



**Can not satisfy all searches – SEARCH WITHIN**



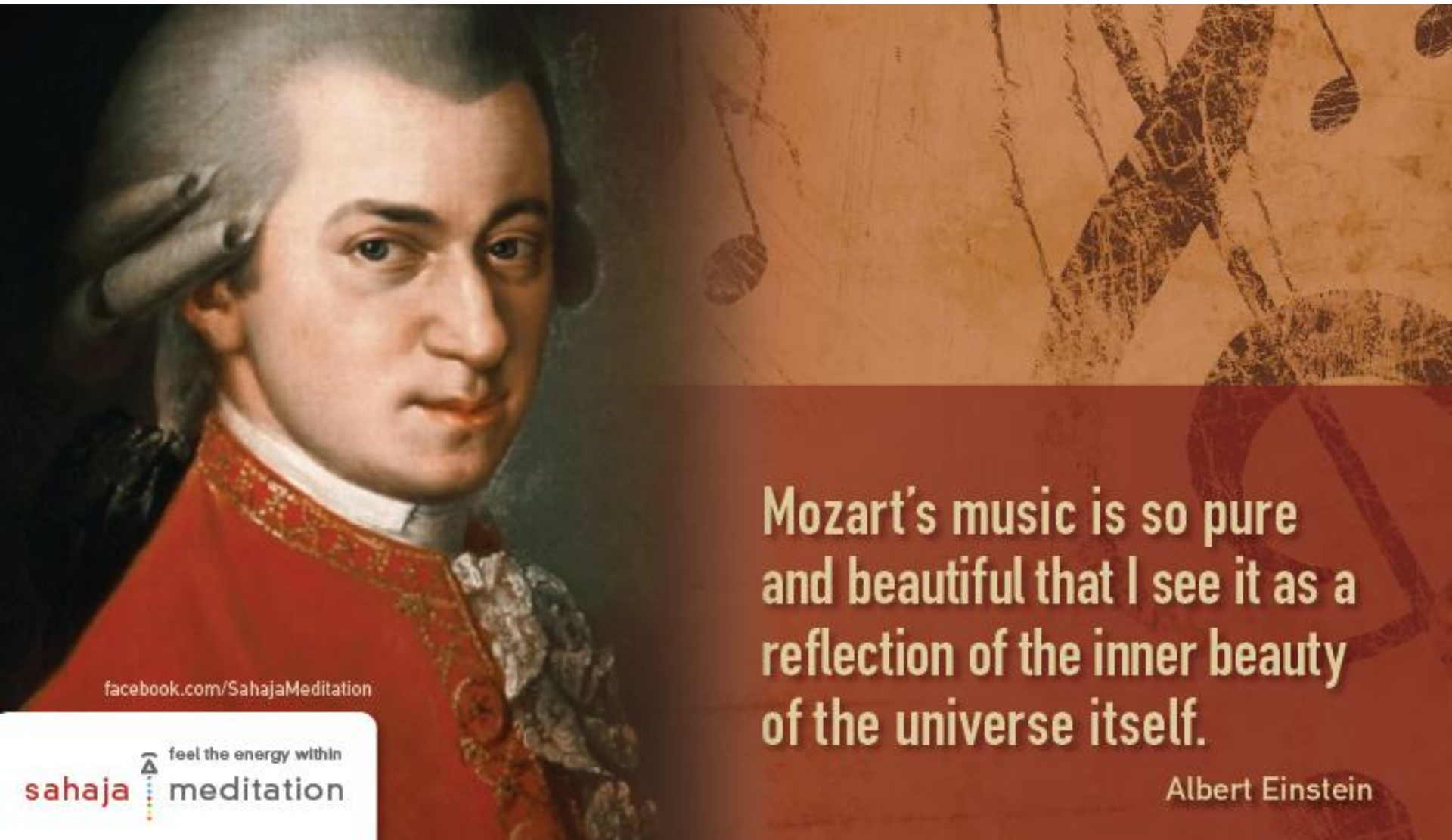
Google-søgning

Jeg prøver lykken

Google.dk på: [Føroyskt](#)



