

Atharvasheersh

If you are in Maharashtra, and you have any problem of Mooladhara, then if you sit down on the ground, and put your left hand towards the photo and the right hand on the Mother Earth, and say the Shri Ganesha mantra, or the Atharvasheersha, your left side will be cured... means the left Swadisthan first of all. So if you take vibrations on the left side, then you clear out your Mooladhara in such a manner that the problems of Mooladhara are solved. Of course Mother Earth is everywhere, but this you can't do anywhere else 'that' good... because this is a special place for Mooladhara chakra, where it clears you very much, and fills you with holiness and auspiciousness. So try to sit on the ground as much as you can, and try to meditate with your left hand towards the Sun and the right hand on the Mother Earth (881207)

- Jai Shri Mataji -

Tape References

Date/Ref - Title - Qual - mins

881207 Mooladhara, Aurangabad good 38

Chakras affected: Left Side

- End -

29 Feb 2016

Source: www.sahajvidya.org.uk/jsmsy