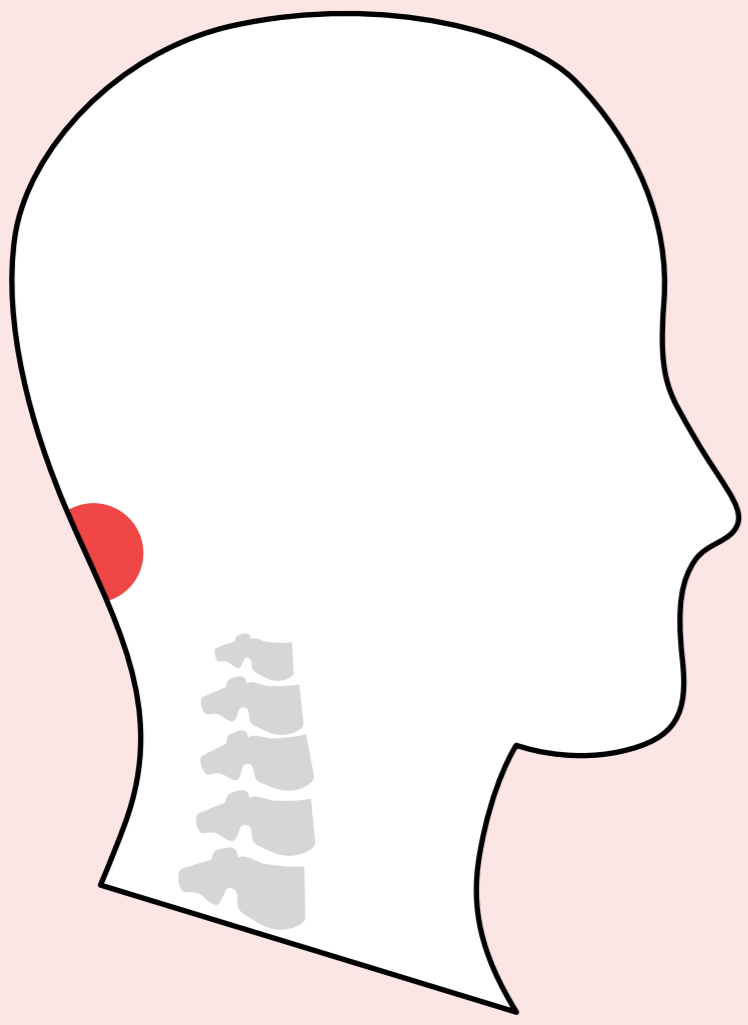
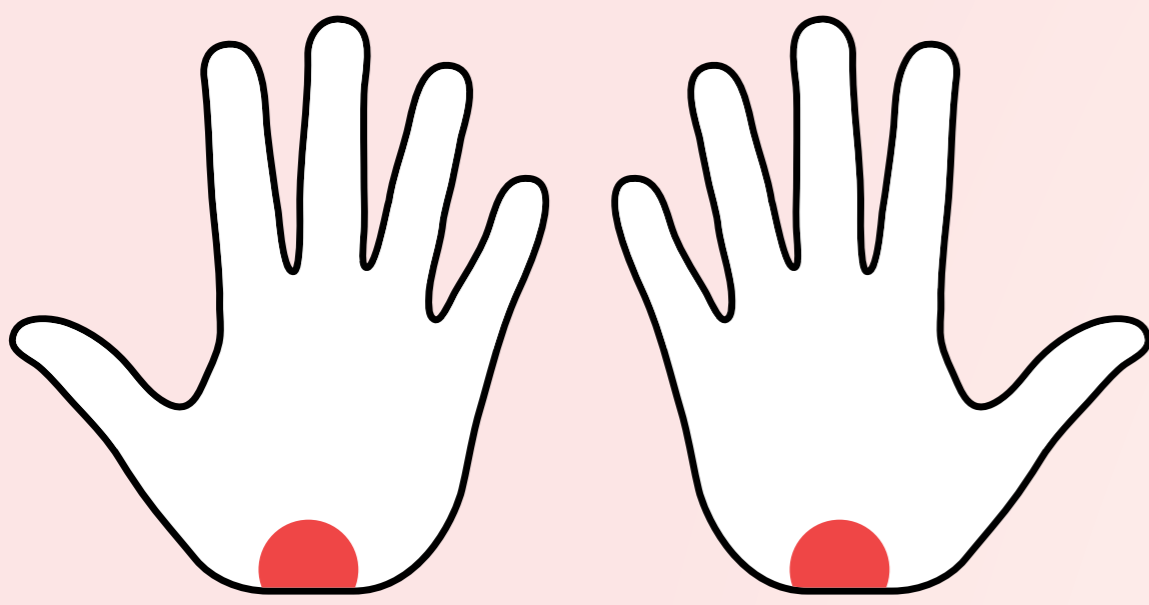


