



HOME SERIES: 1ST (ROOT) MULADHARA CHAKRA

(Suggested to be followed only under the guidance of an experienced Yoga instructor)

The Hindu concept of the chakra has its' ancient origin in India. In the tantric tradition, it is believed that the energy that was brought forth at the creation, the Kundalini, is a serpent coiled at the base of the spine. Through the use of yoga and meditation, the Kundalini energy can be awakened to flow through the body and allow one to connect with the Creator.

Seed Mantra: LĀM

Element: Earth

Orisha: Shango

Position: Base of the Spine

Demon: Fear

Objective: It corresponds to the physical body and connection to the Earth. Our goal is to ground, feel comfortable in the self, trust in the world and allow abundance into your life.

Possible signs your Root Chakra is blocked:

Feeling stuck and sluggish.

Overeating or hoarding.

Fearing change/ worrying/ Stress/ A belief that you must rely on external circumstances.

Having persistent financial problems or a less-than-ideal career.

Feeling you have been abandoned by your parents

Doubting your right to be 'here' (Any situation)

A lack of trust in your self, choices, opinions, skills

Hating your body or feel you are not good enough the way you are

In balancing our first chakra we may:

Feeling grounded in the world and self.

Relax tensions in the body

Begin to act wisely and with moderation

Guard against violent behavior based on insecurity.

Be motivated towards self-improvement

Achieve a strong connection with your family and friends

Feel wanted and loved

Feel like you belong, you are content with your body

Feel confident with money, managing it well and always having enough.

Suggested aids towards balancing your root chakra:

Movement: Dance, Aerobics, Zumba, Hatha Yoga, Weights, Running, Massage



Healing: Look at the feminine: the earliest memories with the Mother (0-12months)

Chant: (In Sanskrit a “seed” is called a Bija. And is used in Vedic traditions as a tool for the expansion and widening of one's mind through sound vibrations. In its most literal translation it is planting the seed of liberation).

Suggested Seed Mantra: Lām

Chanting Lām releases tensions, removes blockages and activates energy, beginning the process of awakening the dormant powers within us and raising them into consciousness.

Listen: <https://www.youtube.com/watch?v=5fVKfZmELLw>

Affirmating: (Practise anywhere or try in front of the mirror)

“I love my body and trust its wisdom”

“I am here and I am real”

“I am immersed in abundance”

“It is safe to be here.”

Oils: (Burn them in an oil burner or sprinkle on a candle)

Angelica Root

Benzoin

Frankincense

Myrrh

Patchouli

Spikenard

Colour: It is said that by dressing all in one colour, we increase the size of our aura, and that dressing in the colour of one chakra will also help it to open. The colour assigned to the Mūlādhāra Chakra is RED. This colour red means energy and vitality.

Crystals: (Use them for meditation or have one nearby when you sleep)

Bloodstone

Garnet

Red Agate

Red Aventurine

Red Jasper

Red Tiger's Eye

Ruby

Meditation: Exhale and without breathing, firmly contract the anal muscles. Inhale and be aware of how a current of energy rises along the spinal column. Feel how the energy spreads through the whole body and tensions dissolve. See within your inner space a red light: the colour of the embers of a fire. Bring your most beautiful thoughts and feelings to this expression and allow it to radiate out into the Universe. Sing OM x3