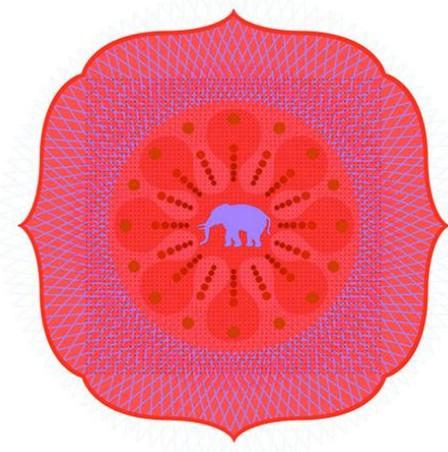


1st Chakra “Equilibrium”

Mooladhara (Base/Root)



Color: Red
 Element: Earth
 Number of Petals: 4
 Location: Coccyx (*Base of Spine*)
 The action organ: Feet
 The sense organ: Smell

Central Function:

The instinct for survival is the central function of the Mooladhara Chakra such as surviving adverse conditions, hardness, fatigue and all of life’s difficulties. These are all correlated with endurance, adaptability, instinct, strength and potential. The energy of Mooladhara chakra is the main generator of the human physical body and its energy system. Mooladhara is the seat of dormant energy referred to as Kundalini and it is symbolized as a serpent. Kundalini is an energy that is simultaneously an evolutionary consciousness which we seek to awaken with Yoga and Meditation. From the Mooladhara chakra Kundalini rises through the spine while piercing all the chakras to reach the top of the head at the Crown chakra.

Connected To:

It is connected with all the solid things that exist on earth, first the body and its well-being, material existence, shelter, and the satisfaction of basic needs. It stimulates functions such as feeding, defence and shelter. Its organs of action are the feet which are physically related in relationship with the earth. This chakra is further connected to the digestive juices, meat, bones, nerves and blood. Mooladhara Chakra oversees the functions of almost everything that falls from the body and exits such as excretion, ejaculation and childbirth.

Signs of Imbalances:

- | | | |
|-------------|---------------------|---------------------------|
| 1. Jealousy | 4. Greed | 7. Colon and leg problems |
| 2. Hatred | 5. Fear | 8. Depression / lethargy |
| 3. Anger | 6. Poor circulation | 9. Resistance to change |

How to Balance Mooladhara Chakra:

- | | | |
|--------------------------|-----------------------------------|--|
| 1. Dieting/ fasting | 4. Economic independence | 7. Walking barefoot/
massage feet |
| 2. Knowing ones limits | 5. Organized lifestyle | 8. Practicing stillness |
| 3. Proximity with nature | 6. Sleep in warm/ quiet
places | 9. Working with clay and
manual labor |

 Reference source, Fonti di referenze: Aveda Chakras by Dr.Vinod and Kusum Upadhyay; Ayurvedic Physicians & Honorary Advisors to the Himalayan Institute Hospital Trust Ayurvedic Therapy Program; Gabriella Cella Marco Canzoni ‘ Il libro dell’Aria e del Respiro’ (Baldini, Castoldi, Dalai); Gabriella Cella Al-Chamali ‘Yoga’ (Sonzogno); Gabriella Cella Al-Chamali ‘Respirazione Distacco Concentrazione Meditazione’ (Sonzogno); Gabriella Cella Al-Chamali ‘Chakra’ (editore Fabbri); Swami Satyananda Saraswati ‘Asana Pranayama Mudra Bandha’ (Yoga Publication Trust); Maurizio Morelli ‘Il libro dei Chakra’ (distribuito da : Fiore d’Oriente)

2694 Wilson Parkway, Harrisburg, PA 17104 USA
www.yogawithperumal.tv

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