

Unleashing the Shakti within

By Anusha Wijeyakumar

Shakti or Parvati, Durga and Kali, as she is also known by, is the supreme Mother Goddess and the source of all feminine power in Hinduism. In Hindu mythology female deities are very powerful and equivalent to male deities, they are prayed to and revered in equal standing. Shakti is the universal essence of power, creativity and energy and the Shakti energy is the main principle behind Tantra Yoga. Shakti is Shiva's wife and Shiva embodies the male universal power. This female and male principle is intertwined and they are inseparable in nature. Shakti is also the mother of one the most popular Hindu Gods, Ganesh the elephant-faced deity.

The feminine Power of Shakti is also related to the Kundalini energy and the first chakra of the seven chakras or energy

centers in the body. Ganesh is the presiding deity of the Muladhara Root chakra. The color of this chakra is vibrant red like a ruby and this chakra is where the Kundalini energy resides coiled like a serpent at the base of the spine. The Muladhara Root chakra must be open and grounded in order to release the feminine force of creativity and energetic vibration that resides here.

When awakened, the feminine Shakti energy is said to rise from the muladhara chakra up through the central nadi, called *sushumna*, reaching up the spine and to the top of the head. The progress of this Kundalini energy through the different chakras leads to different levels of awakening and mystical experience, until it finally reaches the top of the head, and the 7th chakra also

known as Sahasrara or the Crown chakra, producing an extremely profound mystical experience.

This union with the 7th chakra results in soul and spirit merging and the feminine energy merging with the divine energy to become one. This Shakti feminine energy is thought to be the source of all our untapped power and potential. Releasing this is believed to unlock the gateway to our seat of the collective unconscious and the magnetic force field that lies within and around us. The Muladhara Root chakra also connects us with the physical world and the spirit of Mother Earth. Those who are able to successfully open this chakra will fully accept life on earth and their physical existence, embracing all of the earthly forces and their lessons.

If this chakra is unbalanced blockages can occur and include feelings of instability, anxiety, the inability to say no, hoarding and fear of change. Once this chakra is in balance this Shakti energy enables gratitude and trust in life on earth to flow forward from within. Spiritual practices such as yoga, meditation, pranayama and mantra can awaken Kundalini energy, and ground and balance the Muladhara Root chakra. Being in nature is also a great healer and can help soothe and ground this



chakra. It is also important to pay attention to your physical space as this fortifies the foundation. One must also ensure that matters of housing, food and finances are taken care of as this helps to stabilize the Muladhara Root chakra.

By unleashing the Shakti feminine energy within and balancing your Muladhara Root chakra, you can willingly let go of all past fears and insecurities that are inhibiting you from moving forward. Set your inner Goddess free to fully embrace and accept all that awaits you on your soul's journey. Release anxiety and the frantic pace of an ungrounded life, moving towards feeling stable and secure at the center of your being. Become fully aware and unlocked to the wonder that surrounds you. Stimulate not only your own life, but also the lives of others around you.

Namaste

Anusha Wijeyakumar is a certified and dedicated Life Coach and the founder of Shanti Within Holistic Life Coaching. She has many years' experience of coaching people across the U.S., Canada and the UK. Anusha combines her Hindu upbringing and powerful spiritual background alongside her professional business experience, to create a tailored program of assisting her clients towards achieving their personal dreams and goals in life. She will be presenting a Shakti within Workshop: Opening of the Muladhara/Root Chakra on Feb. 21 in San Clemente, CA. For details visit www.shantiwithin.com or email anusha@shantiwithin.com

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