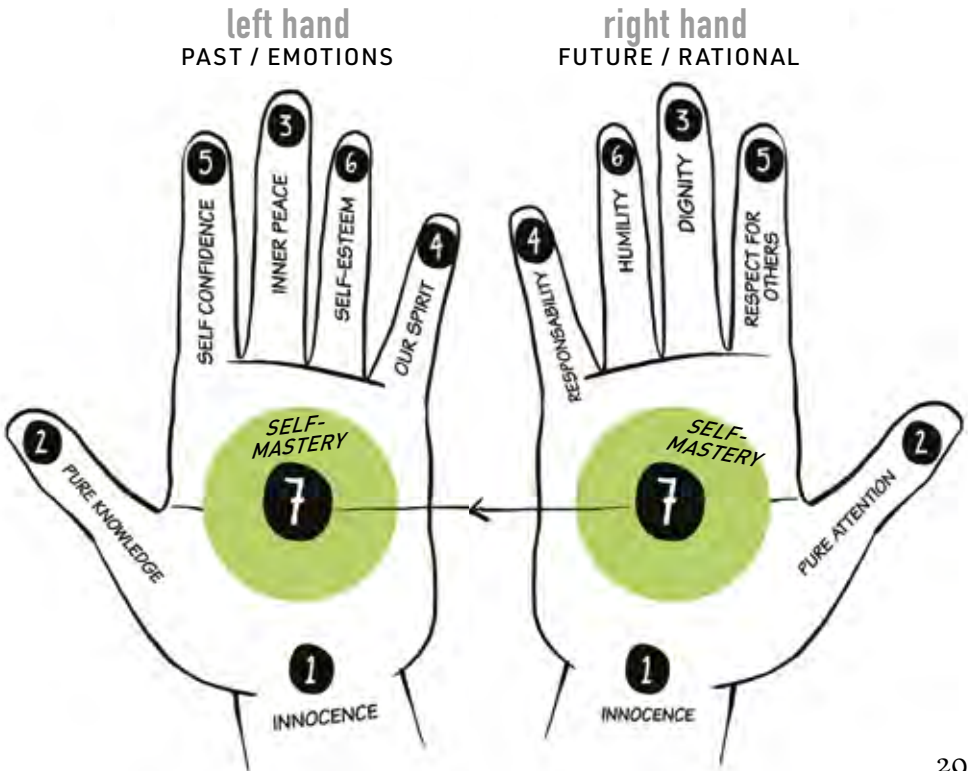
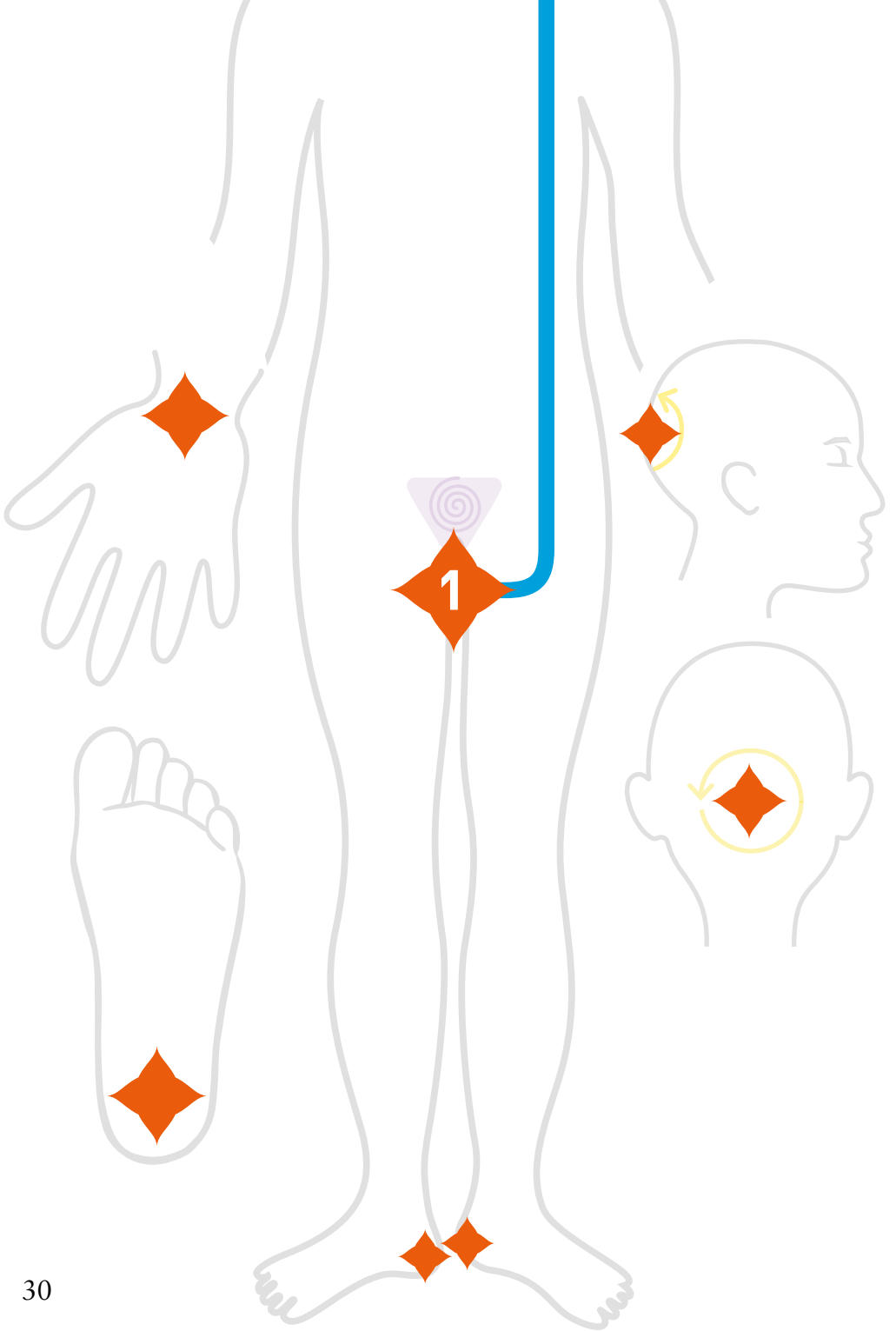


