

Mu'la'dha'ra

The First Cakra

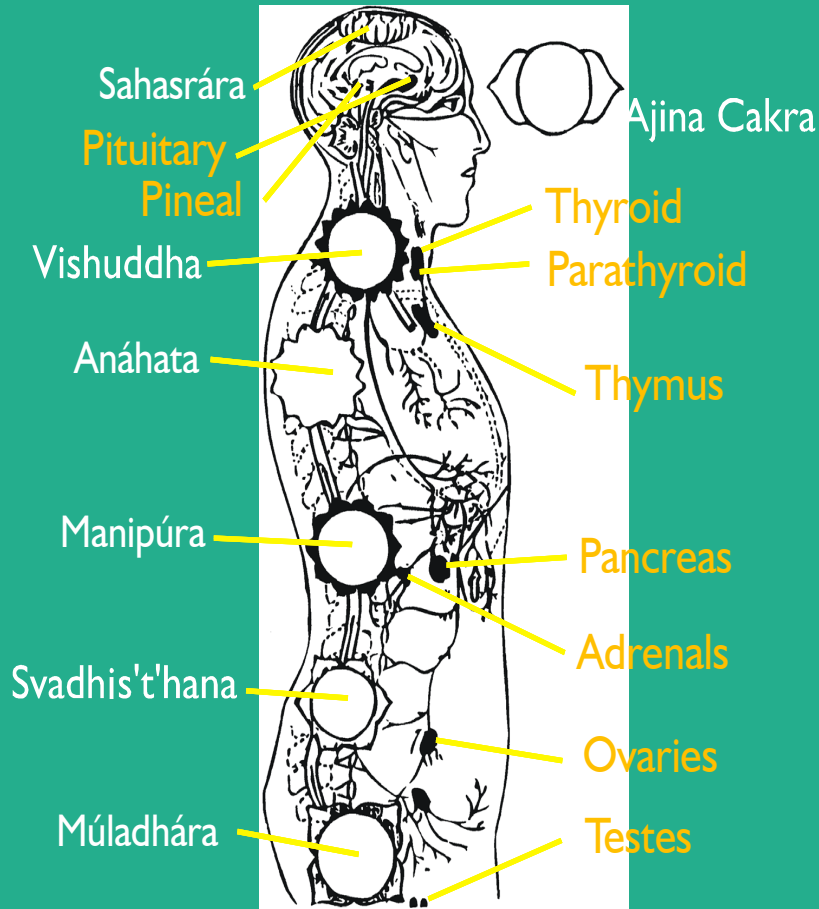
Bio-psychology

- **Mental states are converted into biochemicals which affect our bodies.**
- **When we are depressed we project sadness everywhere in our body.**
- **Our bodies are the physical results of all the thoughts we had since we were born, and all of our cells and bodily makeup reflect our thoughts.**

Endocrine Glands

- **The connecting points between the realm of the mind and the physical realm of matter are the endocrine glands.**

