



The Twelve Chakra System



The Red Chakra

This is Article Number Two of a 13 part series on “The 12 Chakra System” (which is also the title of Article Number One –the April '06 featured article). Please note that all past articles can be found at BodyMath.com under “Articles and Archives”. Article Number One provides the context, overview and history of this system, then starting with Article Number Two, each of the 12 chakras will be presented in order and in much greater detail than presently found at BodyMath.com. For the most part, the articles on each of the 12 chakras will follow the same format with a general overview presented first, followed by more specific information regarding the significance of the given chakra in each of the 4 bodies of the aura. Examples illustrating practical application of the concepts involved will be drawn from actual case studies to help make the information more real and less theoretical. There will be a greater individual emphasis given to the first 6 chakras (red up through green), with these articles being a bit longer and more in-depth, as these chakras are without a doubt the ones needing the most healing for us to become whole again, both individually and ‘planetary’ as a species. More collective or universal information and commentary will then be included with the last 6 articles (on opal up through violet), which have even more global implications for the entire planet.

Overview of the Red Chakra



The Red Chakra (or “root chakra” as it is sometimes called) is located at the base of the spine at the level of the coccyx, male testicles and perineum (pelvic floor). Its functional domain includes all of the organs and structures of this region including the rectum, the male testicles, aspects of the bowel and bladder, the adrenal glands, aspects of the autonomic nervous system and certain lower brain centers including the sense of smell. These are the very basic earth-based survival functions which include both the "fight or flight" response and the survival of the species through propagation (which for men includes ejaculation or "the spreading their seed" and for women giving birth). And significantly, red not only rules the blood but also shares its color. Developmentally, red develops during our first year or so of life when our basic survival needs are being (hopefully) attended to.

The Red Chakra in the Physical Layer of the Aura



The first layer of the aura is located approximately 4 to 5 inches (~12 cm), from the body, and reflects the structural and mechanical aspects of the physical body as well as the conscious emotions. This is where both physical and conscious emotional traumas are found within the aura with direct correspondence to the physical structure. Restrictions of the first level can involve any structure of the body and potentially any conscious emotional issue. So the Red Chakra, as it presents itself in this first layer of the aura, is likewise found at 4 to 5 inches from the physical body and relates to the physical structure of the body and/or potential emotional issues of which one is able to be consciously aware.

Since the Red Chakra's very nature involves the most basic of survival function (as it is often even referred to as the “base chakra”), restrictions or problems found in this first layer of the aura that relate to this chakra are potentially of a life threatening nature. And developmentally they will typically relate to issues that had their origin around the first year of life. When the Red Chakra in this layer is very weak, obstructed or not present, then the person presenting this way may be just a breath away from death. This person could potentially ‘attract’ a life threatening situation/accident to them at any time or be seriously contemplating suicide.

Over my years of practice I have not found this often and when I have had patients/clients telling me they are so depressed that they might as well kill themselves, I always immediately check the Red Chakra. If it is strong and unobstructed I know that this is just talk (perhaps to get attention). Unfortunately it is more typically the ones that don't tell you that they are suicidal, that are. So in such cases someone presenting as being depressed and acting strange with a weak or blocked Red Chakra in this layer may be the only clue. So having, or not having, the basic desire or will to live can sum up this aspect of the Red Chakra in this first layer. On the other hand, 99 percent of the people on the planet will be found to have a strong presence of the Red Chakra in the

physical layer of their aura. And it is the last one to shut down. Those people whose life is literally 'hanging on a thread' will have little presence, or very blocked presence, of the Red Chakra in this layer. Not an uncommon phenomenon to find within the homeless population or the geriatric population just before passing on.

Now on occasion I have found people going through a period of their life when they are manifesting some of these signs and symptoms as they are dealing with childhood wounds from either actually or perceiving that they were going to die during the first year of life. As stated, the first year of life is developmentally when we develop a healthy presence or connection to our Red Chakra in this first layer. I have seen patients/clients who perceived (and it may have been true, but perception is what really matters here) that their mothers tried to kill them during this age period. And this issue surfaced to be healed like a glitch in the workings when they were otherwise quite healthy. In other cases 'this glitch' will surface when there has been a history of life threatening injury or disease during this first year or so of life. I have experienced many times patients/clients coming to my office who, after checking them and finding such a blockage in their Red Chakra in this physical layer and then asking them about their history, have revealed how close they came to dying at this age. For such basic survival issues were 'surfacing' in their life at that time, whereas all the other times I had worked with them, this phenomenon had never showed up.