# SWADISTHAN:

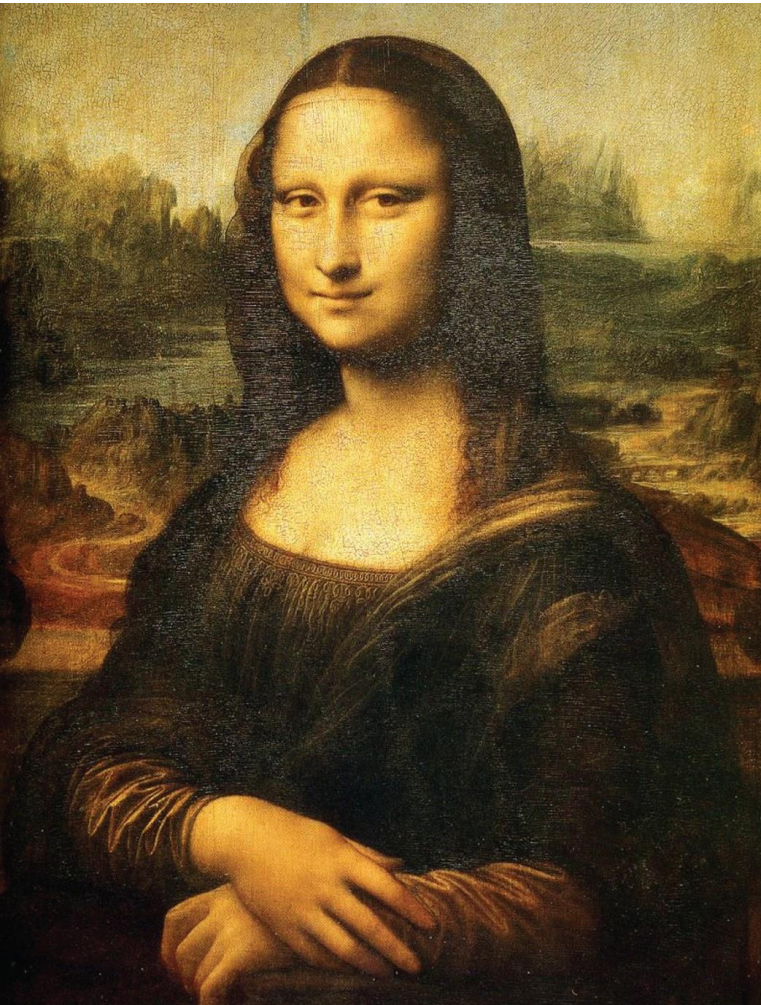


[facebook.com/SahajaMeditation](https://facebook.com/SahajaMeditation)

Mozart's music is so pure  
and beautiful that I see it as a  
reflection of the inner beauty  
of the universe itself.

