

Mooladhara Meditation

Following is the meditation to improve Mooladhara,
as told by Her Holiness Shri Mataji Nirmala Devi during Shri Ganesha Puja 1986

1. Left hand towards Mother and right hand on the ground.

Put attention on left Mooladhara.

Take Nirmal Ganesha mantra,

Say in your heart - "Mother, by Your Grace, I am innocent." - meditate for few minutes."

2. Then both hands on the lap,

Put attention on center Mooladhara;

Take Shri Ganesh Gauri mantra

And say in your heart - "Shri Mataji, please make me innocent." - meditate for few minutes.

3. Then put right hand towards Mother and left hand on the ground,

Put attention on Right Mooladhara.

First take Shri Kartikeya mantra.

Say in your heart - "Shri Mataji, please make me worthy of you." and meditate for a few minutes,

Then take Shri Rakshas hantri mantra and again meditate on right Mooladhara,
also say loudly in your head - "Mother, you are the destroyer of all the evil in me." and meditate for a while.

4. Finish the morning meditation and the attention becomes pure and we go in thoughtless awareness. Take mantra
"Om twameva Sakshat Shri Ganesh Gauri Sakshat, Shri Adi Shakti Mataji Shri Nirmala Devyei Namoh Namaha"

It is observed that after meditating like this our whole day passes very nicely. Shri Mataji has said if we do that every or alternate morning (by heart and not mechanically) for one year, this meditation develops the entire being in such a way that all the obstacles in the path of ascent go away.

