



Red Root Chakra – Your Body's Intelligence Centre

If you are not consciously aware of why a chakra is under or over active, it means that you do not understand how to use this chakra 100%. Even if you are consciously aware of the reason, do you know how to balance it? Your chakras are influenced by many things and it is important that your chakras resonate in harmony with each other. If one chakra is too strong then typically another will be too weak. Life problems are the result of chakra imbalances and disharmonies in your aura. You are what you resonate and your chakras govern how you feel, act and think. It is imperative that you understand how to increase or decrease a chakra centre's energy. Therefore, it is essential for you to learn how to support your personal chakra system for optimal body, mind & spirit wellness.

A complete Aura Reading by a Biopulsar counsellor will assist you to understand your energy system and how it effects your current life situation, including your relationship to yourself and others. To further learn more about your innate colour intelligence centres and how colour affects your chakra system read the book "Colour Energy" by Inger Naess.

The following information will tell you about your imbalanced chakra, including life lessons and psychological conflicts. As well, many recommendations are given to help you bring into harmony any chakra conflicts.

Root Chakra Facts

Lessons: Survival – The Right to Exist

Deals with tasks related to the material and physical world.

Ability to stand up for oneself (and say no) and security issues.

Partner, business and traditional family relationships. Individuality.

Accomplishing goals. Motivation and driving force (one's fire).

Ability to have passion and power on the positive side.

Imbalances:

Anemia, fatigue, obesity. lower back pain, sciatica. Rheumatism or arthritis.

Constipation. Hemorrhoids, piles. Bladder infection.

Bones & blood. Back injury. Spinal meningitis. Body temperature.

Poor (blood)circulation. Frequent colds or cold hands and cold feet.

Low blood pressure. Weakness after childbirth. Depression.

Body Language:

Adrenal Gland: Suffering from overload. Threats to wellbeing, fear, anxiety and stress to the point the person is no longer caring adequately for themselves.

Spine: One's chi & life support (physical fire). Vitality. Survival and support issues.

Hips: Ability to be "hip" in life/ability to move forward in life. Flexibility.

Rectum: Ability to release negative thoughts, thought patterns or guilt.

Buttocks: Controlling one's position in life. Holding on to one's thoughts.

Knees, Leg: How flexible one is in the life's changes and the directions it takes them.

Feet: How one is moving through life (one's circulation). One's groundedness.

Red Energy

Physically:

Stimulant. Overall physical strength and vitality. Energizing to the reproductive system (male organs, female vagina), legs, knees, feet, bones, teeth, large intestines, bladder, rectum, anus, buttocks, hips, adrenals, spinal column, specifically lower region (lower back, coccyx and tailbone).

Mentally:

Physical phase of mentality (passions, driving force, motivations, etc.). Practicality. Strengthens your will. Connected with the ability to create either with words or actions. Determination and endurance.

Emotionally:

Brings excitement. Sensory awareness, sexuality, power, courage, inner strength, security, impulsiveness and confidence.

Spiritually:

I exist. Physical self, basic survival instincts and matters relating to the material world. Helps you to walk on your path in life.

Balanced Red Energy:

Sturdy, strong, brave, happy with life, vigorous, energetic, fair, involved, helpful, sincere, direct, trusting, responsible, practical, kind, secure, faithful, firm, decisive, open, extroverted, honest, warm, caring, leader, revolutionary, calm, great ability to love, quick, risk-taking, assertive, centred, grounded, master of oneself, fully alive, unlimited physical energy, can manifest abundance, able to trust and be vulnerable, vitality, physically healthy, independent, passionate, motivated, spontaneous, initiator, earthy, sexually charismatic.

Excessive Red Energy:

Brutal, irresponsible, egotistical, naughty, stubborn, invulnerable, dictatorial, oppressive, violent, angry, insatiable, overly domineering, possessive, addicted to wealth, nervous sexual energy, sadistic tendencies, indiscriminate, wrathful, frustrated, destructive, revengeful, spiteful, uproarish, impatient, tyrant, over-active, self-centred.

Deficient Red Energy:

Weak, cowardly, tired of life, feeble, passive, unfair, uninvolved, avoiding, suspicious, insecure, unfaithful, closed, introverted, irritable, incautious, preoccupied with sex, lacking confidence, ungrounded, weak, lack of initiative, insensitive, often sick or tired, unable to achieve goals, self-destructive, suicidal, fears abandonment, no interest in sex or lack of sex drive.