Albert Einstein

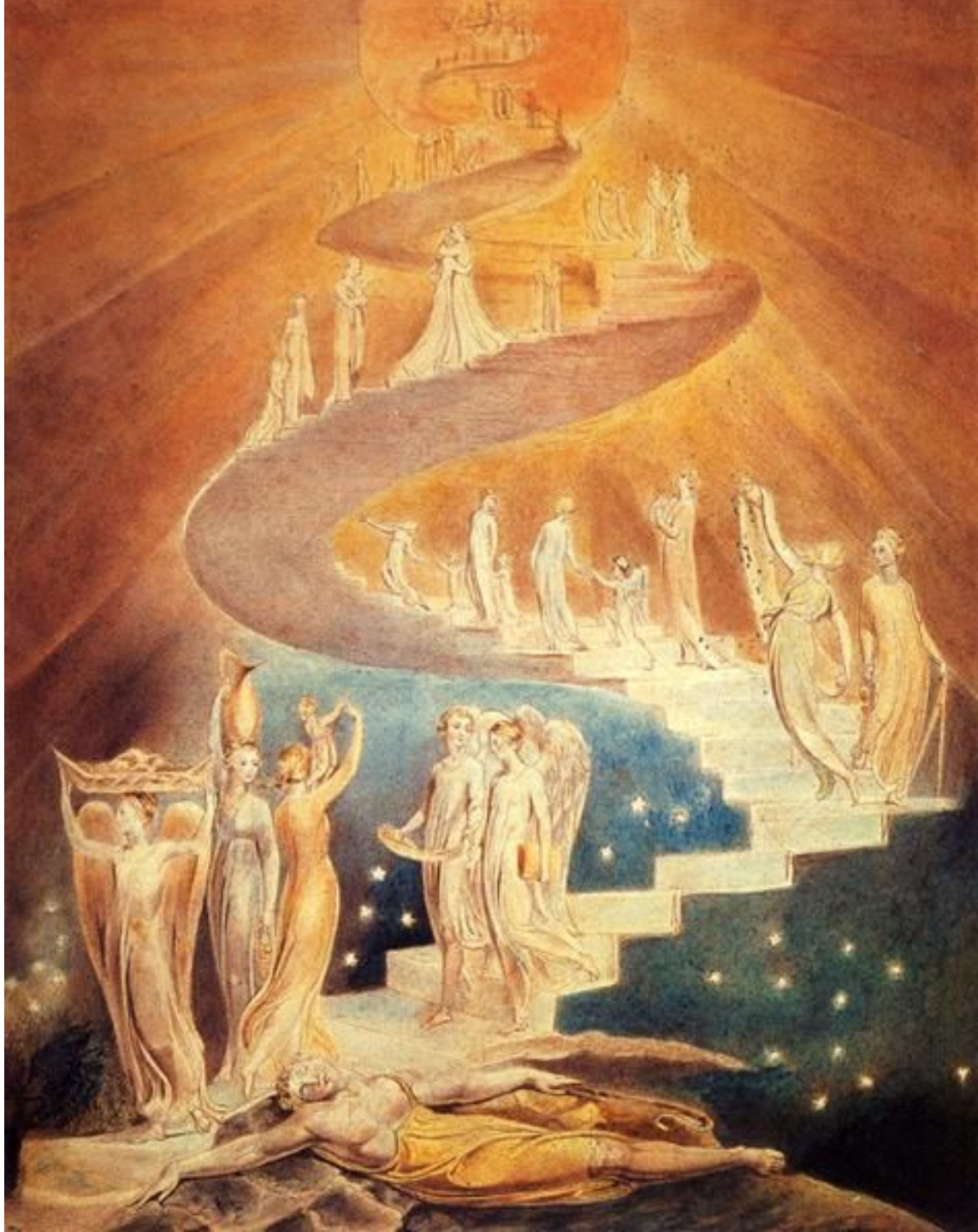
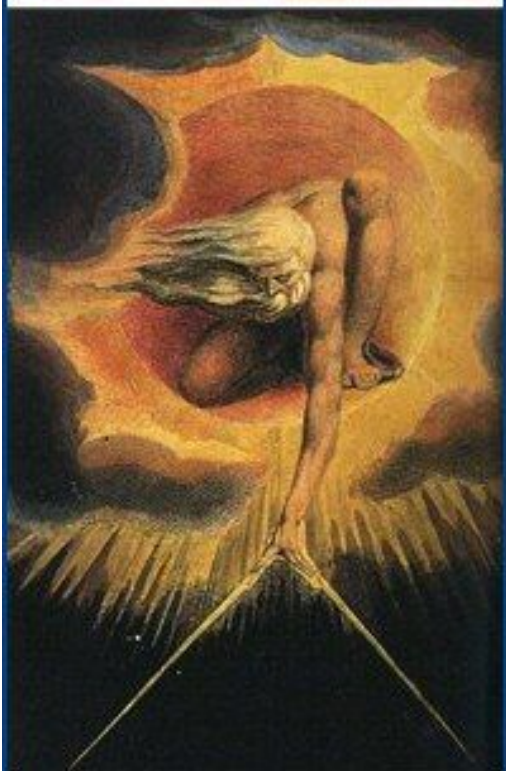
