

MOOLADHARA CHAKRA

Human body has been created with visible physical body and invisible Aura (Energy field) in which Chakras are located. According to western science, breathing is through nostrils, part of respiratory system; But Eastern science recognizes the seven major chakras. The Seven major chakras are meant for breathing the cosmic energy. Cosmic energy enters the aura and through the chakras reaches the physical body to make the mind cosmic conscious and to keep the physical body in good health with divine force. Chakras are so named because of their capacity to spin for breathing in and out. Thorough knowledge of seven major chakras, namely Mooladhara, Swadhishtana, Manipura, Anahatha, Vishudha, Ajna and Sahasrara are essential for identifying the disease and healing.

All the chakras make their appearance at foetal life but it is the Mooladhara chakra that starts developing in the prenatal stage. In the third trimester, of pregnancy, it develops. Hence let us start with the stages of development of Mooladhara chakra.

Mooladhara chakra (root chakra) is a self explanatory term. Because it forms the foundation for life (Adharam) and grounding the body to mother earth (Root/Moolam). This character and development is its manifestation of Kundalini shakthi. The development of other chakras depends solely on this chakra. The basic need for proper development in postnatal life depends on the protection afforded within the uterus of the mother. In intra uterine life, foetus is nourished by the nutrients through the mother's blood. At this stage, the environment afforded within the uterus and the emotions of the mother play a crucial role with the development of chakras, especially Mooladhara chakra.

Normal development of child and character of the child after birth depends on this environment at the third trimester of pregnancy. E.g. when a pregnant mother is happy, enjoys a good healthy and pleasant environment, caresses her abdomen with love, Listens to good music, healthy infant is born.

In South India, the custom is to perform a religious ceremony called 'poo choottal' or 'Valai Kappu' when pregnant mother is advised to wear glass bangles. The jingling sound from the bangles while the mother caresses the abdomen, serves dual purpose of making the foetus feel secure and sound from bangles stimulates the nervous system.

On the other hand, if the pregnant mother is abused verbally and if she suppresses her emotions, the foetus reacts with speech defect, hearing defect or symptoms of autism. Traumatic experiences of the mother if she was subjected to heavy dose of antibiotics, any serious illness, too many exposures to X-rays, scanning, emotional resistance to go through pregnancy, she may give birth to child with problems. Unnecessary imaginary fear of giving birth to an abnormal child may lead to emotional disturbance in the subconscious mind of the foetus.

In both prenatal and postnatal life, feeling of security, protection is mandatory; when it is denied, fear creeps into the mind. In such cases, development of Mooladhara chakra exhibits defects in the form of deficiency or excessiveness of other chakras also.

Healthy Mooladhara chakra makes a person grow with firm foundation, grounding himself to the mother earth, feeling secure, ambitious, calm inspite of obstacles and opposition. A conducive environment provides full support for normal growth.

Good nourishment is directly proportional to good grounding, self preservation. These are offered by maternal care, breast feeding, physical protection, family support. Growing child responds unconsciously. Suckling, grabbing, crawling are sensory developments. The sensory developments help motor development. Both sensory and motor stimuli are unconsciously registered as experiences in the brain.

As the child starts sitting in six months, chakras plane change from horizontal to vertical. This brings forth the movement of energy from Mooladhara towards Sahasrara,. When the child starts standing and walking, the bridge between Mooladhara and mother earth is established which forms a solid foundation for survival as an individual.

Now you know survival of the child in postnatal life depends solely on Mooladhara chakra, which is associated with Kundalini Shakti, at the tip of the backbone and the energy from the mother earth for grounding.

Mooladhara chakra's function is impaired due to any trauma during the developing stages of the chakra i.e. last three months of pregnancy plays a crucial role in the development of the child.

When the mother does not like to go through her pregnancy, her emotional reactions lead to contractions of the uterine muscles. This affects the foetal growth. The developing brain receives the information resulting in abnormal development of brain???. Such children neglected and insecure, resort to a wayward life.

After delivery, current day mothers resort to milk substitutes and infants are handled by outsiders. Newborns need mother's care which is provided by breast feeding. Warm provided while being cuddled, closeness of the mother and nourishment by natural breast feeding provide strength for the survival of the child and feeling of security. Immune system depends no Mother's milk.

