



Mooladhara Chakra

Innocence and Wisdom

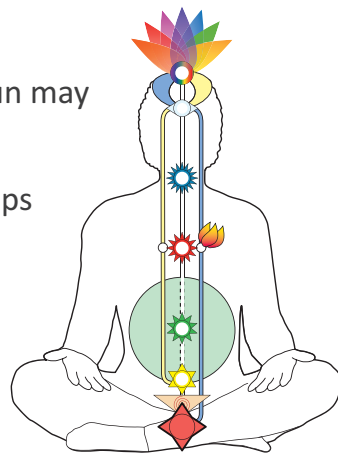
The Mooladhara chakra is located in the pelvic plexus at the base of your spine. The vibrations of this root energy center can be felt on the heels of your palms.

Mooladhara chakra qualities:

Innocence	Dignity
Purity	Balance
Simplicity	Purpose and direction
Childlike joy	Connection to the earth
Wisdom	Harmony with nature

The fundamental quality of the Mooladhara chakra is innocence. This is the basis of righteous behavior. Your innocence can never be destroyed, but it may be masked by your ego and conditionings, just as the sun may be covered by clouds.

A balanced Mooladhara helps you maintain and increase your inner wisdom. It also leads to improved memory, attention and focus.

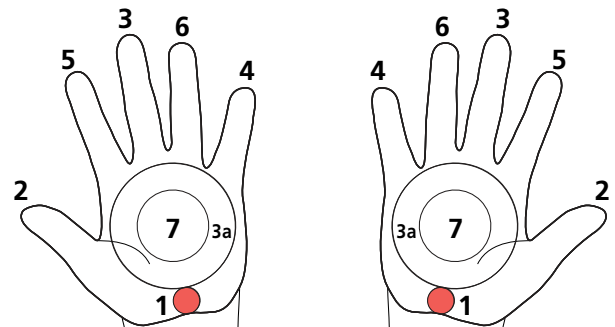


You'll be able to manage your intellectual energy and make decisions quickly while maintaining emotional balance.

The innocence of this chakra enables you to view other people and situations without prejudice or bias. Your actions will be pure as a result.

To balance this chakra, sit directly on the earth. Sit in a cross-legged position if you can. Place both hands on the ground, palms facing downward.

Another way to clear this chakra is by footsoaking. Soak your feet in a basin of warm salt water.



Affirmations for Mooladhara Chakra		
Left	Center	Right
Mother Kundalini or Mother, I am...	Mother Kundalini or Mother, Please make me...	Mother Kundalini or Mother, You are the...
... the powerful innocence of a child	... innocent ... wise	... destroyer of negativity