chakras

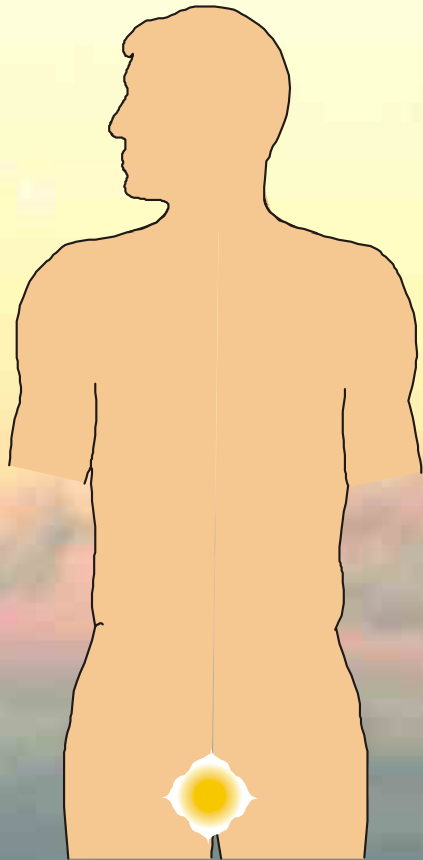


centers of
subtle energy

The Cakras

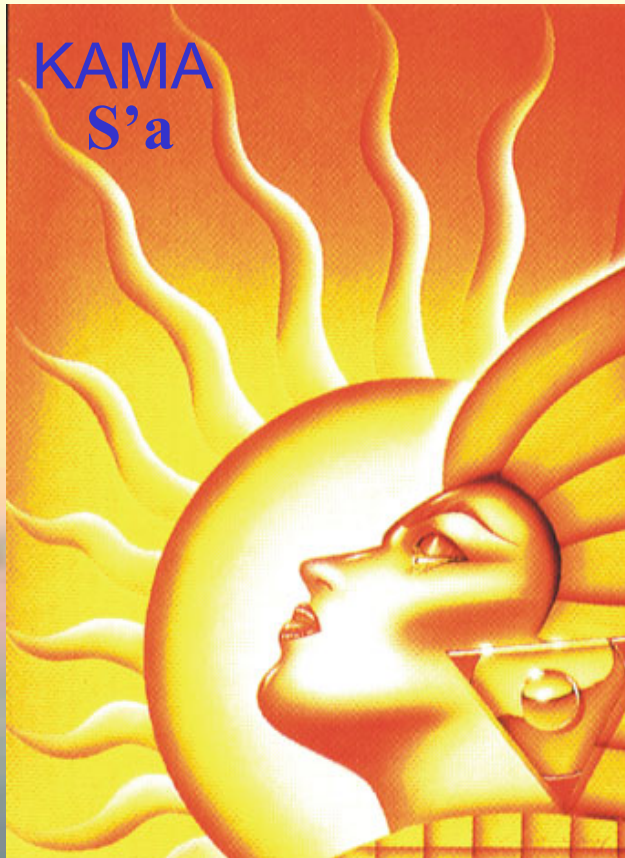
- The mind is connected to the system of endocrine glands in the physical body by means of the subtle energy centers called 'chakras', located along the spinal column.

Mu'la'dha'ra Cakra



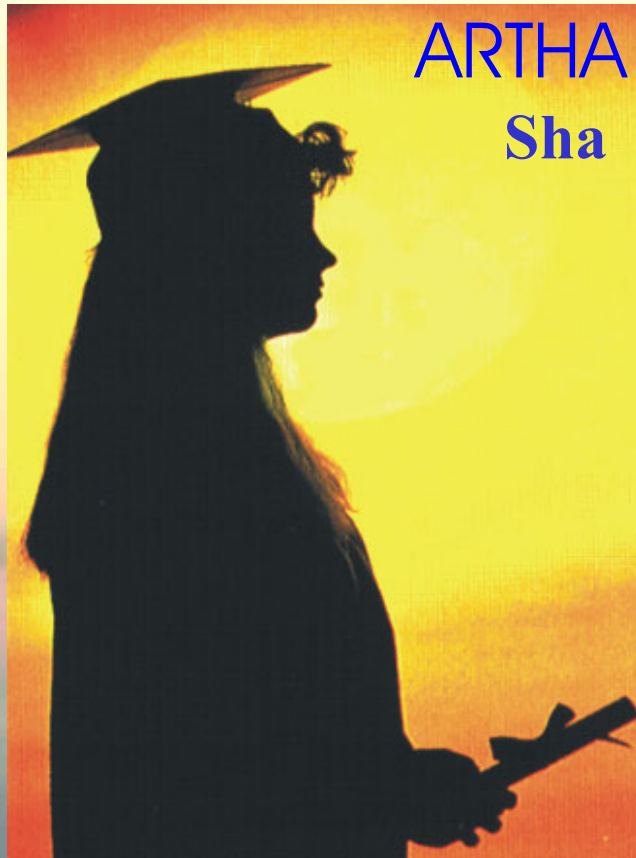
- **The first cakra is situated at the base of the spinal column.**
- **In the ordinary state of human life the mind remains at this level.**
- **There are four propensities related to this cakra.**

Mu'la'dha'ra Cakra - propensity



- **Physical Longing**
 - desire for essential and non-essential material objects, food, shelter, etc.
- **Static principle.**

Mu'la'dha'ra Cakra - propensity



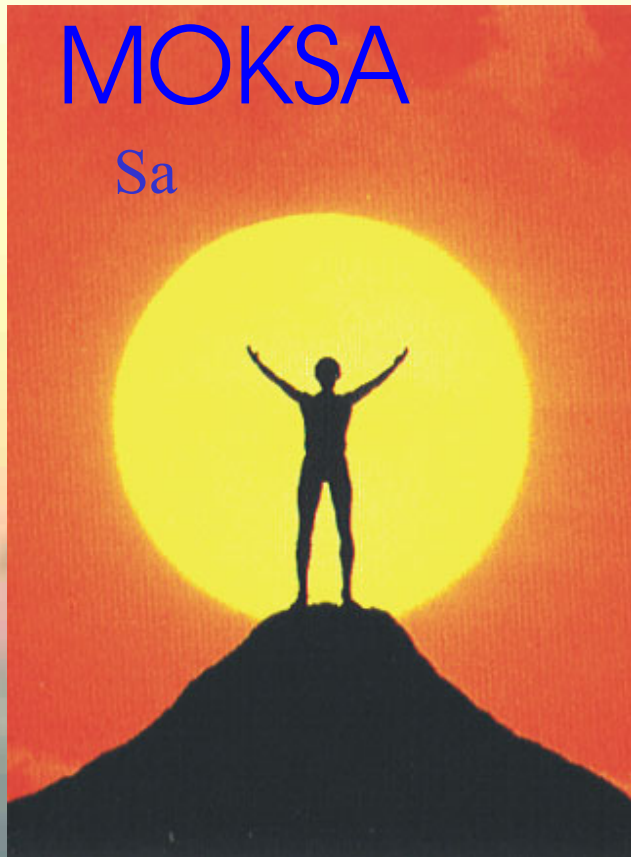
- **Psychic Longing**
 - desire for intellectual achievement and understanding of the meaning of things.
- **Mutative principle.**

Mu'la'dha'ra Cakra – propensity



- **Psycho-spiritual Longing**
 - desire to fulfill life's purpose, to achieve those things that give us a subtle inner satisfaction.