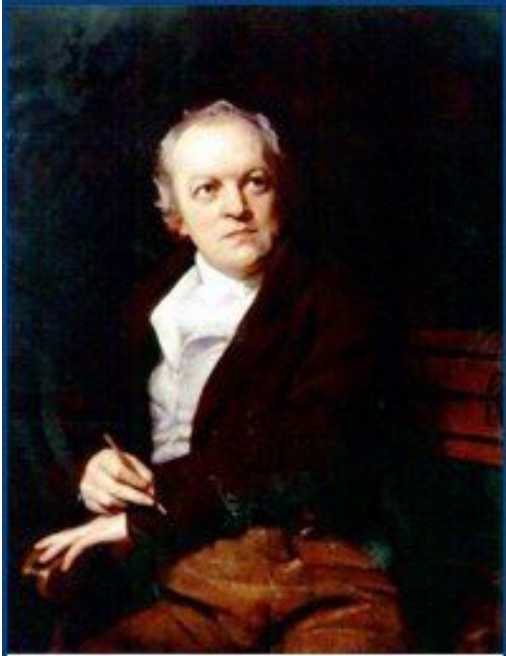
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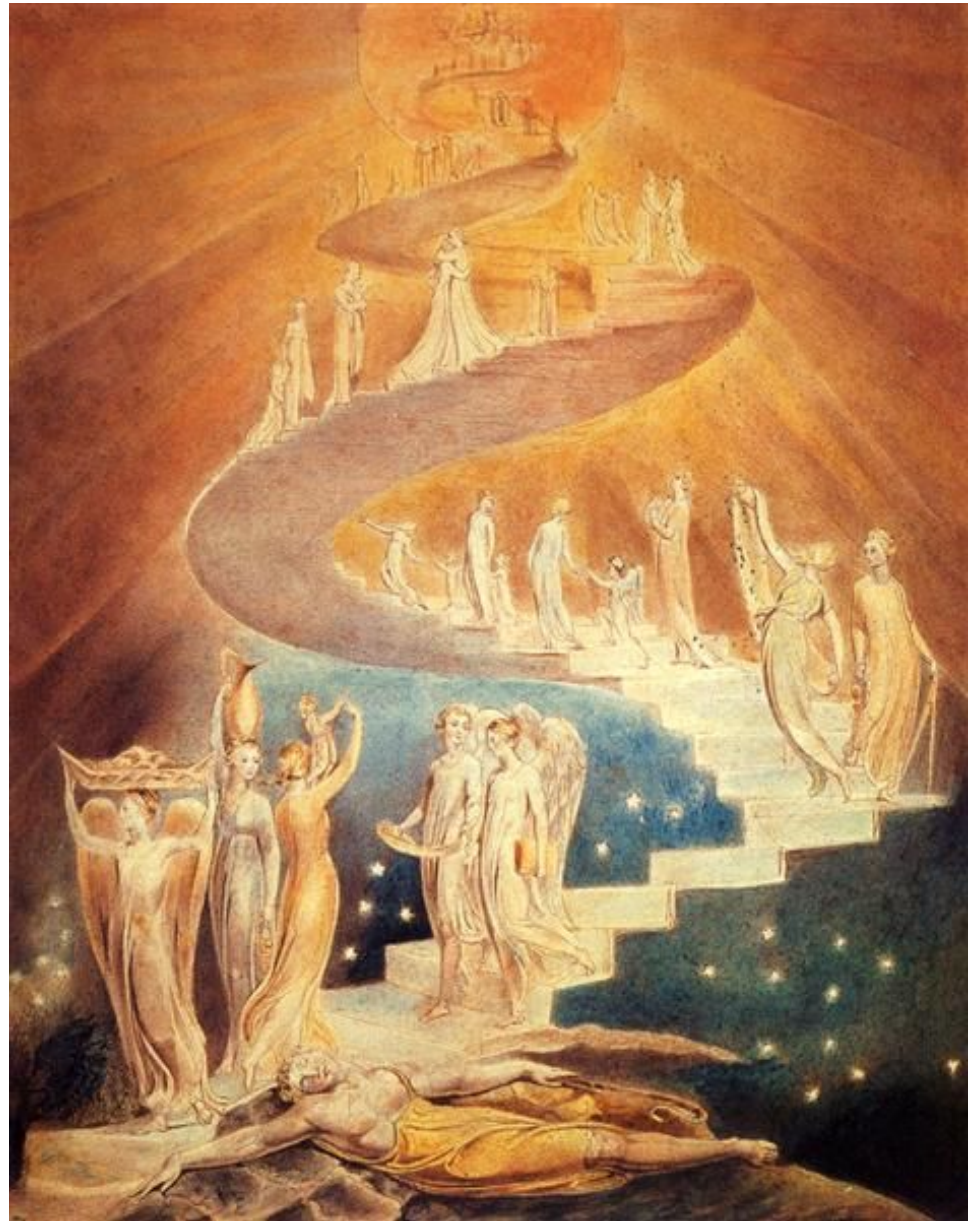
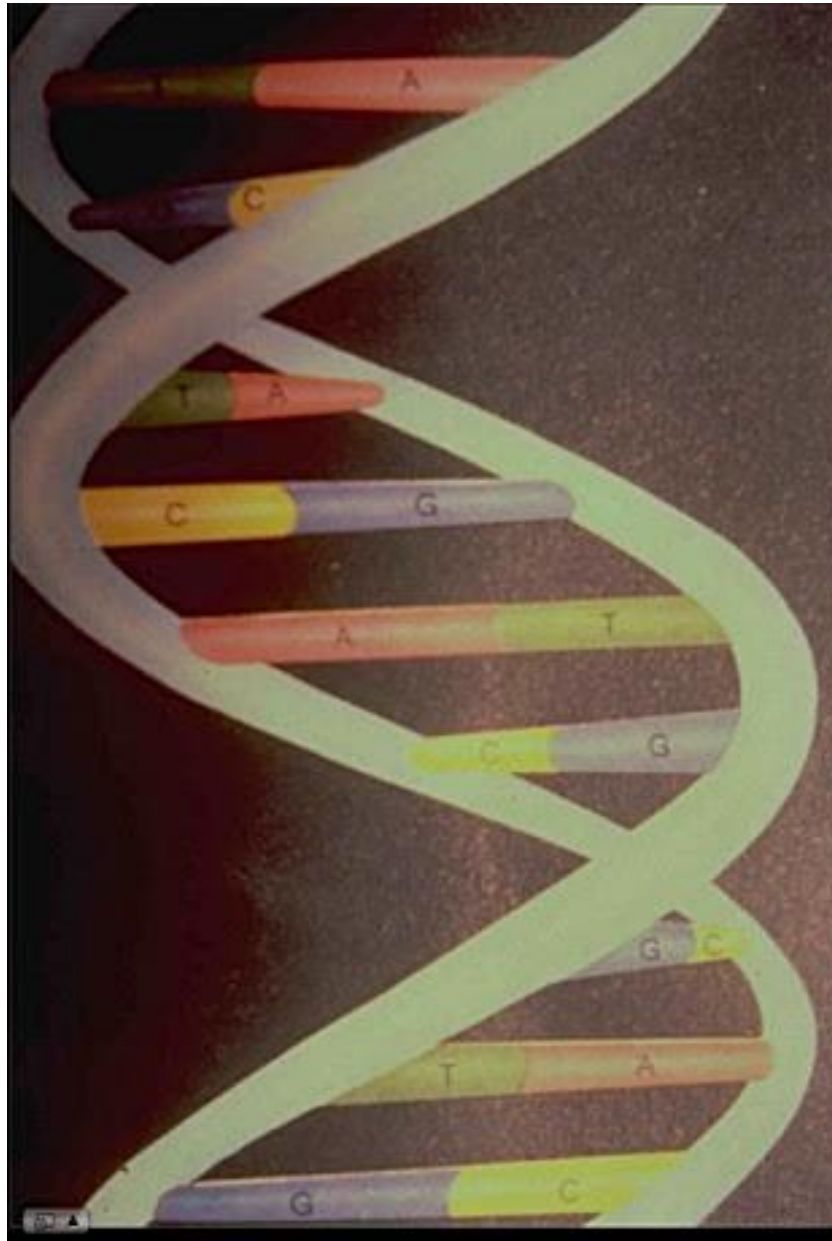