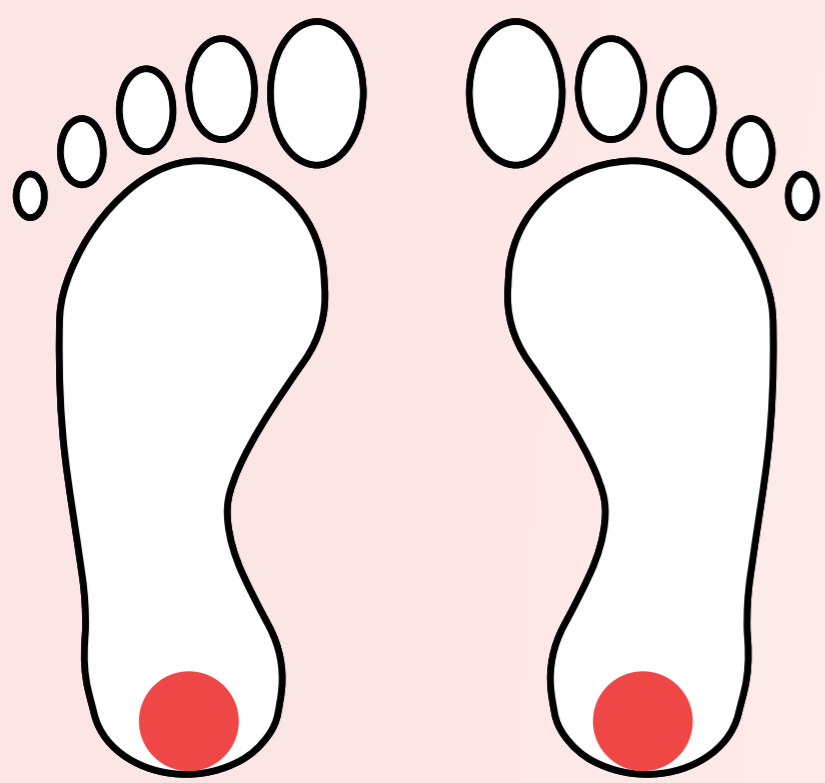
Position on the head



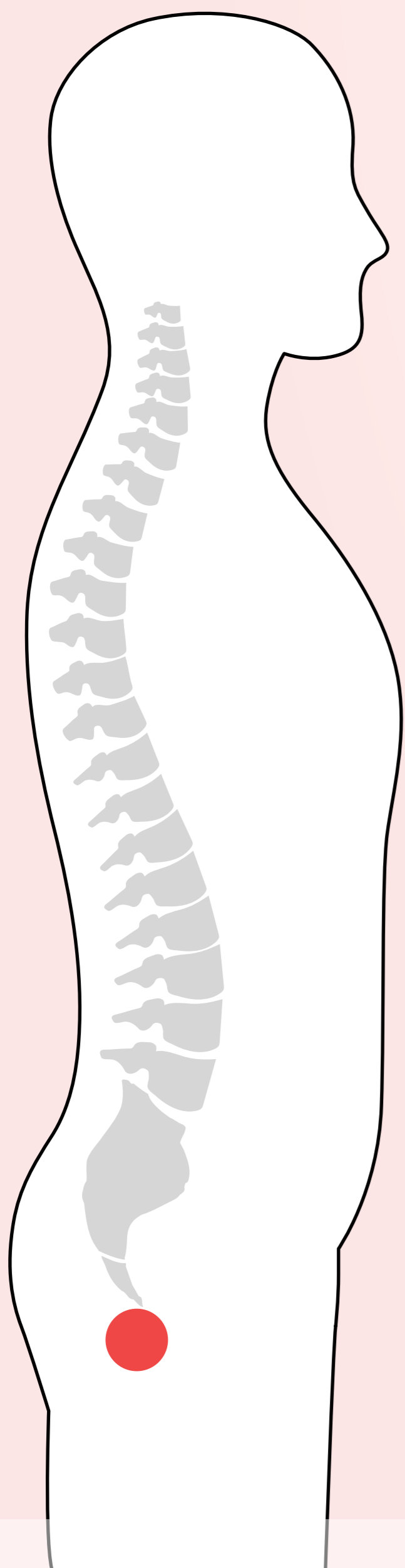
On the hands



On the feet

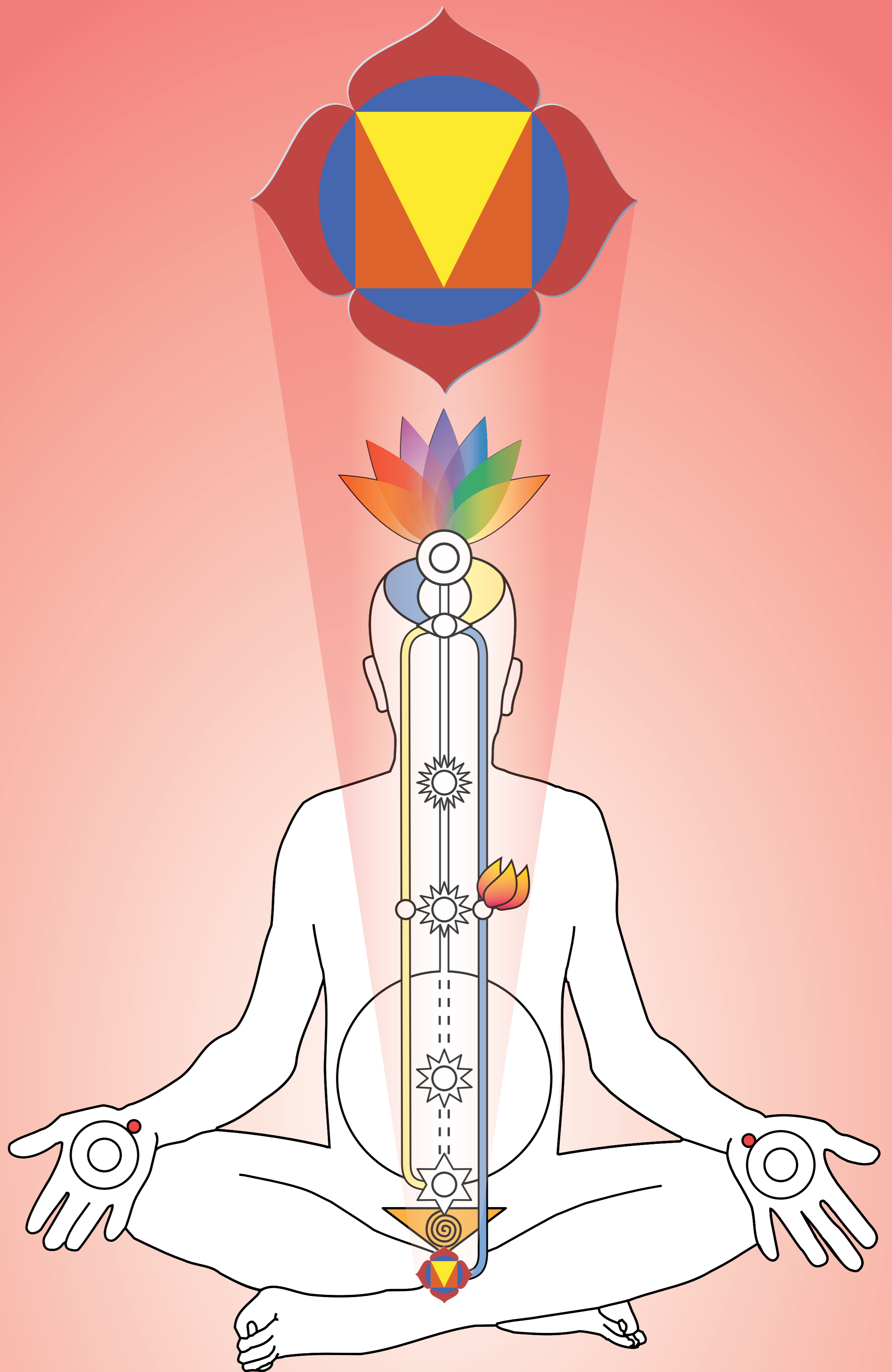


Gross expression in our body



Pelvic plexus

Position within our Subtle System



Mooladhara

Correspondences

Colour	Coral red
Element	Earth
Planet	Mars
Day	Tuesday
Stone	Coral
Symbol	Swastika
Quality	Purity, wisdom, innocence, valour
Organs controlled	Prostate gland, womb, genitals, excretory organs

This four petalled centre is called the Mooladhara and is situated below the triangular sacrum bone at the base of our spine. This centre is placed outside the spine and on gross level corresponds to the pelvic plexus, which looks after all our excretion, including sex activity.

This centre protects the purity and chastity of the Kundalini at the time of its awakening.

The Mooladhara is for our innocence and one should know that innocence can never be destroyed. Too much thinking about and indulging in sex weakens this centre. Despite all arbitrary abandonment of natural laws, innocence, which is the power of Mooladhara, remains in a sleeping or a weakened state. This can be cured and normalised through Kundalini awakening.