

Muladhara

Workbook



The seat of the primal vital power,
Kundalini Shakti.



The Mantra:

The Bija mantra for Muladhara Chakra is Lam when recited silently in the mind, and Lang when recited out-loud.

Full Sri Vidya Mantra: (chant 108x)

*Om Aim Hrim Shrim Lam Hum Hamsah So-
Ham Svaha Shakini Sahita Ganapataye Namaha*

Symbolism:

The symbol of the root Chakra, Muladhara, is a deep red lotus with four petals. In the center of the red lotus is a yellow square, which is the symbol of the earth element, Prithvi Tattwa. In the center of the square is a red inverted triangle, which is the symbol of the causal creative energy of Shakti. The triangle is supported on the back of an elephant, symbolizing the firm stability of earth. In the center of the inverted triangle is a smoky colored swayambhu lingam, which is the symbol of the astral body. The Kundalini Shakti itself is symbolized as a vibrant red snake coiled three and a half times around the shiva lingam.

Visualizations during the practice

To add a powerful boost to the practice focus on the red inverted triangle or the yellow square, which symbolizes energy and stability. Mentally chant the bija mantra 'Lam' with the breath to enhance the inner experience.

Overview of the practices...



1) Janu Sirshasana -
Head to Knee Pose

Breathing: Inhale in the starting position, exhale while bending forward. Take 3-5 breaths in the final position, inhale while returning to the starting position.

Awareness: On the abdominal muscles, relaxation of the back and leg muscles, and on slow deep breathing.



2) Ardha Titali Asana -
Half Butterfly Pose

Breathing: Inhale while lifting the knee up towards the chest, exhale pushing the knee back down towards the ground.

Awareness: On the movements of the hip joints, knee, ankle and on the relaxation of the inner thigh muscles.



3) Pada Sanchalanasana -
Cycling Pose

Breathing: Exhale while bending the knee and raising the foot, inhale while straightening the leg.

Awareness: On the relaxation of the lower back, thighs, hips and abdomen as well as the smoothness of the movements coordinated with the breath.



4) Meru Wakrasana -
Spinal Twist

Breathing: Inhale deep in the starting position, exhale while twisting. Take 3-5 breaths in the final position, and inhale while coming back to center.

Awareness: On the relaxation of the muscles in the back and on the twist in the spine. Breath awareness in the final position.



5) Sukha Rajakapotasana -
Easy King Pigeon Pose

Breathing: Inhale deep in the starting position and exhale while twisting and raising the leg towards the buttocks. Take 3-5 breaths in the final position, and inhale coming back to center.

Awareness: On the twist in the spine and the stretch in the muscles of the bent leg.



6) Tadasana - Palm Tree Pose

Breathing: Inhale while raising the arms up over head, retain the breath in the final pose and exhale while lowering back down.

Awareness: On the balance and on the breath, as well as on the stretch between the vertebrae and along the entire body from head to toe.



**Utthanasana -
Squat and Rise Pose**

Breathing: Exhale while lowering the body towards the ground, inhale while raising back to center.

Awareness: On keeping the torso vertical and on the hamstring muscles in the legs.



**Namaskarasana -
Salutation Pose**

Breathing: Exhale while straightening the arms out in front of you, inhale while returning the hands palms together back to the chest.

Awareness: On synchronizing the movements with the breath and on the stretch in the groin and pelvic muscles, and on the compression at the back of the neck.



**Saithalyasana -
Animal Relaxation Pose**

Breathing: Inhale deep in the starting position. Exhale while bending forwards. Breathe normally while relaxing in the final position.

Awareness: On synchronizing the movements with the breath, and on the total relaxation of the muscles in the back.



**Nasikagra Drishti -
Nose Tip Gazing**

Breathing: Normal breathing, unassociated with the practice.

Awareness: On watching the thumb as it touches the tip of the nose. Focus on the tip of the nose for as long as possible.



**Mulabhandha & Muladhara
Shuddhi**

Mulabhandha: (see below)

Muladhara Shuddhi: Inhale seeing the vibrant white light of Prana ascending from the pelvic floor and piercing muladhara chakra with the mantra Lang, exhale seeing the Prana descending back down.



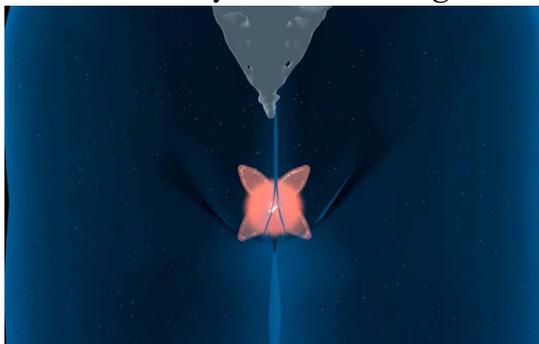
**Prana Mudra - Sharing Prana
Shakti for Global Healing**

Breathing: Inhale while lifting the hands up over the head, exhale bringing the hands together and back down to the heart.

Awareness: On raising the Prana Shakti up the spine and showering white light out Ajna Chakra to the entire world. Receive cosmic energy from the universe while lowering the hands back down

Mulabhandha - Root Lock

The master key for awakening and amplifying the blissful causal power of Prana Shakti...



Mulabhandha gives many endless physical, mental, psychic and spiritual benefits. It is very helpful in toning the muscles around the genitals and pelvic floor, increasing control and sensitivity to the sexual organs. Mulabhandha raises the spiritual energy of Kundalini Shakti, and has been proven to be very helpful in correcting psychosomatic and degenerative diseases, relieving depression, increasing the overall level of energy, and promoting good health in general. It has also been found to realign the physical, mental and psychic bodies - aiding in spiritual awakening.

Mulabhandha can be performed during breath retention between yogic breathing as a means to attain sexual control, sublimating sexual energy for spiritual awakening and to enhance marital relations.

Although Mulabhandha may be performed between the inhalation and exhalation during asanas, it is most traditionally performed during pranayama and in conjunction with mudras and other bandhas (psychic locks).

To perform Mulabhandha, sit in a comfortable meditation posture closing the eyes and relaxing the entire body. Follow the natural ebb and flow of the spontaneous breath while focusing on the perineal/vaginal region. Begin to rhythmically contract the muscles associated with this region, between the anal and urinary muscles. Breathe normally as you continue pulling this group of muscles in and up, being sure to keep all the other muscles throughout the body passive and relaxed. Alternatively, hold for as long as possible during internal breath retention.