This brings up the important point of how not only the restrictions in the auric layers or bodies can change, but the chakra configuration can change as well. Some people are stuck in a given pattern for years or even most of their life, as it requires a big trauma or accident to shift them out of such patterns. I am talking here about the individual who is not in the least bit self-reflective, nor interested in changing or in any type of personal growth. Others that are active in such pursuit may be shifting their pattern or configuration every few weeks as they move through, heal and release certain patterns in their life. But in general, it is quite rare to find someone *without* a strong and healthy presence of their Red Chakra in this physical layer.

There is one last situation I will mention in this section, which is also quite rare, to help illustrate the grave significance of the Red Chakra in this first layer. This is when I have thoroughly evaluated someone in all 4 auric bodies, including the chakras in each of these layers, and find the Red Chakra to be reasonably healthy and present in the first layer. This situation is when I have then found there to be a primary restriction in this physical layer *and it is draining from the Red Chakra of the same* with the involved structure being more typically an artery. This situation sets off so many red flags (no pun intended, notice how even with our idioms we reference the color red), that I find it difficult to be tactful, calm and not an alarmist calling 911. One case, early in my career involved finding such in the cranium (and I then at least knew enough not to do any cranial procedure with that patient) and suggested he see his doctor and have everything checked out. Well I learned from his wife a week later that he had a cerebral aneurysm for which they did emergency surgery, as he started to hemorrhage a few days after I had seen him, and sadly the surgery was not a success. In another case, I was teaching in a Scandinavian country and evaluating a client and found a similar situation at the juncture of this person's aorta and right coronary artery. When I gained

enough composure to address what I had found, to my surprise this person revealed that the doctors had already found an aortic aneurysm here and wanted to do emergency surgery. This person was strongly adverse to having surgery even though this same phenomenon had killed both father and an uncle. I don't know the outcome of this one, I can only hope and pray that this person has been successful in dealing with this situation through more natural means, as was their choice.

The Red Chakra in the Emotional Layer of the Aura



To summarize what we know about the emotional layer, which is not as obvious or as familiar as is the physical layer: the second layer of the aura, located approximately 9 to 10 inches (~24 cm) from the physical body, or about twice as far as the first layer, relates to the *subconscious emotions*. Restrictions in this body of the aura usually will come from the early imprinting of society via our immediate family (parents, grandparents, older siblings, etc.) or other early caregivers, from the time of conception to about age seven. Again, these are subconscious restrictions, which rarely can be consciously remembered as they bypassed the conscious mind when they first occurred. So this is where our ancestral imprinting shows up as does unresolved past life issues that the soul carries forward (given the acceptance of the existence of past lifetimes).

This emotional layer has a *functional* relationship to the body's cells and physiology, unlike the physical layer which has a *structural* relationship to the body. From this it follows that when there are long-standing and severe restrictions present in this second layer of the aura, there can be functional problems with the tissue involved. For example diabetes will often have a primary restriction present in this layer over the pancreas. Cancer will also show up as a primary emotional body restriction over the involved region most all of the time. This is because the subconscious emotional memory in the brain that relates to this second layer has not been sending the proper input to the cells and tissues in the involved region(s) instructing them how to continue carrying on in their programmed functions.

So applying our understanding of the Red Chakra to this emotional subconscious layer, we see a different presentation of the same energy. The Red Chakra does not have the same degree of real and present life threatening potential when blocked and/or weak in this second layer. It reflects more the program or imprint of *not surviving*. For instance I have observed many times patients/clients becoming depressed and fearful that their life is at risk when past issues are blocking the flow of the Red Chakra in this layer. It may simply be the result of when they were a young child or in the womb and a parent or grandparent (or even doctor or nurse) worried that this infant or fetus may not make it. Or again in some cases the mother's desire to not have or keep the baby. These emotions or feelings can be imprinted onto a young child or fetus and absorbed like water into a dry sponge in the developing subconscious psyche and cause a blockage of the flow of energy to the Red Chakra in this layer.

