



Week 7:

# Mooladhara Chakra

Pelvic plexus

*"Mool" = Root*

*"Adhar" = Support*

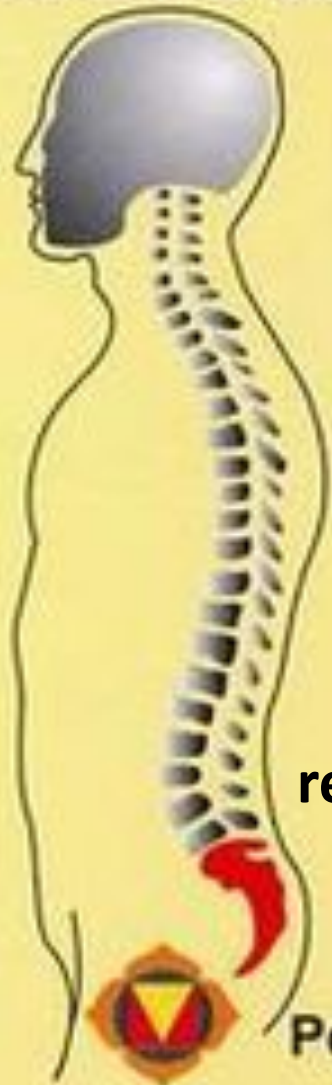
*discover the roots of  
your true Self!*



## Earth element

- Representing the beginning of life
  - Foundation of Subtle system
- Situated below the abode of the Kundalini
- Support of Kundalini and entire subtle system within you

## Gross Expression in Vertebral Coloumn



**Governs:  
Excretory  
and  
reproductive  
organs**

**Pelvic Plexus**

Within you there are roots  
which create a balance  
between your inner and  
outer existence



*Mooladhara Chakra allows  
our Kundalini to Rise*

## Position in Head



## In Hands



## In Feet







A word cloud featuring various virtues and qualities. The words are arranged in a roughly circular pattern. The largest words are 'innocence' and 'purity'. Other prominent words include 'wisdom', 'simplicity', 'spontaneity', and 'grounded'. Smaller words include 'connection', 'root', 'essence', 'orientation', 'dignity', 'humility', 'modesty', 'harmony', 'righteous', 'ego-less', 'earth', 'purpose', 'nature', 'balanced', 'desireless', 'satisfied', 'joy', and 'wisdom'.

connection  
grounded  
spontaneity  
purity  
root  
satisfied  
essence  
desireless  
orientation  
nature  
balanced  
dignity  
innocence  
humility  
joy  
simplicity  
earth  
modesty  
purpose  
harmony  
righteous  
ego-less  
wisdom

# What is Innocence?



Innocence dwells with Wisdom, but never with  
Ignorance.

(William Blake)



**Symbolism**

**Shri Ganesha**



**Role model  
for Mooladhara**

**Embodiment  
of Innocence  
and Wisdom**



*"Innocence is such a great thing that it cannot be destroyed. It is the quality of the Spirit. It has all the wisdom of the world, all the understanding of the world; and when anybody tries to harm the innocence, the world, the whole world – which may not have cared so much for innocence, might not have worshiped innocence so much – they all stand up against anybody who tries to harm the innocence. You can see in your own lives around you, when anybody tries to trouble children – all of them, whatever they are, whatever they are coming from, whatever maybe their nationality, they all jump, all jump to control and to safeguard that child. What is it? What is it within us that makes us so very conscious to protect the innocence? It's really a shame, a great shame for us, when we find in this world that innocence is under attack. Anything else can be tolerated."*





What is Spontaneity?

# Obstacles blocking the Mooladhara chakra:

- Letting lust and greed dominate your life

- Overthinking too much

- Taking advantage of situations, Cheating, misleading

- Letting your Ego guide you

- Overindulgence

- Perverted attention

- Disrespecting innocence

- Unauthorized attempt to raise Kundalini





*Meditate on the quality of  
innocence to develop this  
power*

*Sitting/meditating  
on the Mother Earth*

*Maintain purity of  
eyes and thoughts*

*Meditation  
every day*

*Footsoak*

*Be honest  
with yourself*

*Watch your attention  
and intentions*



# When our Mooladhara is balanced, it grants us:

- Strong sense of right and wrong
- Stable eyes
- Strong attention
- Keeps us to remain harmony with nature
- Gives us the ability to raise our Own and other's Kundalini
- Help us keep emotional balance and mental balance
- Keeps us from getting into depressive or lethargic states
- Keeps us from over-planning and over-indulging
- Achieve thoughtless awareness faster due to less identification with ego and super-ego

**Soothes our attention and the subtle system by allowing the Kundalini to rise.**





*When your roots  
are strong, you are  
a balanced, joyful,  
satisfied and loving  
person who is  
desireless and truly  
free.*





Inner knowledge / Outer knowledge  
Light of Innocence

<https://www.youtube.com/watch?v=N4Cb9Zn6MYE>

Shri Mataji Nirmala Devi



