

Root chakra or Base chakra-associated with adrenal gland

The root chakra is the first chakra and is located at the base of the spine. It is the root of your being and establishes the deepest connections with your physical body, your environment and the Earth. Muladhara is the most instinctual of all chakras — it is your survival center. This is the seat for Kundilini.

The following set of questions may help to determine your chakra system .It's a self-test program. If you feel any of your chakra is imbalanced do sound meditation. Each chakra resonates with a particular frequency.

1. Are you lazy?
2. Is your anger pattern very high ?
3. Do you feel you don't belong to this world?
4. Do you have any spinal cord related problems?
5. Do you have any knee, foot, sciatica related issues?
6. Do you indulge in backbiting and criticism?
7. Are you greedy?
8. Do you like controlling others?
9. Are you stubborn?
10. Are you materialistic and impulsive?
11. Are you sexually very active?
12. Is your stamina poor?
13. Are you very lean or over weight?
14. Is your immune system very poor?
15. Do you face problem of constipation or excess bowel issues?
16. Do you go for walk in the nature, park and woods?
17. Do you exercise consciously?
18. Is your physical health good?
19. Do you get very upset when you lose something very expensive?
20. Do you consider yourself well grounded?
21. Do you love your body?
22. Are you worried about your survival?

Too many Yes or too many NO is where you get to know if your chakra is balanced or not.

If this chakra is balanced then you are connected to Mother Earth. Your body,mind and spirit are grounded,centred and you are a purified soul. In order to balance this chakra one needs to chant

sound LUM by keeping your thought at the tip of the spinal cord. You can also place the yantra picture in front of you and chant by gazing at it. Feel the vibration at the tip of the spinal cord.