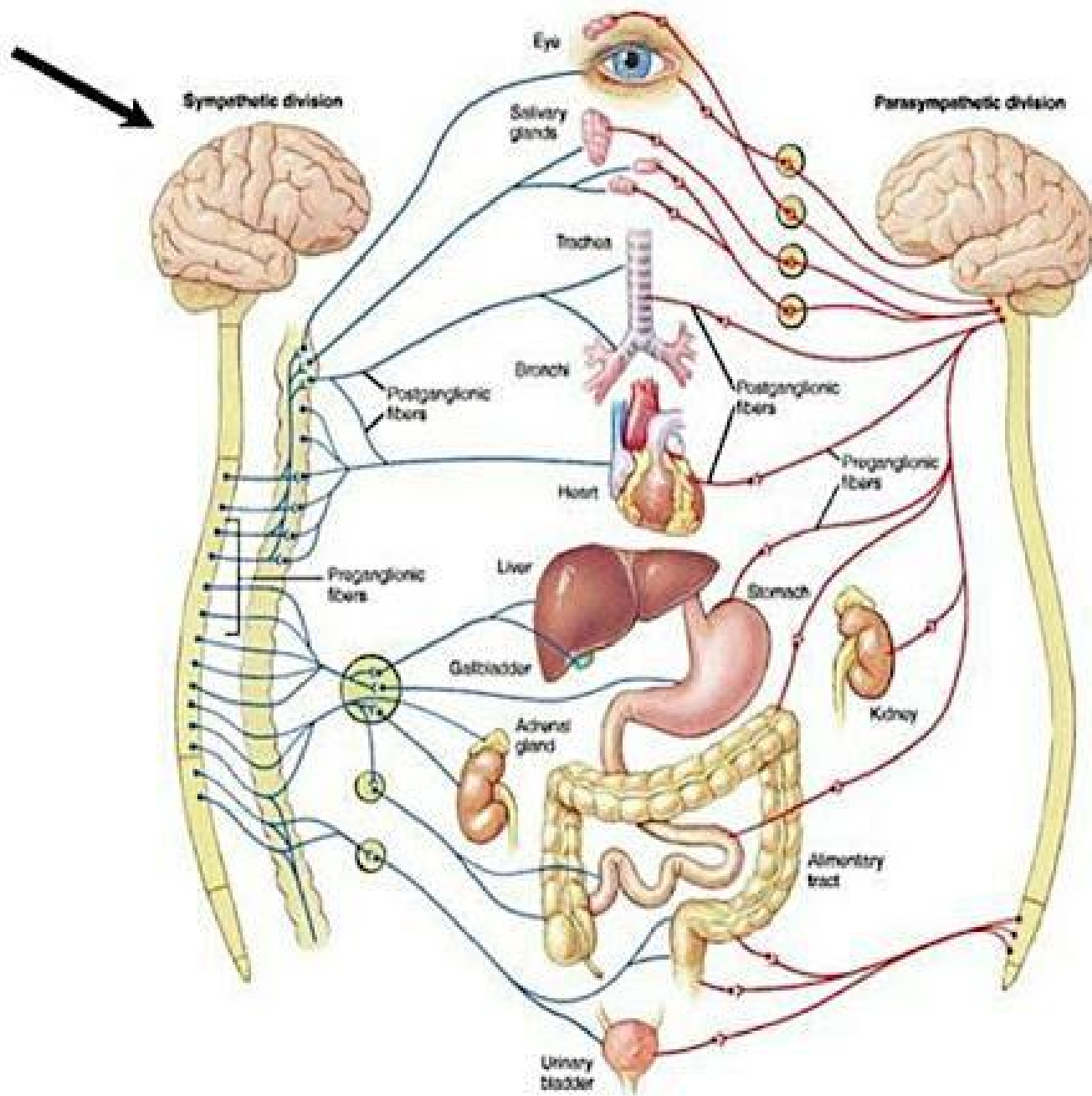
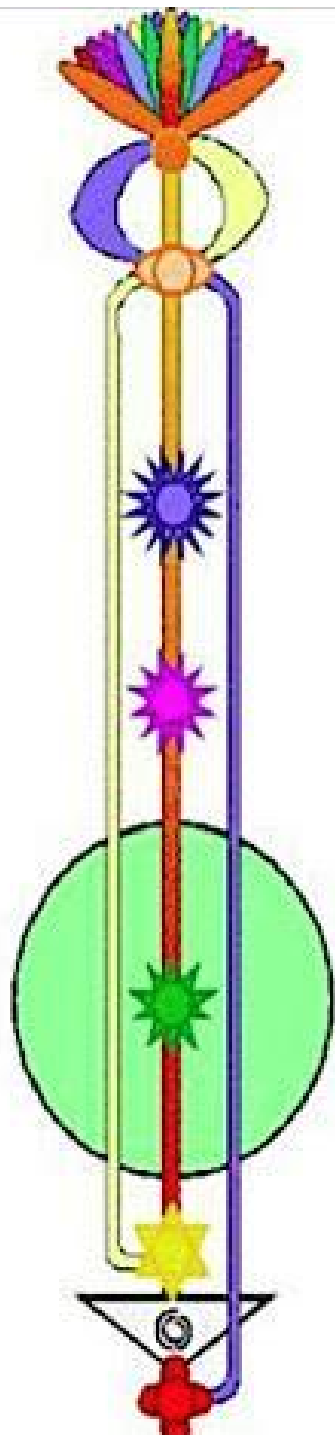
**“Where the spirit does not work  
with the hand, there is no art.”**

