Sahaja Yoga Course

SWADISTHANA CHAKRA

02

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"Whatever you do, it should be done with zeal of a warrior and sensitivity of an artist"

Shri Mataji Nirmala Devi

SWADISTHANA CHAKRA

NUMBER OF PETALS:
Six (6)

DAY:
Wednesday

COLOUR:
Yellow

COUNTRY:
Africa

ELEMENT:
Fire

GEM:
Amethyst

SYMBOL:
Star of David

PLANET:
Mercury

PHYSICAL MANIFESTATION

ORGANS

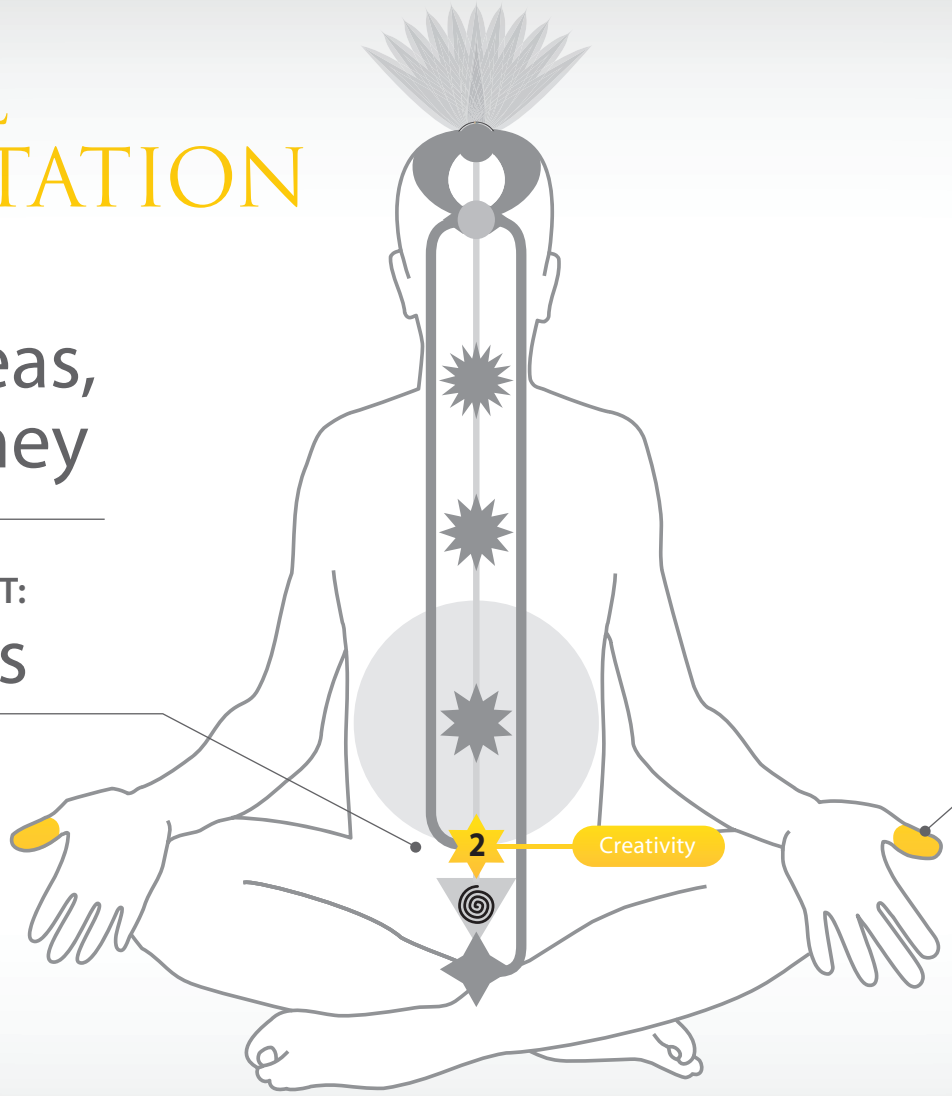
Liver, Pancreas, Spleen, Kidney

PHYSICAL COUNTERPART:

