive first chakra), or, on the other hand, you might be overly rigid (overactive first chakra). If your first chakra is under-developed or blocked, home may be chaotic, or you might move a lot, never really settling into a home or a community. On the other hand, if your first chakra is overactive, you may have the kind of home where everything must be just so, rules are set in stone, children are expected to obey no matter what, and your family is afraid to touch anything for fear of disturbing its rigid perfection.

If your first chakra is underactive or blocked, you might be ungrounded, and people may consider you flaky or unreliable. On the other end of the spectrum, if your first chakra is overactive or open too wide, you might be overly practical, plodding and lacking in dreams, vision, intuition and imagination. You might feel stuck in a rut but unable to see a way out of it.

With regard to your physical body, you might have problems with your bones, feet, legs, colon, elimination or weight. Stress and anxiety may take a toll on you. You might wish you had more physical vitality or a stronger constitution. You might worry a lot about your health or, on the other hand, be obsessed with diet and exercise.

## Work With Your First Chakra If...

In summary, it would benefit you to clear, balance and support your first chakra if several or more of these statements apply to you:

- You feel like you're "losing your grip."
- You are often anxious or stressed and find it hard to relax.
- You worry a lot, have nagging fears or wake up in the middle of the night with gnawing anxiety.
- You have panic attacks.
- In general, you feel that the world is a hostile place and that things are probably not going to turn out OK.
- You would like better family relations.
- You would like more stability, order and structure in your life.
- You're not very good with the practical side of life.
- You feel stuck, in a rut or like you're just plodding along in life.
- You wish you had more "common sense."
- You never feel like you have enough money and you worry a lot about it.
- You have trouble managing money.
- Your parents or mate are gravely ill or have recently passed on.
- You were abused or neglected as a child or had other childhood traumas.
- You feel like childhood issues interfere with your ability to be a good parent.



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- You'd like to have more physical vitality.
- You grew up in extreme poverty.
- Your country or region is extremely economically unstable.
- Your sense of smell is "off."
- You have nagging concerns about your health.
- You've had a lot of illnesses, accidents or surgeries.
- You have issues with your bones, feet, legs, colon or weight.
- You are often constipated.
- You have irritable bowel syndrome.
- You live in an area that is torn by revolution, war or natural disaster.
- You've recently been in a life-threatening situation, such as a car crash.
- You've recently been the victim of a crime.
- You've recently moved to a new home
- You've recently traveled a long ways, especially by air, and are having difficulty getting back to normal life.
- Your will to live is weak. Sometimes it feels like life is too much trouble.

## How To Clear, Balance And Nurture Your First Chakra

Here are some pleasant, practical, “real-world” things you can do to support first chakra health and radiance. Once you see the pattern, I’m sure you’ll be able to think of more. Remember, intention is the “secret ingredient.”

### Activities

- Take time every day, say five or ten minutes, to belly breathe. Belly breathing is deep, slow breathing all the way into the lower third of your lungs. Many people breathe quickly and shallowly. Make sure that your belly is rising when you breathe in and falling when you breathe out. Slow your breathing down and enjoy the feeling of the air coming into and out of your lungs. (See Appendix 3 for more detailed instructions.)
- Walk. Get some good shoes, make a commitment to walk most days and then do it. If you have a chance, slip off your shoes and walk barefoot in the grass, dig your toes into the dirt or walk on the beach.
- Dance. Whether you’re on a dance floor, playing with your children or all alone in your living room doesn’t matter. Turn on some music and let yourself go, particularly using your feet, legs and pelvis.
- Get out in your garden and dig in the dirt. If you don’t have a garden, plant something in a container.
- Compost your kitchen scraps and garden trimmings.
- Resolve to keep your thoughts more in the here and now.
- Learn to ground and center. (See Appendices 1 and 2.)

## Physical Body

- Hold the acupressure point “Bubbling Spring” (Kidney 1), on the bottoms of your feet in the fleshy area about one third of the way between the base of your third toe and the end of your heel (approximately centered horizontally). Hold for one minute.
- If you have any nagging health concerns or if you’re just overdue for a general check-up with your doctor, schedule an appointment now.
- Sit less. If you have a desk job, take regular breaks. Consider a standing desk.
- Take a stress management class.
- Do strength-and endurance-building exercises.
- Take good care of your feet. Invest in comfortable shoes; give yourself a pedicure or foot rub and see a foot doctor if you have any long-term issues.
- Get a good night’s sleep. Make a point of going to bed and getting up at regular times.

## Home

- Create healthy order and structure in your home, for example making a filing system for organizing your papers, putting up shelves or cleaning a messy closet.
- Take care of unfinished business, projects and tasks.
- If you have a good relationship with your family of origin, hang pictures of them. Display items that remind you of good times from your childhood.
- Clean and organize the garage or basement.
- If you have belongings scattered in various places, take steps to consolidate and “bring them home.”

