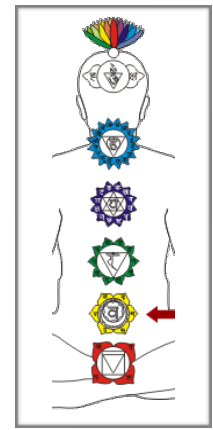


Swadisthana chakra



Properties

Swadisthana moves in a circle around the Nabhi Chakra and is the centre of creativity, aesthetics and pure knowledge. Swadisthana connects us with our inner source of creativity and allows us to experience all the beautiful things around us. The pure knowledge in the Swadisthana is not mental but a direct experience of reality.

Function

Swadisthana is the centre for our intellectual perception and ability to concentrate. Excessive thinking drains this chakra of energy.

Attention

Together with Nabhi (the 3rd chakra) Swadisthana controls the liver. The liver is a very important organ since it is the seat of our attention.

There is a difference between attention and thinking. Pure attention is to be in focus but without thoughts.

If the chakra is completely out of balance we can end up having diabetes or even blood cancer.

Qualities

Left side:	Pure knowledge and pure desires.
Centre:	Creativity, aesthetics and art.
Right side:	Pure attention
Physical aspect:	Kidneys, liver, pancreas, spleen and the lower abdomen.
Number of petals:	6
Element:	Fire

Causes of obstruction

Left side:	Spiritism, black magic, false gurus, false knowledge, alcohol and drugs.
Right side:	To much thinking and planning, extremism, fanaticism and domination of others.

Affirmations

Left:	Mother, please give me the pure knowledge
Centre:	Mother, please make me creative
Right:	Mother, please give me pure attention