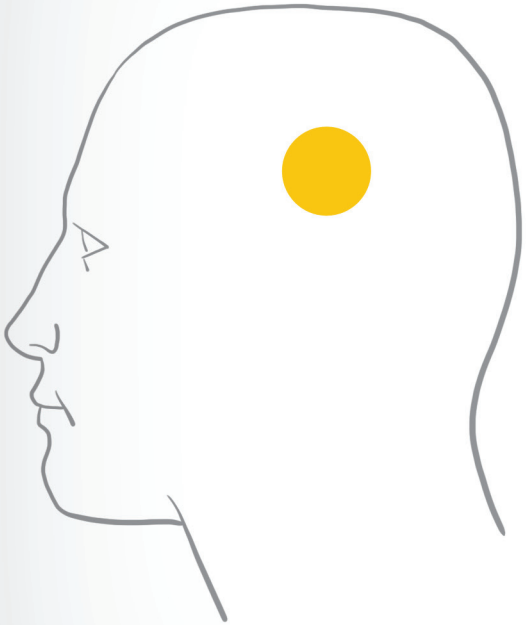
Aortic Plexus

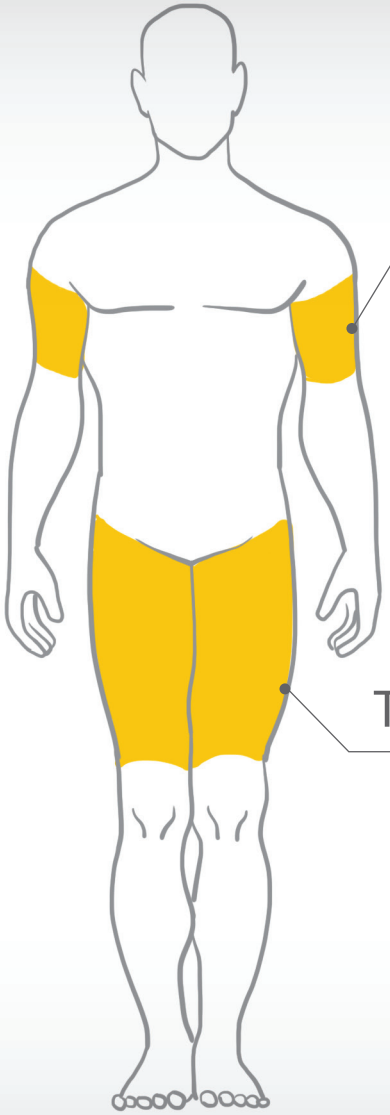
FINGER:

Thumb



PHYSICAL MANIFESTATION

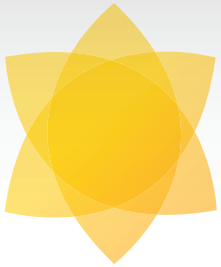




QUALITIES

LEFT	CENTRE	RIGHT
Pure Knowledge	Creativity	Pure Attention
	Inspiration	Dynamism
		Aesthetics
		Abstract Thinking

CAUSES OF PROBLEMS



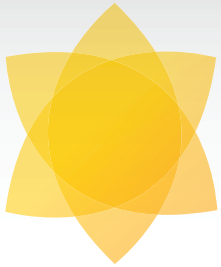
LEFT

- Drug abuse
- Addictions
- False knowledge
- False desires
- Blind faith
- False ideologies
- Black magic

RIGHT

- Stress
- Excessive thinking
- Excessive planning
- Dominating others
- Materialism
- Too much competition

