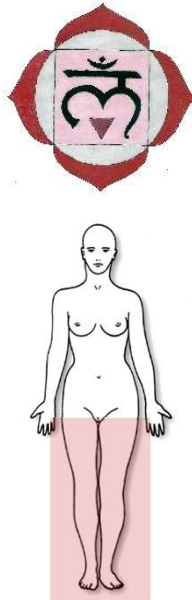


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Qualities of Muladhara Chakra

- Name: Root support
- Color: Red
- Element: Earth
- Location: Perineum
- Body Region: Feet, legs, pelvic floor
- Body Systems: Skeletal, elimination, immune
- Sense: Smell
- Quality: Survival
- Mantra: 'I am'
- Gemstone: Garnet, hematite
- Ages: Birth to age 7; traumas during this time can install recurring fears when this chakra is imbalanced



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Function of Muladhara Chakra















- **Function:** Physical identity, family heritage, need to belong, desire for safety, self-preservation, wealth, and material possessions
- **When Deficient:** Life changes (moving, marriage, divorce, serious illness, death of loved one, retiring) are experienced as a survival crisis, overly worried about other's opinion of you
- **When Excessive:** Hoarding, materialism, greed, sluggishness, obesity, and monotony
- **Fears When Unbalanced:** Physical safety, survival, abandonment, not having enough, losing physical order
- **Reaction to Fears:** Running away, isolation
- **When Balanced:** Stability, grounding, trust, positive body image, financial stability, calm, present, and patient, willingness to slow down and stay in one place
- **Balance Inhibited By:** Not being willing to face what's underneath

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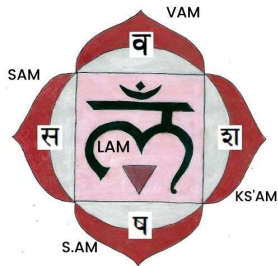
Protocol for Muladhara Chakra

 Point/Flex Ankles	 Circle Ankles	 Extend Knee	 Hamstring Stretch
 Mountain Pose	 Palm Tree Pose	 Stork Pose	 Tree Pose
 Apana Mudra touch tips of middle and ring to thumb	 Prithvi Mudra touch tip of ring to thumb	 Exhale Retention	 Chant LAM

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Yantra & Mantra for Muladhara Chakra



A circle surrounded by four lotus petals:

- Square represents stability and the four cardinal directions
- Small downward-facing triangle refers to the water element denoting the balance of earth and water in Muladhara chakra

- LAM stimulates the chakra's location in the perineum
 - G₄ (369 Hz)
- Each petal in the yantra symbol also contains a Sanskrit bija:
 - Vam, Sam, Sham, Ks'am
- Representing the four forms of longing:
 - Psychological, soul, physical, and longing for spiritual liberation

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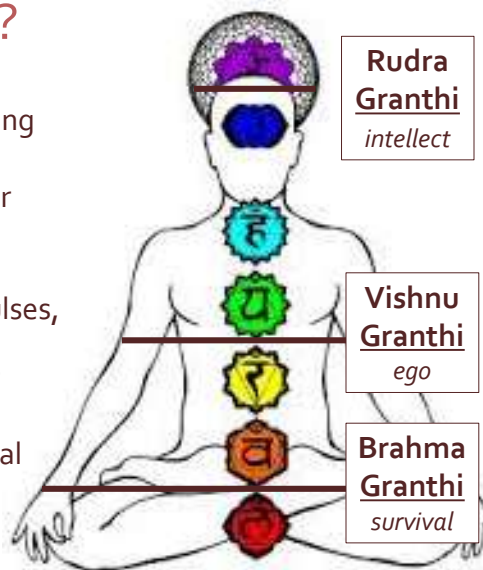
Brahma Granthi

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What are Granthis?

- Granthis are psychic knots preventing prana from flowing through Sushumna Nadi
- They are kept tangled by our unconscious fears and psychological conditioning
- When we act upon our impulses, they reinforce our limited identities and bind us to our limitations
- The Granthis impede spiritual progress and must be overcome to access the higher chakras' lessons

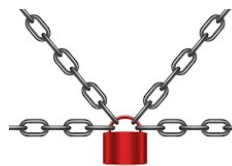


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Kleshas: Impediments to Spiritual Progress

1. Avidya - Lack of self-knowledge that is the heart of all suffering
 - Healed through recognizing the illusion of separation (*maya*)
2. Asmita - Misidentification with the ego that keeps the mind bound in suffering
 - Healed through compassionate self-awareness
3. Raga - Attraction, desire
 - Healed through practicing equanimity
4. Dvesha - Aversion
 - Healed through practicing equanimity
5. Abhinidvesha - Fear of death
 - Healed through acceptance of the transient nature of the material world



The Granthis bind the soul, locking us to the kleshas

Yoga Nidra for the Kleshas MP3:

https://www.yogacheryl.com/store/p175/Yoga_Nidra_for_the_Kleshas_%28mp3%29.html

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Qualities of Brahma Granthi

- Location: At the base of the spine in Muladhara Chakra
- Guna: Tamas (inertia)
- Governs: Primal survival instincts, stress response, other physical patterns
- Tendency: Chaos, lethargy, anxiety, apathy, and ignorance
- When Blocked: Fear of death, food and shelter insecurity, ungrounded, attachment to pleasures of the material world
- When Pierced: Release fear, guilt, shame, hopelessness, and selfishness so energy can rise into Svadhithana, Manipura, and Anahata chakras

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Brahma Granthi Protocol

 Knees to Chest	 Knees Wide	 Knee Circles	 Pelvic Tilt/Tuck
 Bound Angle	 Belly Breath	 Pelvic Floor Breath	 Mulabandha
 Kalesvara Mudra thumb and middle pads together, backs of other fingers together curl in (releases shame)	 Mahajana Mudra index to thumbs, right hand at heart, left hand on lap (releases attachment)	 Adhi Mudra hold thumbs inside soft fists (reduces anxiety)	 Chant GUM

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