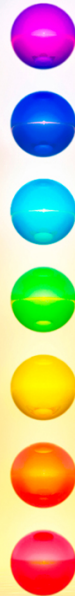


THE FIRST CHAKRA HEALING BOOK

DISCOVER YOUR HIDDEN FORCES OF TRANSFORMATION



KG Stiles, Metaphysician

THE FIRST CHAKRA HEALING BOOK

Discover Your Hidden Forces of Transformation
To Heal Issues Around Belonging, Family & Community

KG Stiles, BA, LMT, CBT, CBP
Certified Clinical Aromatherapist
Metaphysician & Coach
www.kgstiles.com

CHAKRA 1 ~ MULADHARA (BASE/ROOT)

"Cultivate the root and the leaves and branches will take care of themselves." -*Confucius 551 - 479 BC Chinese philosopher*

FIRST CHAKRA - Muladhara (Base or Root)

ELEMENT - Earth

COLOR - Ruby Red

POWER - Stability & Security

First Chakra

The Muladhara (Base or Root) Chakra is situated at the perineum, between the genitals and the anus. The power of earth is to be awakened.

From Sanskrit Muladhara can be translated as, "That which Holds the Base or Root."

The First Chakra element is Earth and its color is Ruby Red.

Here lies the call "to be" our destiny and realization of our potential. Your Kundalini Seed potential rests, slumbers, here awaiting activation.

Your survival instincts are centered here.

This is the Root of your Kundalini energy, your Pranic or Life Force Energy.

Your connection to nature, universal laws, and your physical body is located here. The flowering of this chakra is the mature person who walks steadily towards their destiny.

It is here you are awakened to your deepest and most profound potential in which all aspects of your body, mind and spirit are integrated and expressed.

Keywords

Stability, cohesion, self-reliance, personal boundaries and synthesis.

Body Parts

Coccygeal plexus, central nervous system, adrenals, lymph system, male reproduction, testicles, prostate, large intestines, sacrum, bones, teeth, nails, legs, and arms.

CHAKRA BODY IMBALANCES

Sciatica, constipation, ovarian, uterine, prostate and hemorrhoid conditions and obesity.

CHAKRA EMOTIONS

Emotional stagnation or blockage.

Emits an energy frequency that resonates with feelings of fear that comes from disconnection from one's tribe, community or family, or even from one's self.

The sense of abandonment, or not belonging gives rise to feelings of frustration, rage and blocked passion, emotional instability, self indulgence, self-centeredness, insecurity, grief, loss and depression.

There is conflict between attachment and letting go.

CHAKRA AROMATHERAPY

Promote balance and healing for your First Chakra by inhaling a pure essential oil or blend that is sweet, earthy and grounding.

You can also dilute your oil or blend in your favorite carrier oil and apply as an anointing oil at the area of your chakra. I recommend using light fractionated coconut oil as it is full metabolized by the body. It will be absorbed through the skin and deliver all the nourishing benefits of your essential oils.

Aromas like Vetiver, Ylang Ylang III, Ginger Root, Myrrh, Patchouli and Lavender are all good choices. Lavender is the universal essential oil for nourishing all the chakras.

CHAKRA CRYSTALS & GEMSTONES

The elemental life force energies of healing gemstones and crystals with their inherent sound and color frequency patterns may be used for effectively clearing, balancing and enhancing each of your chakras.

Simply lay the gemstone or crystal at the area of your chakra for 3-5 minutes or longer to achieve the desired effect of balancing and healing your chakra.

You may also tape, or wear jewelry made of, a particular gemstone or crystal at the area of your chakra if you'd like to experience more intensive healing therapy to restore and strengthen your chakra.

You can also make a potent healing gemstone elixir by placing your gemstone or crystal in a glass container of pure fresh water and setting it in the rays of the sun or moon for several hours during the day or overnight depending upon the results you desire.

The moon's light imbues your elixir with the feminine, receptive, emotional and psychic powers of moon energy. While the sun imbues your elixir with the masculine, radiant and expressive power and light of the sun.

Smokey Quartz, Red Ruby, Red Garnet, Red Tiger's Eye, Red Jasper, Clear Quartz Crystal. Clear quartz crystal can be used to clear and balance all Chakras.

CHAKRA ASTROLOGY

Earth is the signature element for the First Chakra with archetypal themes of security, stability, attachment and passion.

Primary planetary influences include:

Saturn (Capricorn), Mercury (Virgo) and Venus (Taurus).

Secondary planetary influence include:

Mars (Aries).

Choose a planet and its astrological sign to meditate on, and allow an inner attunement to arise from deep within you. You don't have to know anything about astrology for this technique to be effective for balancing your chakra.

CHAKRA COLOR THERAPY

This is your procreative life force energy and your connection to the force that is Mother Nature. Its nature is strong, forceful, and passionate.

Focus your awareness at your First Chakra, your vital Root center, located at the end of your spine, your coccyx, or tailbone.

See a beautiful, whirling ball of Deep Ruby Red Colored light pulsing with energy in this center.

YOGA ASANA

Butterfly Pose

1 - Sit on the floor, bringing the bottoms of your feet together, close to your body.

2 - Wrap your thumb and index fingers around your big toes.

3 - Inhale and straighten your spine, lifting your chest up and outward.

4 - Exhale as you slowly bend forward towards your big toes.

5 - Continue to flex your body forward and back up for one minute.

6 - Then sit comfortably in Butterfly Pose, breathing deeply as you feel the warm sensation blood circulating and energy flowing through your perineum,

pelvis area and first chakra.

MANTRA AFFIRMATION

I am Connected, I am Safe, All is One.