Mu'la'dha'ra Cakra - propensity

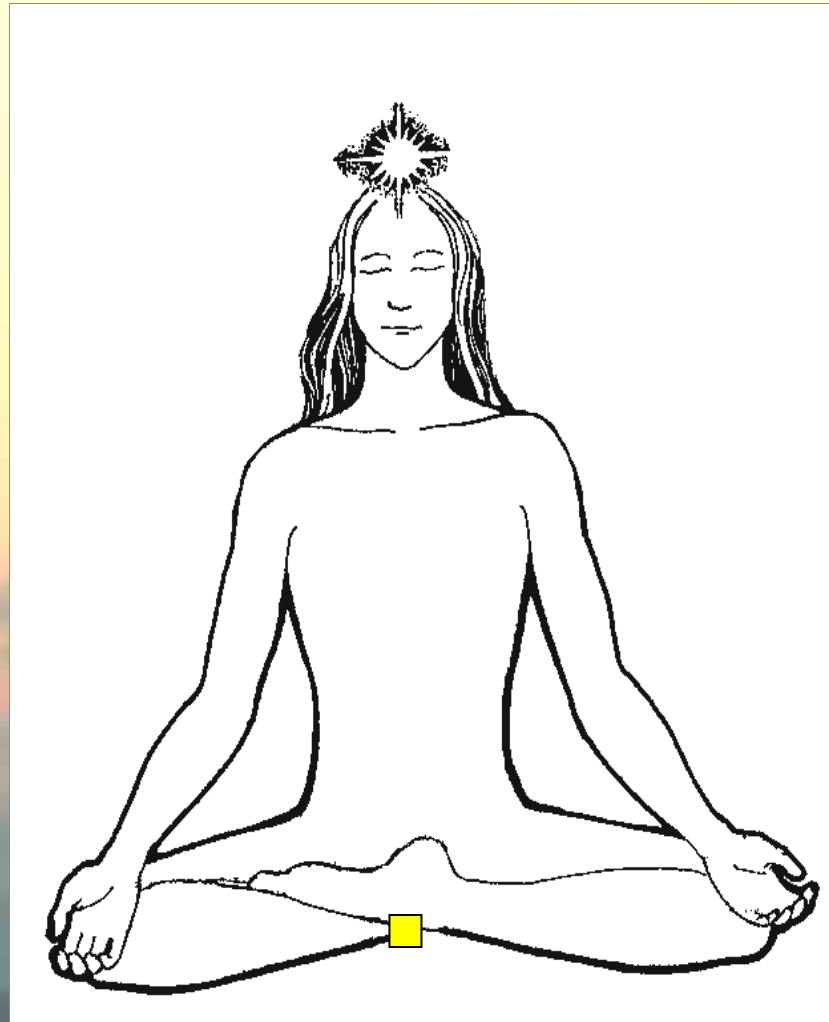


- **Spiritual Longing**
 - desire for permanent fulfillment, self realization.
- **Sentient principle.**

Mu'la'dha'ra Cakra

4 Propensities

- Physical longing
- Psychic longing
- Psycho spiritual longing
- Spiritual longing



Mu'la'dha'ra Cakra - traits

- **Earth Element**
 - Solid factor
- **Characteristics if dominant**
 - Desire for security
 - Ant behaviour: work for their queen, desire to please the boss
 - Humble and respectful to their bosses, harsh to their subordinates and tough on their colleagues
 - God-fearing, follow the orders of the institution
 - Food is to satisfy hunger
 - Work hard mostly for food and shelter
 - Rely on their muscles
 - Need help to make decisions
 - Love rewards and scared of punishment
 - Greedy, self-centered, cruel and violent
 - Criminals or soldier, policemen attitude
 - Usually children up to 7 are dominated by this cakra

Kulakun'd'alini

- The coiled serpentine force.
- It is the spiritual force, existing in each and every living entity.
- Lies dormant in the Mu'la'dha'ra Cakra.
- The first phase of spirituality is to awaken it.
- The desire to move towards the Supreme must be awakened first.
- It needs the help of a proper wave coming from a great spiritualist with the help of a proper mantra to awaken it.

Meditation

- **Awakening of the spiritual force occurs when learning spiritual meditation.**
- **The initial process is called initiation.**
- **This happens due to a person's spiritual desire.**