POTENTIAL PHYSICAL MANIFESTATIONS OF CATCHES



LEFT

- Depressions
- Infections

RIGHT

- High blood pressure
- Diarrhea
- Menstrual discomfort
- Diabetes

HOW TO CLEANSE

LEFT

Using fire element

CENTER

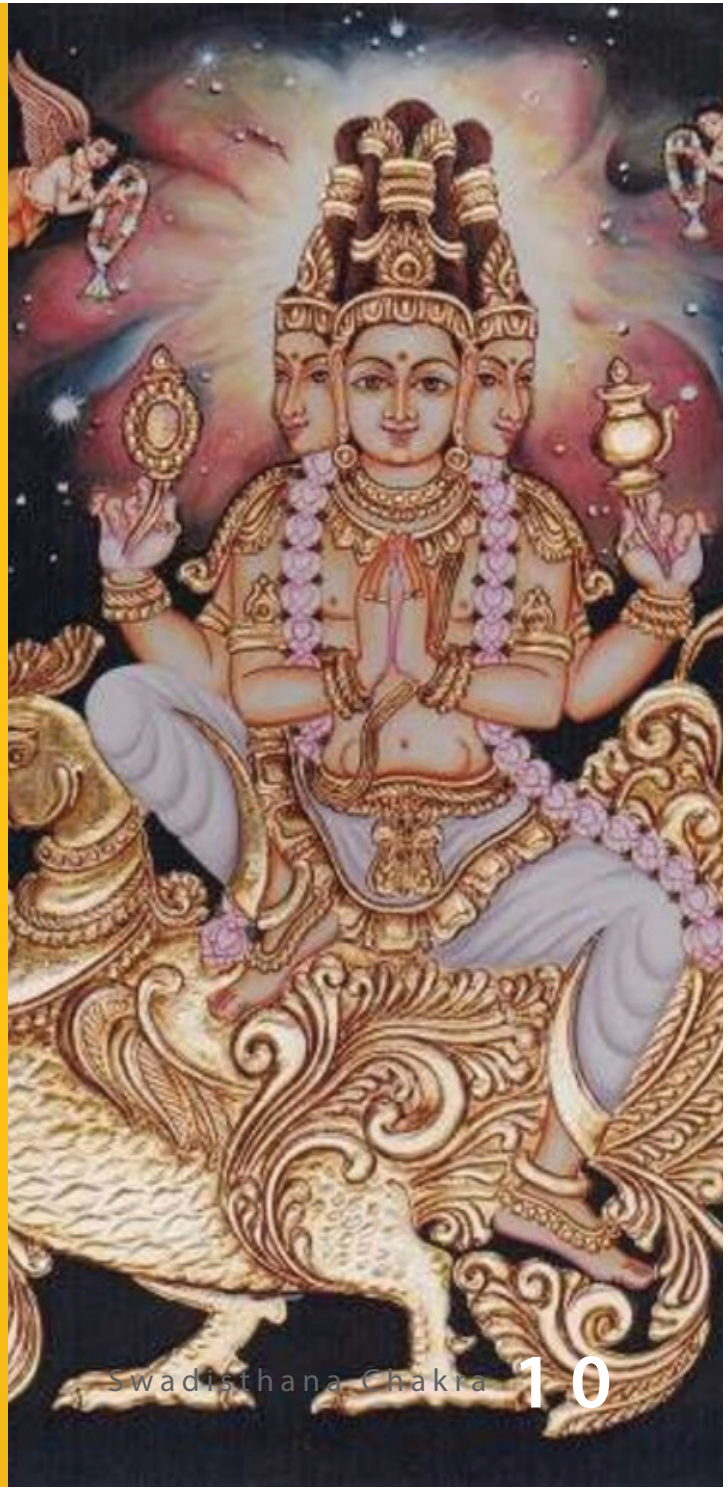
Footsoak

RIGHT

Cooling down the liver using ice pack

DEITY