# THE SEVEN CHAKRAS

There are seven major chakras within our subtle system known as MOOLADHARA, SWADISTHAN, NABHI, ANAHAT, VISHUDDHI, AGNYA and SAHASRARA, each with different qualities. Through Sahaja Yoga meditation and the simple techniques we use to balance our subtle system, these chakras can open up and expand, enhancing these qualities within us. The more clear are chakras become the more balanced and integrated we are. Our awakened chakras bring us joy, peace, satisfaction, and love.





# MOOLADHARA CHAKRA

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**PHYSICAL MANIFESTATION:**

PELVIC PLEXUS

**NUMBER OF PETALS/SUB-PLEXUSES: 4**

**ELEMENT:**

EARTH

**GOVERNS:**

EXCRETION AND REPRODUCTIVE ORGANS

**QUALITIES:**

CHILDLIKE INNOCENCE, GRAVITY, DHARMA,  
SPONTANEITY, PURITY, WISDOM, JOY

**COLOUR / STONE / DAY / PLANET**

RED / CORAL / TUESDAY / MARS

*The True Person is detached and humble  
... the True Person remains childlike*

LAO TZU  
TAO TE CHING  
VERSE 49

*A person who is filled with Virtue is like a newborn child.*

LAO TZU  
TAO TE CHING  
VERSE 55

*The devotees of the Lord dwell forever in peace.  
With a childlike, innocent nature, they remain detached,  
turning away from the world.*

GURU NANAK  
GURU GRANTH SAHIB

*...Unless you change and become like children,  
you will never enter the kingdom of heaven.*

JESUS CHRIST  
MATTHEW 18:2

**S**ituated below the SACRUM BONE, the awakened MOOLADHARA CHAKRA fills us with innocence and wisdom, bringing with it a joy and wonder devoid of conditionings and prejudice – a quality found in small children. This generally diminishes as we grow and develop ego and self-centered desires. Fortunately, this quality can return, like the sun shining after the passing of heavy clouds. In India, the elephant-headed God Shri Ganesha is worshipped as the essence of innocence and wisdom. He has the body of a child, which symbolises innocence, and the head of an elephant, which symbolises wisdom.

The Mooladhara Chakra has four petals. The first petal faces downwards and contains harmony, balance and sensitivity to innocence. The second petal is towards the left and contains confidence in one's own Divinity manifesting in humble

confidence. The third petal is towards the right and contains humility to God, Divine wisdom and pure knowledge. The fourth petal reaches upwards and brings fearlessness due to security, awareness of collective consciousness and the power of dharma.

### SHRI MATAJI ON INNOCENCE

“There have been stories that children who have fallen from a very great height were completely saved, nothing happened to them. Their innocence is such a powerful thing that it doesn’t harm anyone who is not to be harmed. It has all the wisdom of the world, all the understanding of the world; and anybody who tries to harm the innocence, the world, the whole world – which may not have cared so much for innocence, might not have worshipped innocence so much – but they all stand up against anybody who tries to harm the innocence.

You can see in your own lives around you, when anybody tries to trouble children – all of the them, whoever they are, whatever maybe their nationality, they all jump, all jump to safeguard that child. What is it? What is it within us that makes us so very conscious to protect the innocence?

It’s really a shame, a great shame for us, when we find in this world that innocence is under attack. Anything else can be tolerated. Innocent people who have done nothing wrong,

those who have no malice, who are living like little children, I should say, if they are attacked by anyone – not that the whole world reacts to that – but everyone of them cannot bear any innocent person or innocent being harmed.

We don't realise that, within us, there is the ocean of love and ocean of understanding for children. Why? Why should it be? Why should we feel like that, especially for children? Especially for innocence? There are people who are always attacking innocent people, innocent children – there are, but no-one wants to support them.

No one thinks that it's proper to ill treat children. And those who have done this have to suffer. They all suffer as a reaction.”

SHRI MATAJI NIRMALA DEVI, 2001  
CABELLA LIGURE, ITALY

### **CAUSES OF IMBALANCES IN THE MOOLADHARA**

Lack of contact with beauty, nature and the Mother Earth. Attention on material things. Left: Promiscuity, perversion, allowing sex to dominate our lives, desires and attention. Right: Obsessively strict, overly-disciplined or fanatical.

### **BALANCING THE MOOLADHARA**

Sit and place both palms on the earth allowing the earth to balance us. Walk barefoot on the earth and take foot-soaks. Spend time in the nature and keep the attention on nature – looking at the sky, the grass, and the flowers.

Look at people or objects without lust or greed. Take the attention from the material to the sublime and develop the joy of innocent things like small children, animals and gentle music. Relax and enjoy the beauty of life.

