## 1. Introduction of the evening

## 2. General info on the Mooladhara

He is worshipped as the **remover of obstacles** - the obstacles, which may occur in the course of the awakening of the Kundalini and the **development of one's realization**. The wisdom of Shri Ganesha is the wisdom of the heart - that is the ability to perceive the true meaning of what people may say or do (i.e. what is really in their heart). He does not have the head of a human, meaning he **does not have conditionings or ego**. Children again naturally have this ability as they often tune in to the feelings and subtle signals rather than the face value of what is said. Shri Ganesha is also the eternal divine child, and he therefore likes to have fun and enjoy. He bubbles with enthusiasm, playfulness and love.

### 3. Back to beginners session, today we go deeper

Let see more..

## 4. Support of our subtle system, beginning

## 5. Story time and symbolism

## One day in heaven, the Divine Mother of Creation, Parvati, was preparing for the wedding to Her eternal husband, God Almighty, Lord Shiva. Feeling shy and worried that Lord Shiva may try to enter the bathroom, She decided to create a son to protect the door. Being the Mother Earth, She was able to remove natural fragrant pastes from Her skin, which She then modeled into the shape of a child. Her creation sprang to life with absolute love and dedication for his Mother. He stood guard outside Her bathroom door, and after a while Lord Shiva approached, insisting to be allowed in. The boy would not let him pass, explaining that he was following his Mother’s clear instructions. As Lord Shiva tried to force entry, the boy hit him with his stick, and the Lord departed in a fury. Lord Shiva had an army of devoted angel-like servants, the ganas. He ordered them, and other divine entities, to remove the boy. They engaged him in battle, but were all easily defeated by the stick wielding child. Lord Shiva realized that this enemy could only be conquered through deception, so he made a plan to have him distracted. As others fought with the valiant boy, drawing his attention away, Lord Shiva came up from behind and cut off his head. There was big trouble for all when Mother found out! Mother Parvati, in a fit of rage, unleashed Her female powers of destruction upon the hosts of heaven. But before irreversible damage could be done, Her husband and his friends asked for forgiveness, promising to do anything to make amends. Parvati decided to forgive them, insisting that they should immediately go out and take the head of the first animal they found, to restore Her son to life; and that the Lord should give him the highest position of authority in the hierarchy of heaven. They soon found a wise, innocent elephant, who willingly offered his head for the son of the Goddess. When the boy was brought back to life, he was named Ganesha (Gana-Isa), master of all the divine helpers of Lord Shiva.

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That his four arms represent the four valencies of the carbon atom, basis of all life;

Lord Ganesha has a large belly, representing **blissful satisfaction.** His royal crown and jewelry, and sometimes flower garlands, enhance his high, divine countenance and show his love for beauty. The coil on his stomach indicates the universal, motherly power of enlightenment, **Kundalini,** that is meant to rise up inside every human being from the sacrum bone to the fontanelle. If he is not sitting down in deep meditation, he is dancing merrily to his Mother’s great delight. **He once broke off his left tusk to destroy evil, and then used it to write down the history of Creation.** In his four hands he carries a tasty, divine sweet to **nourish**; a goad to protect and prod wayward souls onto the path of spiritual ascent; a noose (rope) to pull worthy souls up into enlightenment; and an open palm, pouring out the cool, life-giving Breath of God.

## 6. The petals

The Mooladhara Chakra is placed in the lowest region of the trunk of human beings about one inch above the centre of the ‘seat’. This most vital and important centre is in a subtle form. The gross expression of this centre is the pelvic plexus, as described in medical terminology. The plexus surrounds the subtle centre.

The petals of the chakra have arrow-like lines, which appear as small ripples. These arrow-like patterns catch in their folds the all-pervading Power that flows down from the top of the head of a realized soul as grace. Such a person may not be an artist but he will enjoy art because of his absolute aesthetic values. They form a network of catchments in four directions.

## 7. Explanation of petals

## 8. Innocence, joy, chastity

## 9. ‘’Thou shall not..’’

Now when He said, “Thou shalt not have adulterous eyes”,-of course the adultery as we understand, is that we should not have lust in our eyes. But I would go still further to say that our attention has to be so pure that we should not have any idea of return coming to us from a particular thing, but just enjoying it, just the joy part of it. If I see a beautiful thing, then I am just enjoying it, not that I should possess it, nor should I think about it, nor do I need that I should repeat it. **So, sometimes people think that Sahaja Yoga is a very Victorian sort of a System in which you can’t lead a life like this and the freedom we have achieved and the abandonment we have achieved we cannot enjoy in Sahaja Yoga. But this virtue or this righteousness that we have condemned so far, is really the sustainer of life, is our quality, is our gold, is our wealth, is our property, is our security which we have lost, and we have to just again have a cleansing. As like you can see a soap. Soap is the one which is in a quality, is a pure thing and it purifies too. In the same way our innocence is absolutely pure so it is our innocence itself cures ourselves. The One which is lying under, which we have always repressed, which we have undermined, which we have not respected, comes to our help, and shines within us.**

## 10. Humble confidence

## 11. Total awareness

## 12. Embodiment of Dharma

## 13. Speech

## 14. Finally..

## 15. Meditation