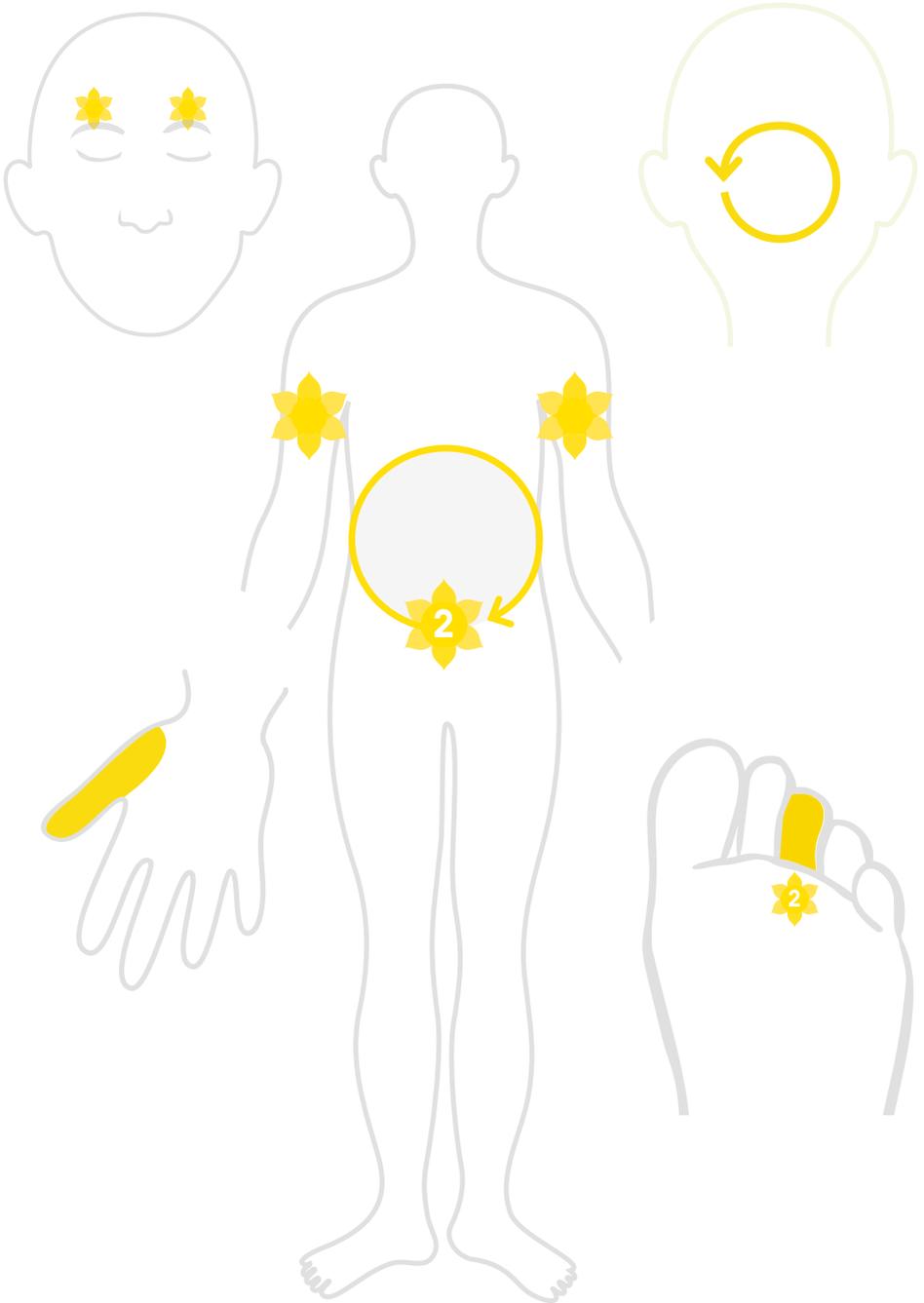


THE SUBTLE SYSTEM



SWADISTHAN CHAKRA

PHYSICAL MANIFESTATION:

AORTIC PLEXUS

NUMBER OF PETALS/SUB-PLEXUSES: 6

ELEMENT / MUSIC NOTE:

FIRE / RE

GOVERNS:

KIDNEYS, LIVER, SPLEEN, PANCREAS,
UTERUS, INTESTINES

QUALITIES:

PURE CREATIVITY, PURE ATTENTION,
PURE DESIRE, PURE KNOWLEDGE

COLOUR/DAY/PLANET:

YELLOW/WEDNESDAY/MERCURY

The Swadisthan chakra moves like a satellite around the Nabhi Chakra and the Void. It is the seat of pure knowledge and innate creativity, providing us with our sense of aesthetics, art, music, and our appreciation and connection with nature. It looks after our digestive organs and provides us with the dynamic energy to do physical, mental and creative work. When this centre is clear our creativity flows spontaneously, we are inspired and nourished. We nourish others through our ideas and imagination. Our ideas and solutions are stimulating yet beyond mental strain.