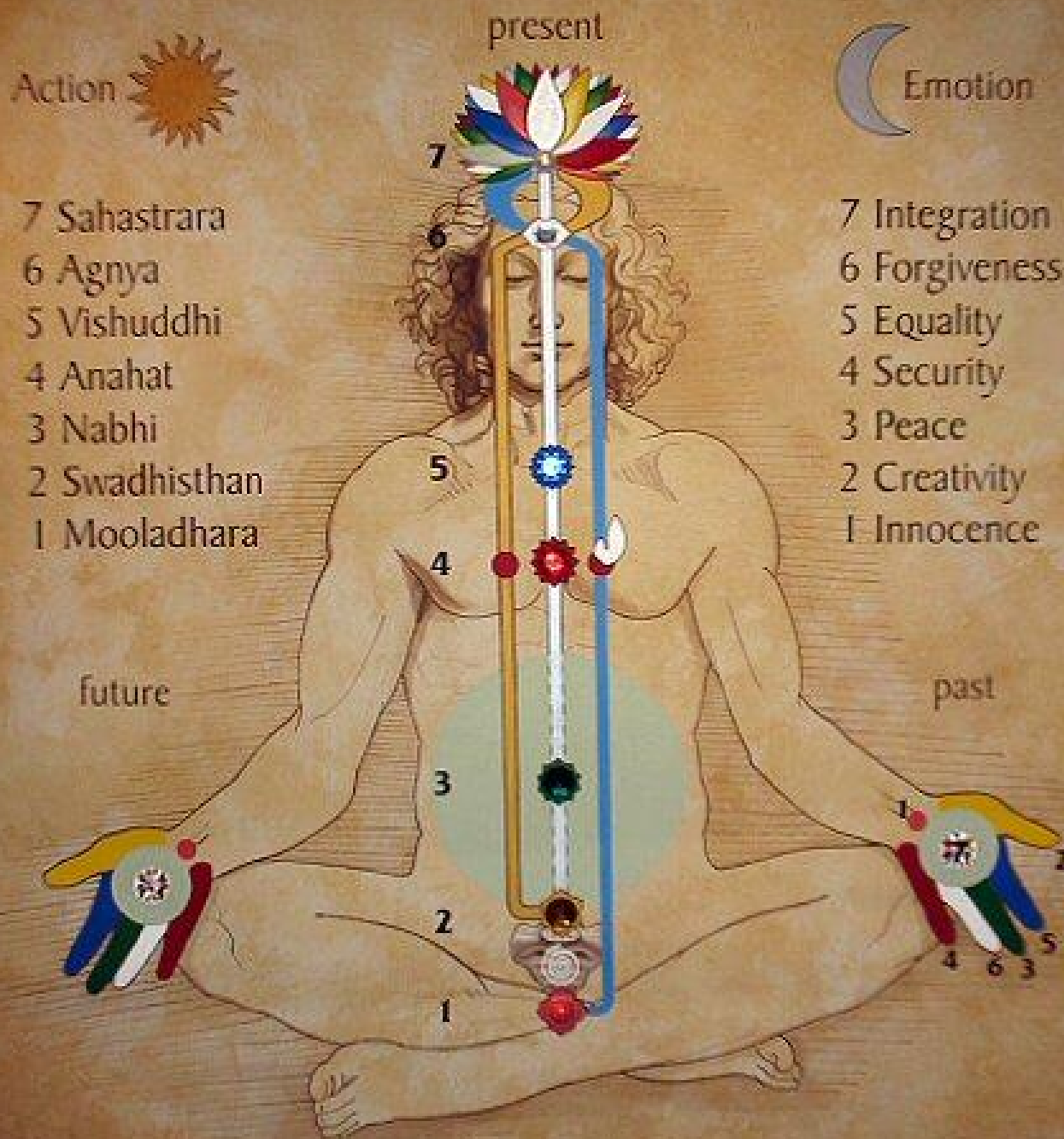
Leonardo da Vinci











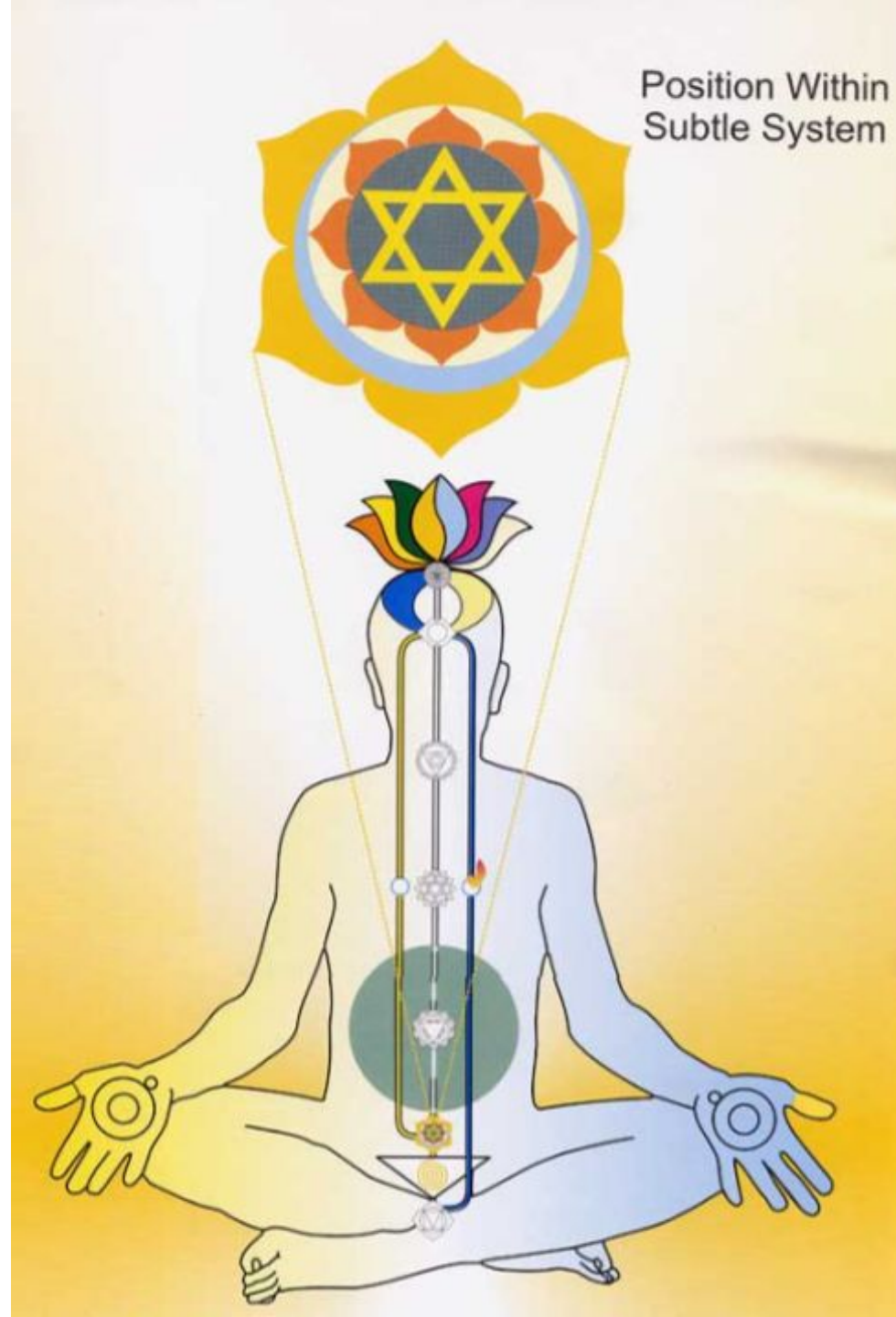
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**swa** - one's own,  
**adhithana** -  
the place of residence.



