



# 1st Chakra Chart

## Roots | Mūlādhāra

<b>Color</b>	Red. As in blood (blood ties, bloodlines, blood brothers, blood vengeance).
<b>Element</b>	Earth. Where roots go.
<b>Body associations</b>	Legs, feet, colon, reproductive organs.
<b>Seed sound (bija mantra)</b>	Lam.
<b>Verb</b>	I have.
<b>Sense</b>	Smell, the most primitive sense.
<b>Endocrine gland</b>	Adrenals (fight or flight).
<b>Focus</b>	Survival, grounding, security, safety.
<b>Hindu Symbol</b>	Red lotus flower with four petals.
<b>Christian Sacrament</b>	Baptism. Symbolically welcoming a person into the community of Christ.
<b>Jewish Sefirot in the Kabbalah</b>	Shikhinah, a mystical community.
<b>Healing thought</b>	All is one.



ROOT TO RISE  
YOGA TEACHING METHOD