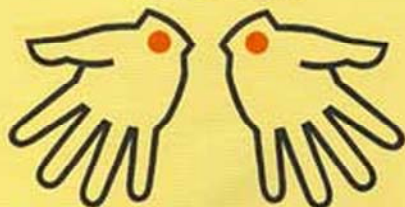


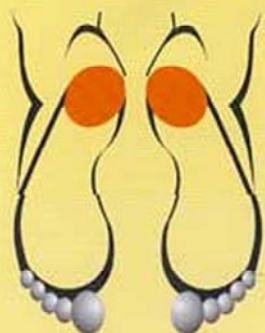
Position in Head



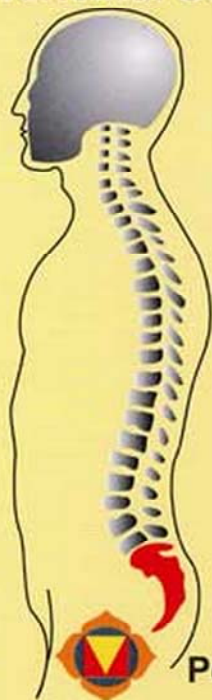
In Hands



In Feet

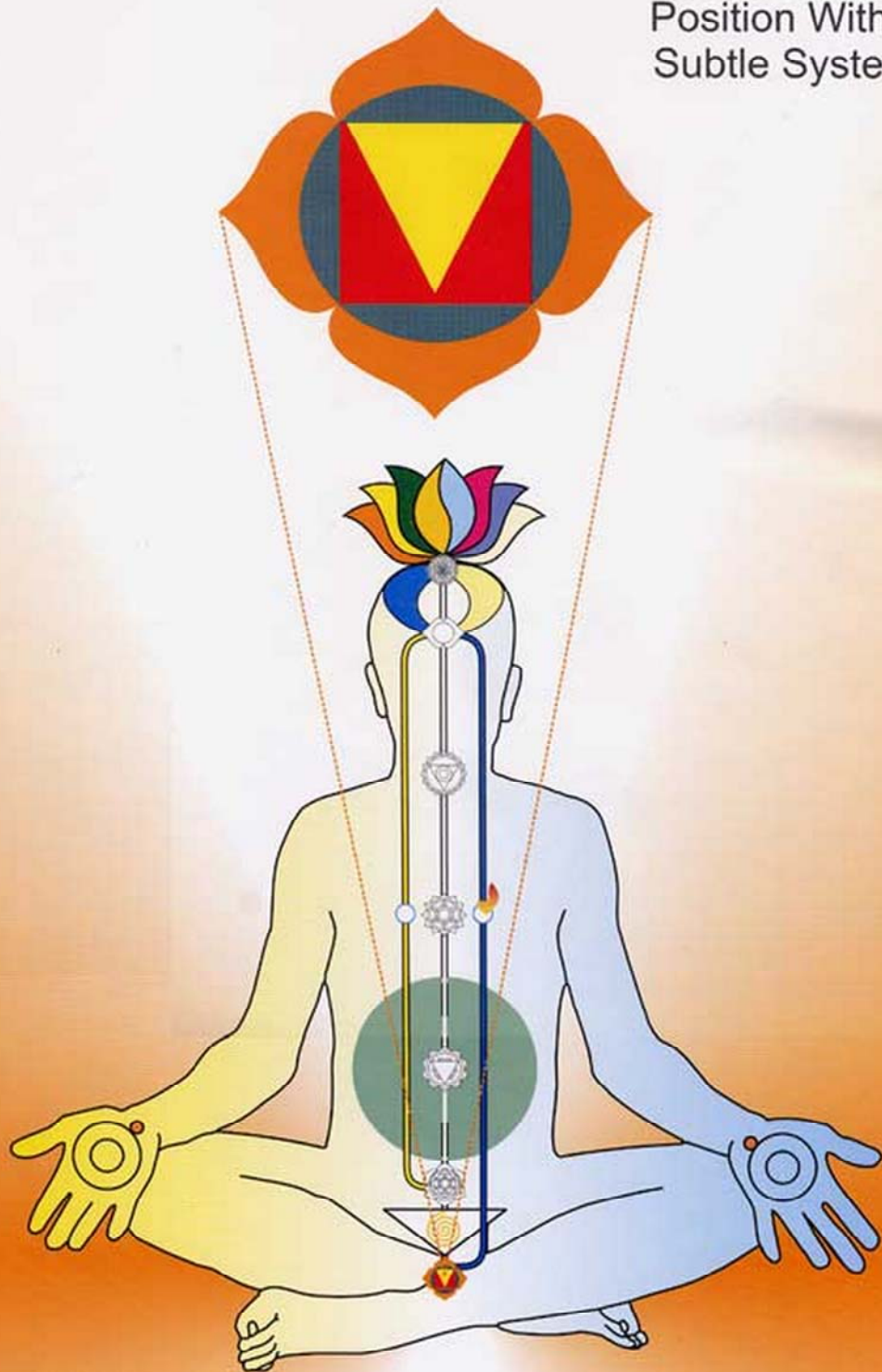


Gross Expression in Vertebral Column



Pelvic Plexus

Position Within Subtle System



1° CHAKRA

MOOLADHARA

innocence

This four petalled centre is called the Mooladhara and is situated below the triangular sacrum bone. This centre is placed outside the spine and on gross level corresponds to pelvic plexus, which looks after all our excretions, inclusive of sex activity. Though the Kundalini has to rise through six centres, Mooladhara protects the purity and chastity of the Kundalini at the time of its awakening.

Mooladhara is for our innocence and one should know that innocence can never be destroyed. Too much thinking about and indulging in sex weakens this centre. Despite all arbitrary abandonment of natural laws, innocence, the power of Mooladhara, remains, in a sleeping or a sick state which can be cured and normalised through Kundalini awakening.

Correspondences

Colour	Orange
Element	Earth
Planet	Mars
Day	Tuesday
Stone	Coral
Symbol	Swastika
Quality	Purity Wisdom Innocence Valour
Organs controlled	Prostate Gland Womb, Sex, Excretion, Smell

Discussion of the Chakras

The following discussion of each of the 7 chakras is an elementary introduction. The discussions include primary problematic modern conditionings that cause catches for many Western world Sahaja Yoga practitioners.

Chakra No. 1: The Mooladhara Chakra

