



HOME SERIES: 1ST (ROOT) MULADHARA CHAKRA

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

About the Root Chakra:

The Mūlādhāra Chakra is the mother who nourishes and raises us. She is the seat of our dormant wisdom, the stronghold of our hidden spiritual powers and abilities.

According to many yogis, we can only attain freedom when everything that we have carried with us since the beginning of our existence is brought up into the light, and the Mūlādhāra Chakra is said to be the key to our memories, our karma and our earliest life experiences.

When the Mūlādhāra Chakra becomes active some say that qualities that we had not suspected were within us, such as destructive rage, all-consuming passion, excessive desires or deep-seated anger, can surface and astound us. We can also experience wonderful feelings of freedom, joy, harmony and closeness to God or spirit.

In line with the Divine plan we humans should be protectors of the earth, not its destroyers. Our duty is to develop sympathy and love for nature and all living things, and by balancing our root chakra, it is said that we move from the vibration of fear (destroyers), to love (nurture and care). The divinity of the Mūlādhāra Chakra is Shiva in the form of Pashupate Mahādeva (Lord of the animal world).

The main symbol of the Mūlādhāra Chakra is an elephant with 7 trunks. This symbolises the treasure house of wisdom that is hidden in the Mūlādhāra Chakra and should be raised into the light of consciousness.

The four petals also symbolise the four stages of evolution of life on this planet: Vegetation; simple life-forms such as bacteria and single-celled organisms; egg-laying animals such as fish, reptiles and birds; mammals; and finally humans.

An important symbol in the Mūlādhāra Chakra is the Shiva Lingam, an astral symbol for creativity, creative power and consciousness. In this symbol a snake winds around the Shiva Lingam three and a half times. The three rotations of the serpent represent the first three levels of consciousness - unconscious, subconscious and conscious; and the half turn refers to the awakened super-consciousness. As the head of the snake is pointing downwards this is an indication that the evolutionary process can also again go downwards. (As above so below). Wisdom does not develop by itself; it needs constant, conscious effort to purify the thoughts and steer the actions towards the good.

The Lotus blossom of the muladhara has four petals, depicting the four fundamental psychic functions: mind, intellect, consciousness and ego (whose roots also lie here).