Or in the case when the given restriction is found to be primarily in this emotional layer of the aura and is draining from the Red Chakra, it could indicate a potentially life-threatening problem such as a tumor or cancer, but not of the same acute nature as would be the case if found in the physical layer. The survival aspect of the issue is typically lodged deeply within the subconscious mind and may be part of an ancestral pattern or even a past life issue surfacing (or both). It may not be of the same acute life-threatening potential, but may still need to work itself out as “a close-call” (life-threatening). However any long-standing second layer restrictions involving significant organs or structures may over time develop into life-threatening end-stage disease process. And then at that final stage they will also affect the Red Chakra in the physical layer, as the general pattern is for severe restrictions in the second layer to, over time, then drain the first layer as well. When the same structure or organ is showing up as being restricted and draining the Red Chakra on both the physical and emotional layers, then the problem may not only be more involved and complex, but more serious as well (‘double trouble’).

The Red Chakra in the Mental Layer of the Aura



The third layer of the aura, located approximately 14 inches (36 cm) from the body (about three times as far as the first layer), is the mental body and relates to our belief systems. Restrictions in this layer come from beliefs and mental constructs that we formulate in order to cope with different stressful situations in life, particularly during our formative years as a young child. Problems can arise later in life, long after the original stressful stimulus is gone, if we still have our thinking and beliefs organized in such a way that no longer serve our best interest.

Restrictive beliefs may exist in the more mundane realm of mental constructs, paradigms and belief systems, or in the spiritual realm regarding how we relate to the Divine. The mental layer is also different from the first two layers of the aura when it comes to assessing the chakras. For damage in the mental body is typically more of an 'all or nothing' phenomenon. In the first two layers individual issues, traumas and restrictions will typically just involve one or sometimes two chakras at a time, whereas restrictions in the mental body will frequently cause all of the chakras in that body to become blocked or damaged. Often it is the Red Chakra in this layer that is the only one 'left standing' –the survivor holding the space for the entire mental body. For without at least one chakra being present in this third layer or mental body, one cannot sustain any more than the presence of one chakra in the spiritual body or fourth layer. This is a very important point and a 'rule' that I have not seen broken in many thousands of cases.

So when a restriction in this layer of the aura is draining the Red Chakra of the same, it indicates a belief that one may not survive. And as mental constructs become our operating realities, these beliefs are often then applied to our financial situation. There have been many times when I have seen the Red Chakra show up as the involved one in the mental layer that ends up relating to some dire financial situation at hand, where the person believes that all is lost or that (s)he is going to lose everything. When we

think about it, this is not so surprising as money is simply a form of energy. So a belief that we are going to lose all our money (our energy/our 'livelihood' and thus not be able to feed our family) would logically translate to the Red Chakra (and does).

Occasionally such survival beliefs involving the Red Chakra in this third layer can also relate to spiritual beliefs such as "God has forsaken me" or "I deserve to die or lose everything as God needs to punish me". The good thing about beliefs however, even if they involve the Red Chakra, is that they are simply that: just beliefs! And yet we build our realities upon our beliefs. I personally have experienced more than once being saved from drowning in an unfriendly sea 'by being given help' (a thought form) that gave me hope and shifted my belief that I would not make it, both times at a vitally critical instant. The further the Red Chakra involvement is from the physical layer, the less is the concern for a truly life-threatening issue manifesting as we usually will physically survive a financial disaster. Again, if the Red Chakra is involved on all three layers (physical, emotional and mental), the person may well be inclined towards suicide, or is better off staying home in bed (providing (s)he doesn't attract any tree or airplane falling through the roof onto the bed!).

The Red Chakra in the Spiritual Layer of the Aura



Let's look at the meaning of the spiritual layer itself. The fourth layer of the aura, located about 28 inches (72 cm) from the body (about twice as far as the mental body), relates to our spirit—our own healing life-force. It is necessary to have a minimum of one chakra present in the fourth level to be alive and that is all that most people do have present. Most of my experience with the spiritual body has come through working with the chakras of this layer, as restrictions here will almost always clear by treating the first three layers or bodies.