Shri Sarasvati
& Shri Brahmadeva



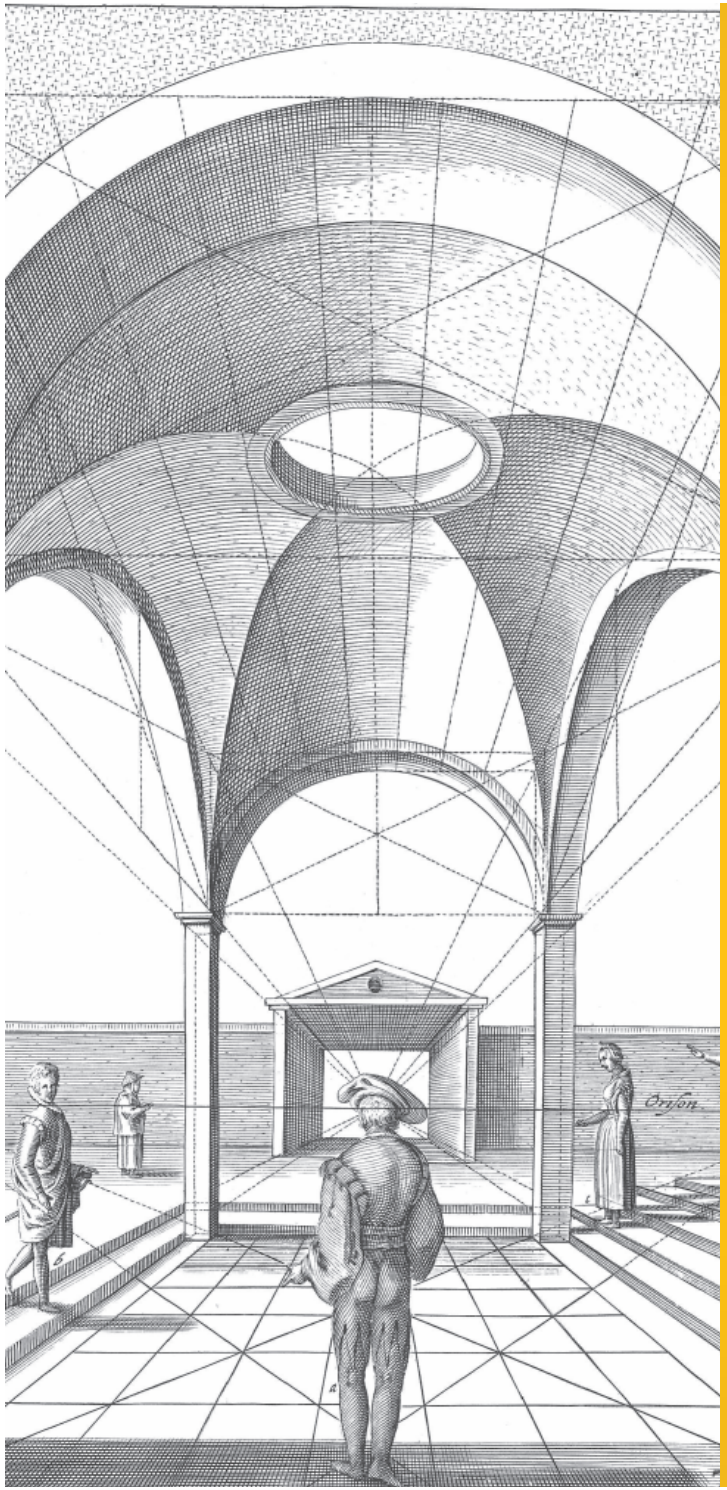
BIZANTINE ART

Swadisthana Chakra 11

RENAISSANCE

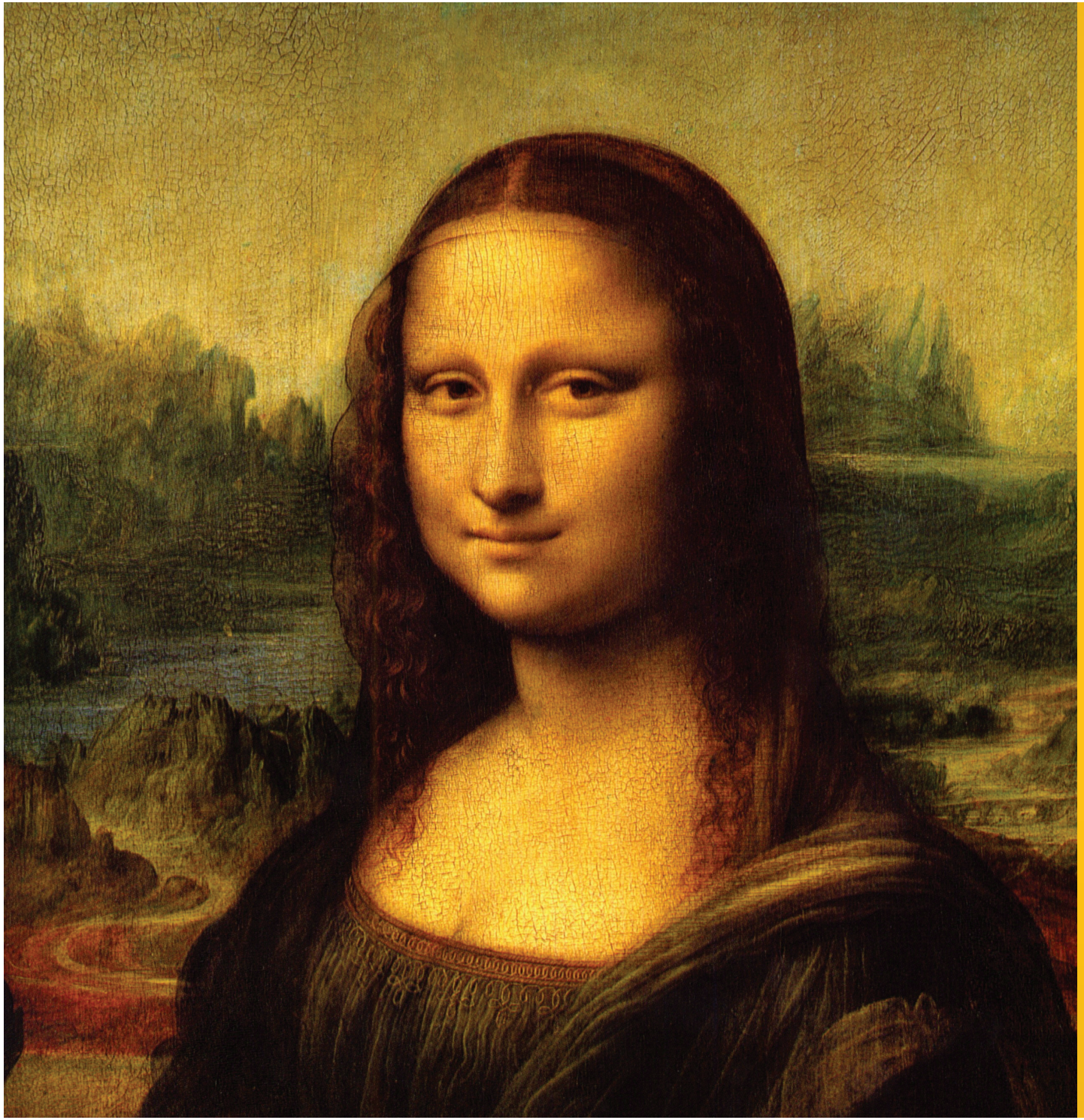
Swadisthana Chakra 12

ANTHROPOCENTRISM



INVENTION OF PERSPECTIVE

富嶽三十六景
神奈川沖
浪裏



MONA LISA

by Davinci

Swadisthana Chakra **19**

"All creations which were dedicated to God in the old times are very much respected today. May be at that time the artist must have suffered, but they understood very much that if we have to express then we must do it truthfully, not to please people but to please God.
All real artists have been fighting for truth."

