

First Chakra (Muladhara – Root) Correspondence Chart

Sanskrit Name	Muladhara
Meaning	Root
Location	Base of spine, Coccygeal plexus, Legs, Feet, Large Intestine
Element	Earth
Purpose	Foundation
Issues	Survival, Roots; Grounding; Nourishment; Trust; Health; Home; Family; Prosperity, Appropriate Boundaries; Discipline; Body; Physical plane; Stillness
Goals	Stability; Grounding; Prosperity; Right Livelihood; Physical Health
Identity	Physical
Demon	Fear
Malfunctions	<p>Deficiency: Disconnection from body; Notably underweight; Fearful; Anxious; Restless, can't settle; Poor focus and discipline; Financial difficulty; Poor boundaries; Chronic disorganization; Inability to be still</p> <p>Excess: Obesity, overeating; Hoarding; Material fixation; Greed; Sluggish; Lazy; Tired; Fear of change; Addiction to security; Rigid boundaries</p> <p>Physical: Disorders of the bowel, anus, large intestine; Hemorrhoids; Disorders of solid parts of the body: bones, teeth; Issues with legs, feet, knees, base of spine, buttocks; Eating disorders; Frequent illness (can be deficient and/or excessive)</p>
Balanced Characteristics	Good health; Vitality; Well grounded; Comfortable w/ body; Sense of trust in the world; Feeling of safety and security; Ability to relax and be still; Stability; Prosperity; Right livelihood
Color	Red

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Planet	Saturn
Foods	Protein, Meats
Basic Rights	To be here, To have
Stones	Garnet, Hematite, Bloodstone, Lodestone
Animals	Elephant, Ox, Bull
Operating Principle	Gravity
Archetype	Earth Mother
Yoga Path	Hatha Yoga
Asanas	Tadasana, Virabradrasana I, II, III, Utkatasana, Garudasana, Bhujangasana, Shalabhasana, Marichyasana II, Janu Sirsasana, Paschimottanasana, Savasana
Seed Sound	Lam
Affirmations	I stand firmly in my life in a loving and imaginative way. It is safe for me to be here. The earth supports me and meets my needs. I love my body and trust its wisdom. I am immersed in abundance. I am here and I am real.
Healing Practices	Reconnect w/ body; Physical activity (aerobics, weights, running, dance); Lots of touch; Massage; Bioenergetic grounding; Hatha Yoga; Look at earliest childhood relationship to mother; Reclaim right to be here