The Red Chakra manifesting in the spiritual layer of the aura is an entirely different situation from it being present in the first three layers. For whereas the majority of people on the planet will have Red present in the first two or three layers, it is less than one percent of the population that has Red present in their fourth layer. Of those, there are an extremely small number with the Red Chakra present as their *only* fourth layer chakra. These people are basically very mentally retarded and have a common 'signature scream' that will make anyone's blood curdle. However I have no doubt that if cataclysmic earth changes were to occur, that these individuals would be doing better than most, probably hiding out in some cave up in the hills roasting squirrels on a stick.

Only about 5 or 6 percent of the adult population of the planet has more than one chakra present in the spiritual body. This is more common in early childhood before the "school of hard knocks" has 'knocked off' the extra one(s), reducing that gifted individual down to the lowest common denominator of having just a single spiritual body chakra present with which to navigate the planet. There is a very strong correlation between intelligence and the number of fourth layer chakras present (at least during early development). Which chakra(s) are present in the spiritual body and how many, will correspond well to one's gifts, talents and abilities, as well as to the type of lessons or

limitations one may have to deal with in life. Therefore, if one has survived growing up with more than one spiritual level chakra, that individual would naturally have more gifts, talents and abilities with which to work and experience fewer difficulties and limitations in life.

The expression "the body is the temple of the soul" reflects how restrictions or blockages in the physical, emotional and mental bodies, (the temple) will affect how much of the spiritual body life-force/chakras (the soul) is able to be present. The self-healing techniques of Body Math™ opens the pathways for our spiritual body life-force/chakras to flow strongly down through all the other three bodies of the aura. If one is willing to practice the simple exercises with diligence and persistence, then having all 12 chakras strong and present in all 4 layers of the aura is quite possible. I have always found the Red Chakra present in the spiritual body, at least momentarily, with the small sub-population of healing practitioners *who know how to do energy clearings*, during the time they are actually doing such clearings (and have found this to be consistent in many different countries). Similarly, along this same line of thought, soldiers in a kill-or-be-killed (do or die) mode may have the Red Chakra present in the spiritual body, if only momentarily.

Closing Remarks concerning the Red Chakra



So what does this all mean? "Back in the days of old when knights were bold" we had a warrior class that protected society/the tribe or clan from invasion. This was an honorable role to play in such societies and was based on one's ability to access the Red Chakra in the spiritual body (even though it was likely not recognized as such). In one shape or form these were the ones that fought evil. It is my speculation that several thousand years ago toward the decline of the Greek empire that such warriors were eradicated from society because they instinctively followed a higher spiritual law regarding bloodshed. Modern day soldiers and "officers of the law" are not of this same 'Red Chakra line' that I refer to here and the laws they enforce are not spiritual laws of nature but rather typically just orders 'from the top'. With the onset of the Roman Empire and "The New Order" (that to this day is still as strong as ever with different names), such warrior protectors were 'eliminated from society' so those in power could do their deeds unchecked, as is still the case. That is the extent that I will 'indulge my speculations' here in this article.

I only touch on this as I believe it directly relates to part of why we so *very rarely* can find evidence of the Red Chakra in the spiritual body as being strong and present with people currently on the planet. More evidence for such wild theories have come to me in the mail with pictures of missing people (mostly children). For as I have been able to assess what chakras were present with people at conception (which ones were able to come through the incarnation process), I have noted there to be much more people that came with Red in the spiritual layer even though still a small minority. About 90 percent of the missing people photos that I scan were conceived with the Red Chakra present in their spiritual body (as well as other chakras). If I am causing more questions to stir here than answers I am offering, then I am doing my job. As I have already exceeded

the normal 6 to 7 page format of the monthly featured article, by merely addressing the tip of this Red iceberg. However I needed to lay some foundations here in this first article to focus on a given chakra. So to conclude this article I will simply purport that the Red Chakra is *the first and foremost chakra for life*, it is the foundation and not the *lowest or last* (as it has become in its current state of denial and neglect at this time on the planet). For as we heal ourselves and become whole again, with all 12 chakras strong and present in all four layers, we will also be helping to heal the planet and all life on it from its unfortunate current state of affairs.