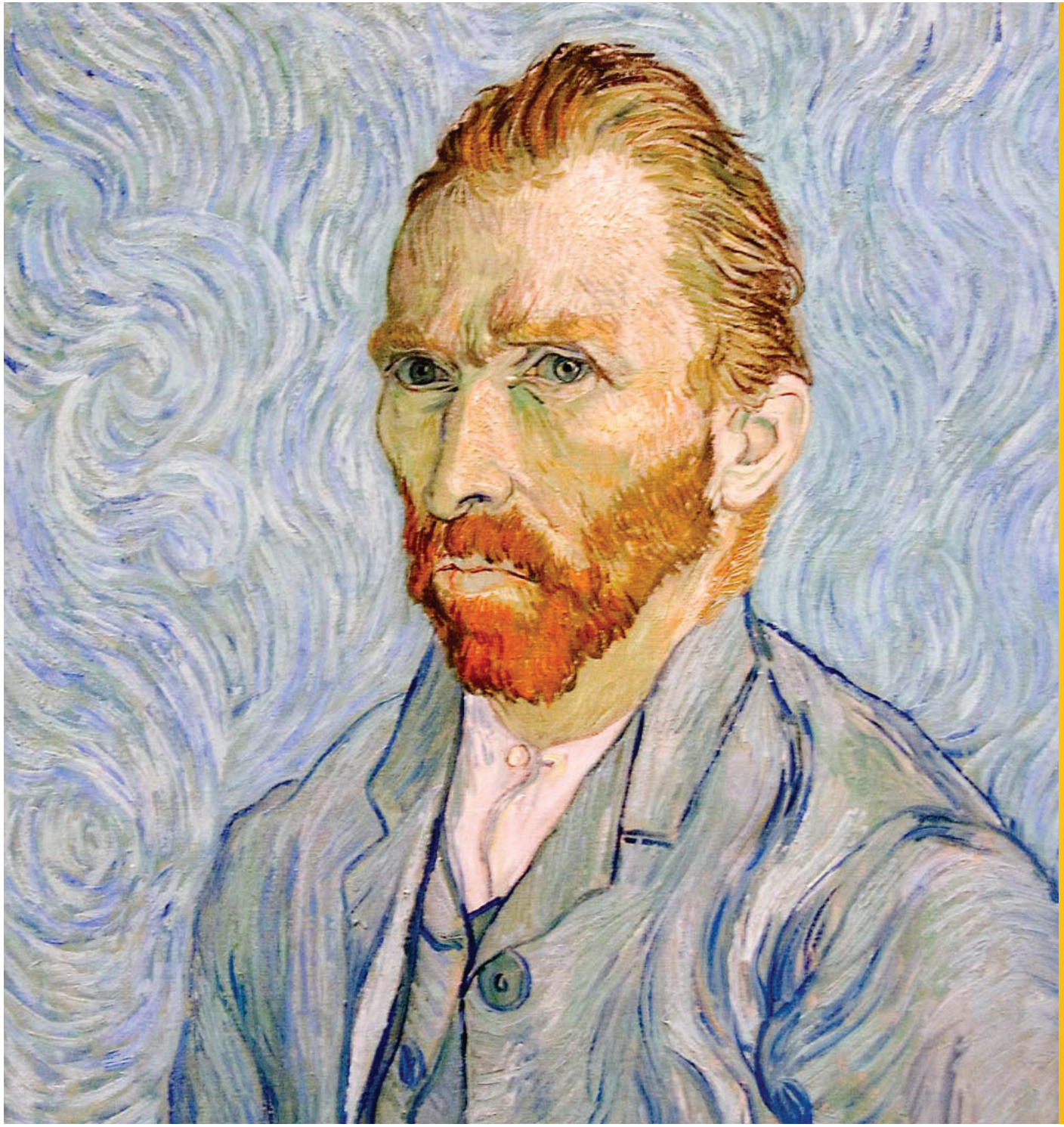
Shri Mataji Nirmala Devi

"If the doors of perception were cleansed everything would appear to man as it is, infinite."

William Blake

"The true work of art is but a shadow of the divine perfection."

Michaelangelo

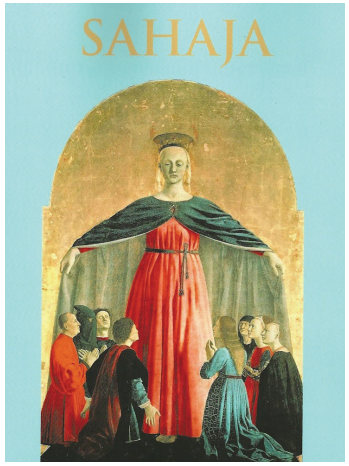


"I feel that there is nothing more truly artistic than to love people."

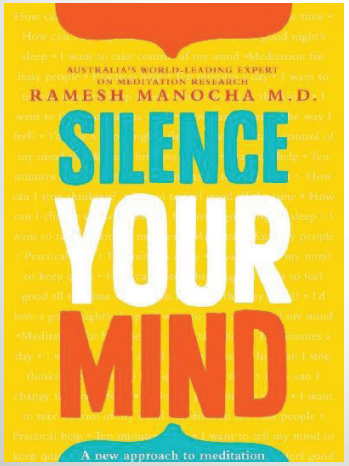
Van Gogh

BOOKS ON AMAZON

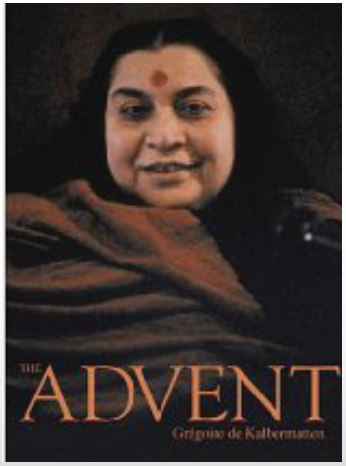
Meta Modern Era
Shri Mataji Nirmala Devi



Sahaja
Christopher Greaves



Silence your mind
Dr. Ramesh Manocha



Advent
Gregoire de Kalbermatten

THANKS
FOR YOUR
ATTENTION