Any impairment during the period interferes with the development of the Mooladhara chakra. Foetus grows in a dark, protected environment, but when brought to this world in bright light with great force, as in caesarian, with forceps, premature delivery, the newborn undergoes traumatic experience???? Separation of the new born from the mother, viz. after caesarian operation, incubation,

abandonment by the mother, death of the mother after delivery exposes the new born to traumatic experiences and weakens the first chakra.

In case of premature babies, modern technology provides artificial environment through incubators. During this period, the mother has no access to the baby. The physical touch of the mother, when deprived causes a sense of abandonment, fear, mistrust etc.

Damage to the first chakra could lead to congenital abnormalities like mental retardation, epilepsy, cerebral palsy..

In later part of life when Mooladhara chakra is not in balance, the person would show symptoms of BP, kidney ailments, disease of lower abdominal organs, reproductive organs, large intestine, and urinary tract. Skin, muscle and bones may be affected. Cancer is associated with the weakening of the Mooladhara chakra.

For a healthy Mooladhara chakra

1. Care of pregnant mother
2. Providing nourishment to the pregnant mother & foetus
3. Providing a happy environment especially in the last trimester of pregnancy

Newborns should be breast fed. Mothers should always handle the body with care, providing a secure feeling and warmth.

Healing of Mooladhara is done by removing the accumulated negative energy from the Mooladhara chakra and other chakras in the body, which are also thrown in to imbalance.

Diseases - Due to deficiency or congestion of Mooladhara chakra.

Adrenals – Blood pressure, Tumor or cancer

URINARY SYSTEM

Kidneys – Nephritis, Stones, Kidney failure

Bladder, Urethra – Inflammation, Urinary incontinence, Calculi (stones), Urethral stricture

FEMALE REPRODUCTIVE SYSTEM

Ovary – Oestrogen deficiency/excess, cyst, cancer, hormonal imbalance, Hormonal imbalance at menopause, Breast cancer

Fallopian tube- block, Tubal pregnancy

Uterus – Menstrual problems, Fibroid, Cancer

MALE REPRODUCTIVE SYSTEM

Testis – Aspermia, Lower sperm count, Androgen deficiency/excess, Hydrocele

Prostate gland – Enlargement, infection, cancer

Large intestine- Constipation, Diarrhea, Appendicitis, Colon cancer, Irritable bowel syndrome, Ulcerative colitis, Piles

Skin – Allergy, Eczema

Muscles – Weakness, injury

Bone – Growth deficiency, Fracture, Back pain, Disc prolapse, Spondylitis, Leukemia

Finally, Survival in this world depends on Mooladhara Chakra. Though the above mentioned disease are physical, they are related to emotional or mental disturbances also.

When Mooladhara chakra is weak, immune system becomes weak. Body develops an
Tendency to become sick. In a few cases, the tendency to commit suicide predominates. So to empower self and to raise Kundalini shakthi, Chakra meditation is mandatory.

Chakra meditation is meditation on our chakras. It is based on the principle that each chakra has its own Bija Manthra and when mantras is chanted while meditating on each chakra the sound waves emanating from the corresponding mantra resonates with the chakra and empowers the chakra.

Meditation and chanting

Manthras commences from Mooladhara chakra. Once Mooladhara chakras become powerful, Kundalini shakthi, sleeping like a coiled serpent at the tip of the backbone is awakened. From the tip of the backbone, shakthi ascends up through shushumna nadi (Spinal cord and cerebrospinal fluid in the sub arachnoid space). As she ascends up, each chakra starts vibrating finally Kundalini shakthi reaches Sahasrara chakra (Lord Shiva's abode)

At this stage the meditator reaches the stage of Samadhi (Union with god). Once the stage is reached by Sadhaka, one acquires health and enjoys bliss. He becomes a real healer.

By chakra meditation, not only Kundalini shakthi is awakened to make a person spiritual and but also results in balancing of chakras by removing the obstacles.

Chakras are made more powerful by chanting specific manthra and as Shakthi ascends through the back chakras, they are made more powerful.

Mooladhara Chakra

Moola – Root

Adhara – support

Development – starts functioning in the III trimester of pregnancy (6 months, prenatal) and grows up to 1 year after birth.

Location – Perineum

Element – Earth

Colour – crimson red

Bija manthra – LAM

Number of petals – 4

Endocrine gland – Adrenal

Devatha of the centre – Kundalini shakthi

Centre of chakra – Triangle (Sexuality)

Linga encircled by sleeping snake in a three and half coiled form

Adhipthi Devatha – Lord Ganesha