RIGHT SWADISTHAN:

The quality of the right Swadisthan is the power of pure attention. Instead of our attention being scattered and our thoughts filled without relief, we are able to bring our focus inwards and easily enter the state of thoughtless awareness. Our tasks flow with peace. Instead of being tired from work we are inspired and filled with energy.

*My mind has been pierced by the Name of the Lord
like the goldsmith whose attention is held by his work.
Like the young girl who carries a water-filled pitcher on her head.
She laughs, plays, and talks with her friends,
but keeps her attention on the pitcher of water.*

NAMADEVA
GURU GRANTH SAHIB
PAGE 972

CAUSES OF OBSTACLES IN THE RIGHT SWADISTHAN:

Excessive thinking, planning, and working.
Dominating others, Materialism, Greed, Alcohol, Drugs

CLEARING TECHNIQUES:

Cold footsoak, ice-pack on liver (RIGHT SWADISTHAN / RIGHT NABHI). SEE SECTION ON CLEARING THE RIGHT SIDE.

LEFT SWADISTHAN:

The qualities of the left Swadisthan are pure knowledge and pure desire. Our pure desire is the desire for Self knowledge, for the inner bliss and peace that brings us closer to our Self, to our spirit. When we go deeper in our meditation and introspect, we can clearly see what our true nature is, what our strengths and weaknesses are.

If we indulge in that which takes us away from strengthening our selves, then this centre weakens, diminishing our desire to go deeper. When we indulge in that which strengthens our connection to our Self, our joy increases and our experience of meditation and Self Realisation expands.

CAUSES OF BLOCKAGE WITHIN THE LEFT SWADISTHAN:

False knowledge; Impure desires; Alcohol; Drugs; Following false gurus; Illusory or superficial ideals; concepts or dogmas; Black magic.

TREATMENTS:

Work on this chakra with a candle, camphor flame, or the hand. Take foot-soaks.

SHRI MATAJI'S ADVICE ON THE SWADISTHAN CHAKRA

“As you see in the map here, the balloon that is yellow is the Ego. You see down below it starts from the Swadhisthana. This is the colour of the bile within us. This Swadhisthana chakra which is, for our creativity, is directly connected to the Ego. It starts rotating round the Void, and going to the various parts of the Void. The Void is the green circle within us (SEE DIAGRAM ON PAGE 20 AND 34) where physically we have the uterus and the kidneys. It's a complete viscera, all the intestines, ascending, transverse and descending colon, the liver – more the upper part of liver – then also the pancreas and the spleen. So all the problems of these organs are collected by this chakra which comes out of the Nabhi chakra, and moves round and round and round, and collects all the problems.

It nourishes and gives power, the vital power, to these organs and also it generates the necessary power for our creative action. It also collects the fat cells of the Void and converts them into the power cells for the brain for its use – for the grey matter. All this work it has to do – one chakra. It manifests the Aortic Plexus outside – on the physical level. We call it as AORTIC PLEXUS and it has got six sub-plexuses that look after all these organs.

This chakra is meant for our action. When we go into action this chakra starts working. By the first power, which is on

the left hand side, we desire, but by the second one, we go into action and it's called as KRIYA SHAKTI. Now when this action starts within us, it produces the by-products, or we can say all the problems, of these organs, which are to be deposited somewhere and they are all deposited in the brain as ego. All the problems that we have out of this creativity, and the action of all these organs are to be counter balanced and as a counter balance the ego develops.”

SHRI MATAJI NIRMALA DEVI
22 OCTOBER 1979

“Especially in England I have seen, also in the west I would say, everywhere, people get very easily tired. On the television also you find people will come (and say), “haaaah-hh”. Young people!! They’ll walk ten yards then they’ll say, “haaahh”. Why are we so tired? Because we think too much! All energy is wasted in thinking, so no energy left to enjoy anything whatsoever! For example, you have to have people for dinner, so you think ‘what to bring?’, ‘how to make it formal? what to do?’. So agitated, so nervous about the whole thing that, when the guests come they feel like running away because so much of tension.

Thinking, thinking, thinking, planning, planning, planning, planning, running. Ultimately the whole joy has disappeared. So the second centre (SWADHISTHANA)... does a very miraculous thing is to provide the grey cells in our brain, when we are using it for thinking, and also it looks after your

liver, your pancreas, your spleen, your kidneys and part of your abdomen. Instead of doing that, poor thing is busy only sending grey cells to your brain, because of thinking, thinking, thinking, like mad. So you develop all other diseases like liver trouble, which is very common. Then you develop diabetes -very common, yesterday at least, there were ten people who said, “we have diabetes.” Now, diabetes you do not develop by taking too much sugar – take it from me.

In India, if you go to a village you will see that he takes sugar in such manner that in the cup the spoon must stand at a right angle! Otherwise he won't drink it, and he never gets diabetes! The reason is, he doesn't think of tomorrow. He just works hard, eats his food and sleeps off nicely. He doesn't take sleeping pills either. So this diabetes comes by over-thinking, and can be easily cured if you can take to Sahaja Yoga.”

SHRI MATAJI NIRMALA DEVI
PORCHESTER HALL, LONDON
AUGUST 1989

