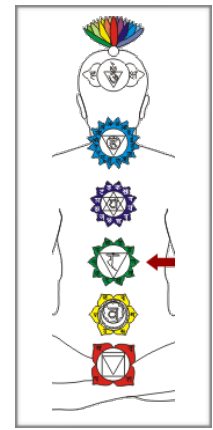


Nabhi chakra



Properties

Nabhi is the centre of our well being, physically as well as economically. Prosperity is a necessary step in evolution just as money is a practical means for a human being to full his or her fundamental needs.

If we don't have a basic safety in our lives our attention will go to simple survival. But when these needs are being taken care of we don't need to focus on the material any more but we can dedicate our lives to our spiritual development.

Greed leads to a stagnation in our spiritual evolution and creates crisis on the macro level such as financial crisis and environmental pollution.

Function

Blockage on the left aspect of this chakra can lead to problems in the household. After self realisation we learn that we are protected and that all is well.

Satisfaction

The keywords of Nabhi are inner satisfaction. A person who has a hot temper and lacks patience is often worried inside and shows his or hers discomfort to the outside world. By balancing Nabhi we get more satisfied with our lives.

Qualities

Left side:	Family life
Centre:	Dharma (ethics)
Right side:	Attention and prosperity
Physical aspect:	Stomach and intestines
Number of petals:	10
Element:	Water

Causes of obstruction

Left side:	Problems in the family, money problems, stress and anxiety.
Right side:	Alcohol, too much focus on the career and being picky about small things.

Affirmations

Left:	Mother, I am peaceful
Centre:	Mother, please make me satisfied
Right:	Mother, you give me dignity

When our Nabhi is balanced we perform our duties with ease and joy. We realize that family is the most important part of society and that it has to be drenched in love, respect and

