

## The Anchoring Code Chakra Correlation: Root Chakra

<b>NAME(S)</b>	First chakra, base chakra, <i>mūlādhāra chakra</i>
<b>LOCATION</b>	Base of the spine
<b>COLOR</b>	Red
<b>MUSICAL NOTE</b>	C
<b>BODY AREAS AFFECTED</b>	Bone, skeletal structure, hips, legs, feet, genitals, base of spine, kidneys, body's life force, teeth, nails, blood, building of cells, <b>adrenal glands</b>
<b>“BACK SIDE” SYMPTOMS</b>	Mental lethargy and spaciness, incapacity for inner stillness, osteoarthritis, poor general health, lacking vital energy
<b>“FRONT SIDE” CHARACTERISTICS</b>	Self-mastery, high physical energy, groundedness, vibrant health. A recognition that “I am here as Source.” “This is my gig.” “I belong.” “I <i>bring</i> what I choose to experience.”
<b>PRACTICES</b>	<ul style="list-style-type: none"> <li>• Subject – Object – Subject</li> <li>• Central Channel Anchor Points</li> <li>• Central Channel Breathing</li> <li>• Drop In, Drop Through</li> </ul>
<b>BREATHWORK</b> <i>(as explained in Chapter 8)</i>	Central Channel Breath
<b>YOGA POSES FOR GREATER INTEGRATION</b>	<ul style="list-style-type: none"> <li>• Chair Pose (<i>utkatāsana</i>)</li> <li>• Warrior 1 (<i>vīrabhadrāsana I</i>)</li> <li>• Pyramid Pose (<i>pārśvottānāsana</i>)</li> <li>• Tree Pose (<i>vrkṣāsana</i>)</li> <li>• Standing Forward Fold (<i>uttānāsana</i>)</li> </ul>