



The Mooladhara Chakra



21 Days of Meditation Course

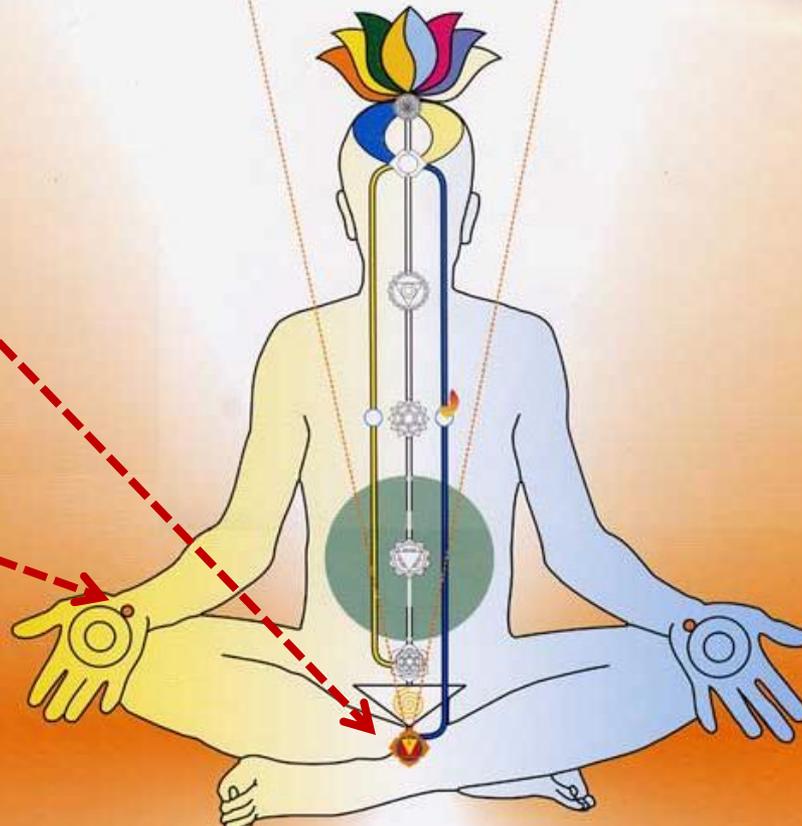


Mooladhara Knowledge



- First Chakra
- “**MOOL**” = Root
- “**ADHAR.**” = Support

Position Within
Subtle System



Location:

- Base of our spine
- Base of palm of hand
- Back of the head

Position in Head



Mooladhara Chakra

SAHAJAYOGA



Mooladhara Knowledge



Characteristics

- 4 Petals
- Element: Earth
- Color: Coral Red
- Physical Plexus: Pelvic Plexus
- Place on hand: Base of the palm



Mooladhara Qualities

- Balance
- Innocence
- Purity
- Wisdom
- Joy



Mooladhara Benefits



- Strong attention
- Helps **deepen** the meditation
- Helps your **spiritual** growth



Mooladhara Benefits

- Helps us keep **emotional** balance.
- Helps us keep **mental** balance.
- Helps prevents us from feeling depressed and being lethargic
- **Soothes our attention**



Mooladhara How to Balance

The Mooladhara Chakra

- Sitting on **Mother Earth**
- Daily **foot soak**
- **Regular Meditation**, morning and evening

Let's Meditate...