Recite this mantra silently six times within yourself as you continue to focus your awareness at your First Chakra.

Remember to inhale and exhale the rainbow light of prana fully as you recite the mantra.

CHAKRA SOUND HEALING

Sound Seed Syllable LAM (Keynote C Major)

While continuing to focus your awareness at your First Chakra clear and balance your First Chakra while sounding the Seed Syllable LAM (C Major) for 1-4 minutes duration.

Allow images to naturally surface and melt away as blockages are cleared and balance restored in your First Chakra.

SOUND C MAJOR TONE - LAM (1-4 minutes)

Conclude your mantra and visualization while sounding the Seed Syllable LAM (C Major) by seeing your First Chakra as a clear and vibrant whirling ball of Deep RUBY RED Colored light pulsing with life force energy at this center (1 minute duration).

Remember to inhale and exhale fully the rainbow light of prana as you visualize your First Chakra being clear, vibrantly alive and healthy.

CHAKRA MASSAGE

Using your right middle finger lightly touch the Gateway Holding Point for your First Chakra located at the top of your anus. An alternate holding point is at the center of your public bone (hold the Gateway Point for 1-4 minutes duration).

Then gently begin making a circular movement in a counter clockwise direction to activate a clearing and cleansing release for your First Chakra.

Remember to breathe deeply into the chakra (1-4 minutes duration). Visualize prana, the healing rainbow light life force energy, circulating through your chakra.

Conclude by lightly touching the Gateway Holding Point for your First Chakra with your right middle finger and making a circular movement in a clockwise direction to fully charge and enliven your First Chakra.

PLEASE NOTE: Circular movements in a counter clockwise direction activates clearing and cleansing while circular movements in a clockwise direction act to charge and enliven.

GRATITUDE BLESSING

"I give thanks for being one with all of life."

Breathe the rainbow light energy of prana into your first chakra as you feel your power for living the truth that ALL IS ONE.

Affirm, "I am one with all of life NOW and FOREVER. I AM SAFE."

If you loved this book please tell your friends!

PLEASE NOTE: More and more controlled research studies are being conducted on the human energy system and the chakras to understand these subtle energies and the effects of subtle body therapies on the body, mind spirit and emotions, including evidence based research by health professionals, hospitals and medical centers for use with patients. Still many of the claims about the benefits of using subtle energy techniques are anecdotal in nature. You're encouraged to make and keep notes about your own findings when using the energy healing methods outlined in this book. What works for one may not work for another, so explore and find out what works best for you.

Holistic therapies are a natural, safe and effective way to enhance your health and well-being and may produce satisfying results where other methods have failed. Please consult with your physician regarding serious health concerns and do not attempt to self diagnose.

WHERE TO GO FROM HERE?

If you loved this book check out my next book in the, 'Chakra Healing' series: - 'The Second Chakra Healing Book - Discover Your Hidden Forces

of Transformation For Robust Relationships, Material Abundance, Sensuality & Sexuality. <http://www.amazon.com/SECOND-CHAKRA-HEALING-BOOK-TRANSFORMATION-ebook/dp/B004X2I90Y>

SAVE (\$13.97 OFF Regular Price) WHEN YOU BUY The Complete Chakra Healing Library - Goes way beyond other sources of information about the chakras. You'll get ALL the details about the 7 Major Chakras, plus the 8th and 9th Chakras. ONLY \$9.95 BEST BUY 9 BOOK BOX SET! <http://www.amazon.com/dp/B017Y3WALC>

SAVE (\$16.96 OFF Regular Price) WHEN YOU BUY The Complete Chakra & Energy Healing Library - ONLY \$9.95 BEST BUY 9 BOOK BOX SET! <http://www.amazon.com/Complete-Chakra-Energy-Healing-Library-ebook/dp/B0189VGNR0>

Sign-up to get notified when my next book is released and find out about upcoming special offers and events and get a FREE book as a gift: <http://www.kgstiles.com/kg-stiles-author-news-new-book-announcements-sign-up-now-get-a-free-book-as-a-gift/>

KG Stiles is a Certified Clinical Aromatherapist and founding director of PurePlant Essentials aromatherapy company. She began utilizing pure essential oils in her professional metaphysical healing arts practice in 1980. Since that time KG has formulated thousands of aromatherapy products for a variety of health and beauty related treatments for the global marketplace, as well as routinely blends custom aromatherapy formulas for her many clients in her consulting practice. Her clients have included entrepreneurs and top executives, and her advice and services have been used by internationally famous celebrities and athletes, as well as individuals, small business owners, spa therapists, hospitals and medical centers.

“Goes way beyond other sources of information about the chakra system by offering clear, simple, and straightforward suggestions for working with these energy centers in a multitude of ways. KG Stiles has done a remarkable job of condensing these complexities into a form that’s both informative, and easy to read.” —Dr. Steven Farmer, Best-selling author Animal Spirit Guides and Earth Magic

KG Stiles
Health Mastery Systems®
P.O. Box 1124
Ashland, OR 97520
www.kgstiles.com
Copyright © KG Stiles, 2015

About the LoveNotes brand: LoveNotes are short reads and summary books created with the intention to inspire and support you to create the truly satisfying life you desire. Each LoveNote focuses on a specialized topic of interest and is created to help you save valuable time and get to the heart of what's most important to you quickly!

Each LoveNotes healing arts instructional publication has been energetically encoded for ease of assimilation. This means you can immediately perform a technique effectively and experience benefits for yourself and others. You cannot do a technique wrong.

Hope you love your LoveNotes as much as I enjoy creating them for you!

Love & light to you,
-KG Stiles, Author
Metaphysician & Coach
Certified Clinical Aromatherapist
Founder Health Mastery Systems