



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 centre can be felt on the heels of your palms.

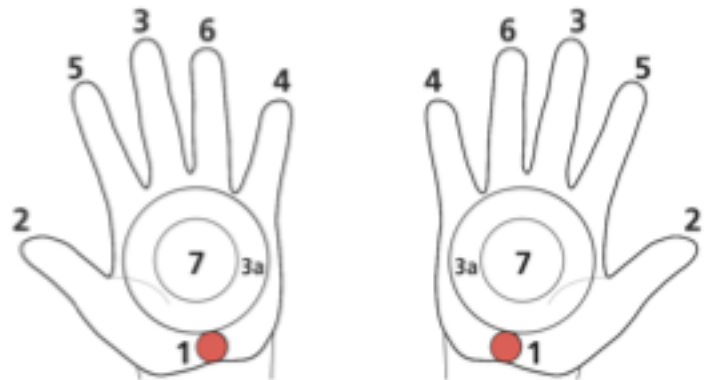
Mooladhara chakra qualities:

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

The fundamental quality of the Mooladhara chakra is innocence. This is the basis of righteous behaviour. 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.