The Mooladhara Chakra is below the Kundalini at the base of the spine. "Moola" in Sanskrit means root, which is the Kundalini or the Mother energy within. "Adhara" means the support. This chakra provides support and protection to the Kundalini because if it is disturbed, the Kundalini will not rise to any other chakra. The fundamental quality of the Mooladhara Chakra is innocence and the innate wisdom which comes from having childlike innocence. Simplicity, joy, purity, integrity and balance are qualities manifest in human beings through this chakra. Because this center governs the reproduction organs and systems, sexual attitudes and behaviors critically impact the strength or weakness of this center. Sex can be the most sublime physical expression of love within a marriage. Sex can also subtly undermine and erode self-esteem when entered into without the protection and support of lifetime commitment. It commingles the energies and chemistries, both positive and negative in two people. Self management (emotional, physical and spiritual) then becomes even more difficult when another person's chemistries and energies are taken on. Sexual excessiveness, both physical and mental, creates imbalances throughout the body's systems. Thus, as with any other addiction, mental and physical weakness occurs, laying the foundation for disease.

Pure love between a man and a woman is unattached by possession, devoid of demanding expectations. Then, in freedom, the full intensity of the relationship can be enjoyed.

Once Kundalini is awakened, the sense of reverence for and the desire to serve the Mother energy within gradually becomes heightened. Many of us entered the practice of Sahaja Yoga with badly damaged Mooladhara Chakras. This chakra can be fully restored as you settle into and sustain Sahaja Yoga practices. The Mother energy, in each of us, manifests qualities such as bearing power, care and compassion.