

Foundation or Base or Basis

There many writings on this subject that are easily accessed and as such I will refer to some later in this paper, the very essence of “Basis” in a literal translation from the Japanese Viewpoint means “That – Earth” and from this point it needs to be understood that this is directing you to have the train of thought that there is an anchoring of us to the earth as part of the 1st Chakra and if you consider this simple fact that we all spend a very large part of our lives standing on the Earth and this fact is borne out by the multitude of writings available to us to develop a realization that obvious fact is overlooked in modern society in essence we take it for granted because it occurs as a natural function of our bodies but when you stop and consider that it is vitally essential to us in a physical sense we tend to overlook the equally important Spiritual factor at play in our existence and in doing this we reduce the quality of that existence because we are only utilizing a portion of the inherent qualities that we are born with but do not use.

The very nature of being “centered” in life occurs if we realize we need to exercise not only the physical but the spiritual and our instinctive essence to fully understand the power that is available to us and as such should be thought of as a complete package not just part of it, in doing this we open ourselves up to a world that enhances our lives immeasurably and reduces a lot of the “Stress” of the world in which we live, once this is achieved the empowerment of “Self” is incredible and once found it should become a daily part of our existence that we exercise in every portion of everyday life and a natural essence or energy that enables us to cope with the rigors that we encounter.

The point that I am making is based on the Chakra's in particular the 1st. Chakra that is considered as “Foundation or Base or Basis” that sets the platform upon which the rest of the Chakra's are set and as such there is an external Chakra that permeates the Earth and gives a sense of well being connected to the Earth also in doing so we need to realize that when we “Exercise” the elements of “GIRI” or obligation to self to “Center and Anchor” our lives it grants a perspective that enables us to read the world and all of its “Deceptions” and as such once the practice of “Centering” and “Anchoring” is achieved the consideration to daily use of these principles should always be practiced as a natural and normal part of our lives.

1st CHAKRA

Root -Base-Foundation

The crystal:- Rubelite, Red Tourmaline, Black Kyanite.

Attributes:- Interest in life, Ambitions, Aids sex drive the concept of “I am” the wider meanings “sex drive – procreation” Circulation Support Structure, Survival Protection Base Instinct.

If this Chakra is healthy there is a strong desire to live and feel the drive to survive to create change where needed, improve life in general.

Associated with this Chakra “Black Kyanite” Obsidian Black Onyx these are considered to help with Clearing Energy in all Chakra's and replenish the Meridian Lines. After using these stones it is considered helpful and healthy to use the Red Jasper or Garnet to reset the balance of yourself. The Earth Star Chakra Meaning relate to your very existence or foundation thereof and directly relates to your energy levels and Anchors you to “That Earth” or “Mother Earth” and are essential that those that reside more so in the Spiritual Plane can become disconnected from “That Earth” and should utilize the natural stones to recenter themselves, after intense Spiritual Experiences you can build up energy in your body and this needs to be released quickly and may also benefit those whom you are trying to help.

The Earth Star Chakra is considered to be located 12 to 18 inches below the soles of the feet it is not within the physical body but is part of the “Ethereic” body and this will enhance your connection to “Mother Gaia” this Chakra is about “Grounding” in a Meta Physical way the Stones associated with this are Black and Dark Brown

Mother Earth is the sentience or Soul of our Planet a sentience that is aware or conscious of its purpose and itself, Sentience is more of an Emotional response and less of an intellectual response or process Mother Earth animates the planet gives it purpose and makes life possible. So “As above so Below”.

The Base Chakra is located at the base of the spine and controls the energy for “Feeling and Movement” the foundation of both “Physical and Spiritual” Energy of the body.

Noetic Universe.

The Noetic universe refers to Mental Activity or the interlect.

Cosmic Chi –	Psychic Universe	-----	Noetic Universe
Etheric body -	Emotional Body	-----	Mental Body
Instinctual Self -	Emotional subconscious-		Mental subconscious

These various states interact as part of our functioning in Life.
The Etheric Body encompasses these Life Essences:- Vayu -Prana – Chi – Life Force in the Body.

The Etheric.

The Etheric or the Vital Body or the Esoteric is in immediate contact with the Physical Body it is the first point of contact with the interaction of the feeling of sense of touch but it is not that simple it is the initial sense of body “Physical” and the “Ether or Esoteric” this interaction we tend to take for granted but it is essential for “Centering the “Base or Foundation” of our existence in this context “IE” walk on newly cut grass and ask yourself why does it feel different? Is it the release of the essence of the Earth Star or etheric Chakra which we need in order to achieve a balance in our lives even if there are many to whom this is lost or not realized it is an essential for our everyday harmony and balance and perspective.

To Center and Anchor we must understand this Basis or Base Element as a starting point to investigate the other Chakra's as we progress on this journey.