



Root Chakra: the Teacher

Focused Action & Dynamic Strength

The major root chakra is located in the physical body at the base of the spine. It rests forward from the coccyx on the midline of the perineum between the anus and the back of the vagina or testes. The most primal of the chakras located in the bio layer, the root is the home of survival instinct, sexual nature and the urge to procreate.

Affirmation: *I, _____, take ownership of my life.*

Location:

Root chakra is located in the physical body at the base of the mid or second octave of the spine, the crossing point of the middle and lower octaves. It rests forward from the coccyx on the midline of the perineum between the anus and the back of the vagina or testes.

Connectors:

The chakra connectors are rooted into the left and right side of the perineum in both men and women in the bio layer. This chakra also extends dominion over the six-layered, root chakra tail that comes off of the base of spine and anchors into the chi pool function corridor.

What It Does:

The job of the root is to make sure we survive, to continue living. Beyond that, it is a base anchor and one of the sacred portals. This is one of the places where spirit becomes manifest by entering through it into the bio layer at or a little before birth and one of the major portals for departing the physical body.



It radiates life-force vitality to the physical body, its functions, lessons and awareness. This chakra is dedicated to the survival of the one body in whatever form it exists, as well as self-preservation issues, sexual reproduction and base or animal instincts. Beyond survival, the root is about persistence, endurance and continuing.

Function Current:

Its primary function is to ground and anchor the life in the physical and to bring the spirit all the way into the physical body. The base of the spine and tail extension that comes out of it plants itself into the chi pool at the bottom of the egg-shaped structure and has the ability to pull chi from the storage sites in the pool for use in life-threatening situations. The value of the tail is essential is optimum functioning. Without the tail, dropped and anchored into YOUR chi pool the urge to survive is compromised as is the aggressive push to make a difference for the larger human community.

When we call up resources from the chi pool, it feels like they are coming from out of nowhere and often will be the fuel that energized those last-ditch efforts to save our children, our mate, our comrades in arms, or ourselves. When blocked, the person may be born with or develop physical problems that threaten survival. These may be a great life lesson or gift and it is safe to say that what appears a curse upon real examination may be the greatest tool for self-development that you have!

Purpose Current:

To understand the value of life is the thrust of this current. The purpose of the main root chakra is to act as the center for survival, sexual impulse or need and action, as well as a primary connection to the fundamental essence of life. It is the basic center for sexual and magnetic attraction and charismatic power.

More than the dan tien, the root draws people and things toward us. It is like the siren that calls from the rocks and often we cannot resist the ancient song of the root



chakra. It is the creator of the chemistry of connection most people experience when falling in love. The lust and basic physical need for a soul mate or partner with whom to make a life is driven by the complex signals of the root chakra, on the one hand broadcasting receptivity and on the other single-minded in its imperative to survive, to breed with the healthiest strongest, most attractive, candidate and ensure the survival of the species at all costs. We want the mate to come close but not to harm us. We want to possess them but not be overwhelmed by them. When this need is warped it is a clear indication of pathology in the root.

This is the screaming howl of the root, a push-pull anthem of lust and rejection, control and passionate adoration. It is primitive, and it is who we are just as much as the high-minded delights of the quest of soul's satisfaction and purposeful spiritual activity.

When blocked, people do not have a regard for life, such as a woman who can't be bothered with the hassle of birth control and has six abortions instead of taking preventative measures. It might also be the individual who kills animals for fun or sport and does not eat the meat but instead leaves behind a carcass to decay in the woods. They feel disconnected from the mainstream and don't understand that what they are doing is part of the whole picture. People blocked here are often hermits and self-involved, sometimes to a pathological point like a Unabomber.

Wisdom Current:

This current remembers all the experiences of birth, high consciousness, spiritual attainment and enlightenment. It is a potent place, a sacred place where real knowledge of this soul's future purpose and past reside. It performs the duty of dropping anchor, grounded in life and the physical body.

The most important wisdom the root has to offer is answer to: Why do I survive? Deep belief in the personal offering, the gift the talent, the calling, or charge is anchored in the root. It may be spinning around in other chakras but when push comes to shove,



as it inevitably must, knowing your value to the species- what you are meant to do or bring is a function of the wisdom current and it is intimately tied to your sexuality and your urge to serve, reproduce or create. The need to make things of use and aid to humanity comes from this chakra. As does the capacity to uncover your real worth and live into the internal story about being truly a chosen daughter or son, the One who has been waited for and even yearned for by the world. These fundamental truths are a root chakra experience.

If blocked the result will be great difficulty seeing and understanding what wisdom to bring to life, even how to serve and how to be of value to any situation that arises. It is the messiah, the martyr, the missionary and the mother who all are defined by the root chakra and its various forms of blockage.

Whatever the pure motivation is for any action the root chakra wisdom current will know the true spiritual value offered and will assess how successful we are at delivering meaning out of action. When blocked the frustration can lead to wildly inappropriate activities even mass murder and sexually inappropriate activities. We always know when we are going against those heartfelt best interests but are powerless against the push as we overcome our own intelligence and even well being to make the pathological reality even more 'true'. When making decisions from here in this pathological influence, we chose poorly.