- Plant a tree.
- Revive traditions from your culture of origin.
- Balance your checkbook or otherwise get your finances in order.

## **Family, Friends and Community**

- If your parents are alive and you have a decent relationship with them, call them up or make plans to visit them. If your grandparents are living, ask them to tell you stories from the old days.
- If you have children, plan a family night or outing that you'll all enjoy.
- If important structures and rituals of your family life such as regular bedtimes and mealtimes have slipped a bit, take steps to re-establish them.
- Learn more about your family tree.
- Reconnect with old friends.
- Put together a family picture album. If you have children, look at old albums together.
- If you have children, teach them a basic life skill (and repeat until they leave home or beyond!). If you yourself are missing a basic life skill (e.g. cooking), learn to do it.

## **Food**

Eat regular meals. Plan a week's worth of healthy menus and go shopping so that you have everything you need to prepare them. Be sure to include at least one recipe from your childhood that brings back memories of happiness and contentment. Eat healthy food, especially root vegetables such as carrots, beets, yams or

potatoes, and make sure you're getting enough protein and fiber in your diet.

## **Work and Career**

- Tidy your workspace. Take care of your tools. File papers.
- Show up on time, every day.
- Return phone calls and get caught up on emails.
- Finish undone projects and tie up loose ends.
- What is your core function at your job? Re-evaluate it. How are you doing? How could you do it better? How could you reinvigorate it/renew your enthusiasm for it?
- Look for ways to make your primary income source more secure. Are there skills you need to learn, new technologies you need to master, people you need to become allies with, areas of your job in which you need to improve your performance or ways you can contribute more directly to the core function of your organization?
- If you're in a shaky or volatile industry, explore ways that you might switch to a more secure, stable field.
- If you have reason to think that you might be laid off soon, start networking and looking for another position.

## **Travel**

- Visit places that feature reddish earth, rocks and mountains.
- If your family emigrated at some point from your ancestral home, visit it. Connect with relatives there if possible.
- Travel to places of archeological significance.
- Go to see your grandparents or childhood hometown.
- Visit places of great agricultural abundance.
- Go anyplace that makes you feel grounded and secure.

## Colors

Red is the color of the first chakra. This can be any shade of red, from deepest crimson to a gentle pink. Wear or bring into your home a shade of red that especially appeals to you. A scarf or vase of flowers is an easy way to incorporate color into your life. Extra points for red shoes! Bringing shades of red into the family room is also especially beneficial.

## Scents

Surround yourself with pleasing, earthy smells, such as cedar, clove or patchouli. Essential oils are a wonderful way to bring these aromas into your life. (Use them in the air, rather than on your skin, unless you know what you're doing—see Appendix 4 for more on how to use essential oils.) You could also just bring some cedar fronds into your home or simmer some cloves in a pan on the stove to fill your home with an earthy, spicy aroma. The scents of rich, loamy earth and baking bread are also very supportive to the first chakra.

## Affirmations

*(See Appendix 5 for tips on how to work with affirmations.)*

Repeat affirmations such as:

- I am safe.
- I have a right to be here.
- I have a right to be me, just as I am.
- I am able to create a safe and nurturing home.
- Life is good.
- I can effortlessly ground to the earth and draw stability, comfort and energetic nourishment from it. (See Appendix 1 for more instructions on how to ground.)

- The universe is a good and benevolent place.
- Everything is going to work out just fine.
- I belong.
- I have all that I need and will continue to have all that I need.
- I can easily and joyfully access the abundance and bounty of the universe.
- All is well. I can let down my guard and rest.
- I am able to create a healthy, secure and loving family environment.
- I am healthy and strong. I draw on an inexhaustible source of vitality and wellbeing.
- I have all the energy required to do the things I want and need to do.

### **A First Chakra Blessing**

May you have abundance, health, family joy, and a sense of contentment and ease deep in your bones.

## A MESSAGE FROM NANCY

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I hope you enjoyed this sample chapter from *Chakra Care: Do-It-Yourself Energy Healing For A More Joyful, Loving, Fruitful Life*. To give you an idea of the rest of the book, the table of contents follows on the next page.

If you would like to purchase the book, it is available via the link below, as a paperback, Kindle, or PDF (an e-book you can read on your computer or notebook):

[www.the-energy-healing-site.com/Chakra-Care.html](http://www.the-energy-healing-site.com/Chakra-Care.html)

I hope you'll find *Chakra Care* just the thing you've been looking for to begin or deepen your journey into the magical, body-mind-spirit world of the chakras.

Wishing you a beautiful journey,  
Nancy Hausauer

P.S. Just to be clear, this sample chapter, like the book, is copyrighted material, which means you are not free to reproduce, republish, sell or share it or portions of it in any way without my written permission. Thanks in advance for respecting this.



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