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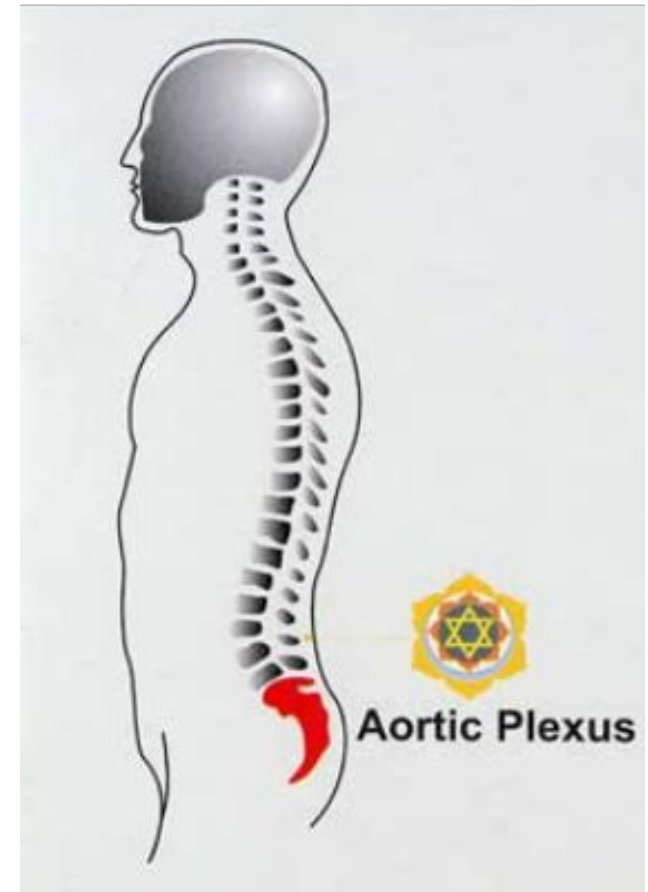
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# **SWADISTHAN:**

## **Qualities:**

Creativity, inspiration, aesthetics & intellectual perception.

## **Gross expression:**

Aortic plexus.

## **Manifestations:**

Liver, kidney, spleen, pancreas & uterus.

## **Element:**

Fire

# SWADISTHAN:

The center where the energy for our **creativity** and **thinking** is generated.

After Self-Realization, we discover that the **true key to creativity** is in achieving the state of **thoughtless awareness**.

Excessive thinking and planning overlooks creativity and exhausts the centre.

The most effective way to clear or heal any chakra problems (obstruction) is to put **attention** on the affected chakra during meditation and allow the *Mother Kundalini* to heal.

# **SWADISTHAN:**

## **Causes of Catch/Obstruction:**

### **Left Side:**

Spiritualism and black magic,  
false gurus and knowledge, alcohol and drugs, extreme  
servility and slavishness .

### **Right Side:**

Too much thinking and planning,  
political extremism & fanaticism, bad eating habits,  
ego oriented life and domination of others.

# **SWADISTHAN:**

## **Clearing RIGHT swadisthan:**

### **Using the elements:**

Soak your feet in a bowl of COLD (or even iced) salted water at meditation.

Place ice-pack on right Swadisthan Chakra position (above junction of torso and right leg).

### **Affirmations:**

*“Mother please take away my thoughts”*

# **SWADISTHAN:**

## **Clearing LEFT swadisthan:**

### **Using the elements:**

Soak your feet in a bowl of HOT salted water at meditation.

### **Affirmations:**

*“Mother, please give me the Pure Knowledge  
(Nirmala Vidya).”*