Use Red Energy For:

Fear, depression, lack of energy, low blood pressure, bladder infections, shock, anemia, poor circulation, impotence, frigidity (lack of sex drive), infertility, weakness after childbirth, during menopause, no menstrual period, rheumatism and arthritis. Use red when tired (anemic, SAD, chronic fatigue) or catching a cold.

Colour Energy® RED Treatments**COLOUR ENERGY THERAPY:**

RED Colour Baths®
RED Therapy Glasses
RED Chakra Silk Scarf
RED Clothing: Pants, skirts, socks, dresses, underwear, shoes, belts
RED Silk Eye/Body Pillow
RED Chakra Beeswax Candles
RED Mooladhara Incense

COLOUR ENERGY ESSENTIAL OILS:

Benzoin, Black Pepper, Cinnamon Leaf, Clove Bud, Juniper Berry, Sandalwood, Spikenard, Black Spruce, Vanilla, Vetiver, Ylang Ylang
RED Chakra Blend
Chi Therapy Blend
RED "Get Up & Go" Diffuser Mix or Body Booster Blend

FLORAL WATERS (HYDROSOLS):

Sandalwood

ALCHEMY & SOUND ESSENCES:

RED Chakra Light Essence & Pendant
Serpent Rainbow Essence Spray
RED Chakra Light Massage Oil
Root Chakra C-Note Sound Essence
Bb-Note Semi-Tone Sound Essence
Meridian Sound Essence Oil

FOODS:

Protein: Meat, beans, tofu, soy, hemp and nuts
Fruits: Blood oranges, cherries, cranberries, pomegranates, raspberries, RED apples, RED grapefruit, RED grapes, RED pears, RED plums, rhubarb, Saskatoon berries, strawberries, watermelon
Vegetables: Beets, RED cabbage, RED chilli peppers, RED onions, RED peppers, RED potatoes, radishes, spinach, tomatoes, watercress
Other Foods: Fatty acids

HERBS & SPICES:

Cayenne Pepper, Chilli, Black & RED Pepper, Cinnamon, Clove, Echinacea, Garlic, Ginseng, Horseradish, Juniper, Vanilla

TEAS:

Cinnamon, Cherry, Raspberry, Strawberry, Cranberry, Echinacea, RED Zinger, Spicy or Vanilla Chai, Hibiscus

GEMSTONES & METALS:

Bloodstone, Cinnabar, Fire Opal, Garnet, RED Jasper, RED Tiger's Eye, Ruby, Spinel, Zircon

MUSIC:

RED Song – Through The Rainbow CD
C-Note Tuning Fork
Crystal Light Therapy CD
Drumming or percussion
Primal music
Rock, Latin American

EXERCISES:

Tibetan Five Rites
Hatha & Kundalini Yoga
Physical activity such as running
Dancing
Good night sleeps
Hip rotations
Bouncing on an exercise ball
Anchoring and releasing cords
Gardening
Pottery and clay
Infrared saunas

TREATMENTS:

RED Chromalive Treatment
RED Hand/Foot Bath
RED Foot Reflexology
RED Massage
Chiropractic Adjustment (Hips)
RED Pedicure

NUTRITIONAL SUPPORT:

Omega-3 for inflammation, fibromyalgia, arthritis, rheumatism, hyperactivity, anti-clotting, prostate problems, circulatory system

Serra-Peptidase for inflammation* of the joints, hips & from injury, arthritis, rheumatoid or osteoarthritis, circulation problems (varicose veins), back pain, enlarged prostate

*Use to treat any RED in the Aura.

Tri-Salt for dehydration,* constipation, edema, bone & joint pain, obesity, exhaustion, apathy, fatigue, lethargy, adrenal gland fatigue, leg/foot cramps, circulation, depression, fatigue, SAD, osteoporosis, irritability

*Use to treat any GREY in the Aura.

MISCELLANEOUS:

Aura Cleanser & Aura Joy Spray
Heavenly Scent Aromatherapy Diffuser
Dead Sea Salts with RED eliminating oils such as Juniper
Full Spectrum LifeBulbs™
Chakra Gemstone Kit
RED Tiger's eye Chakra Earrings & Chakra Jewellery
RED Energy Alchemy Pendant