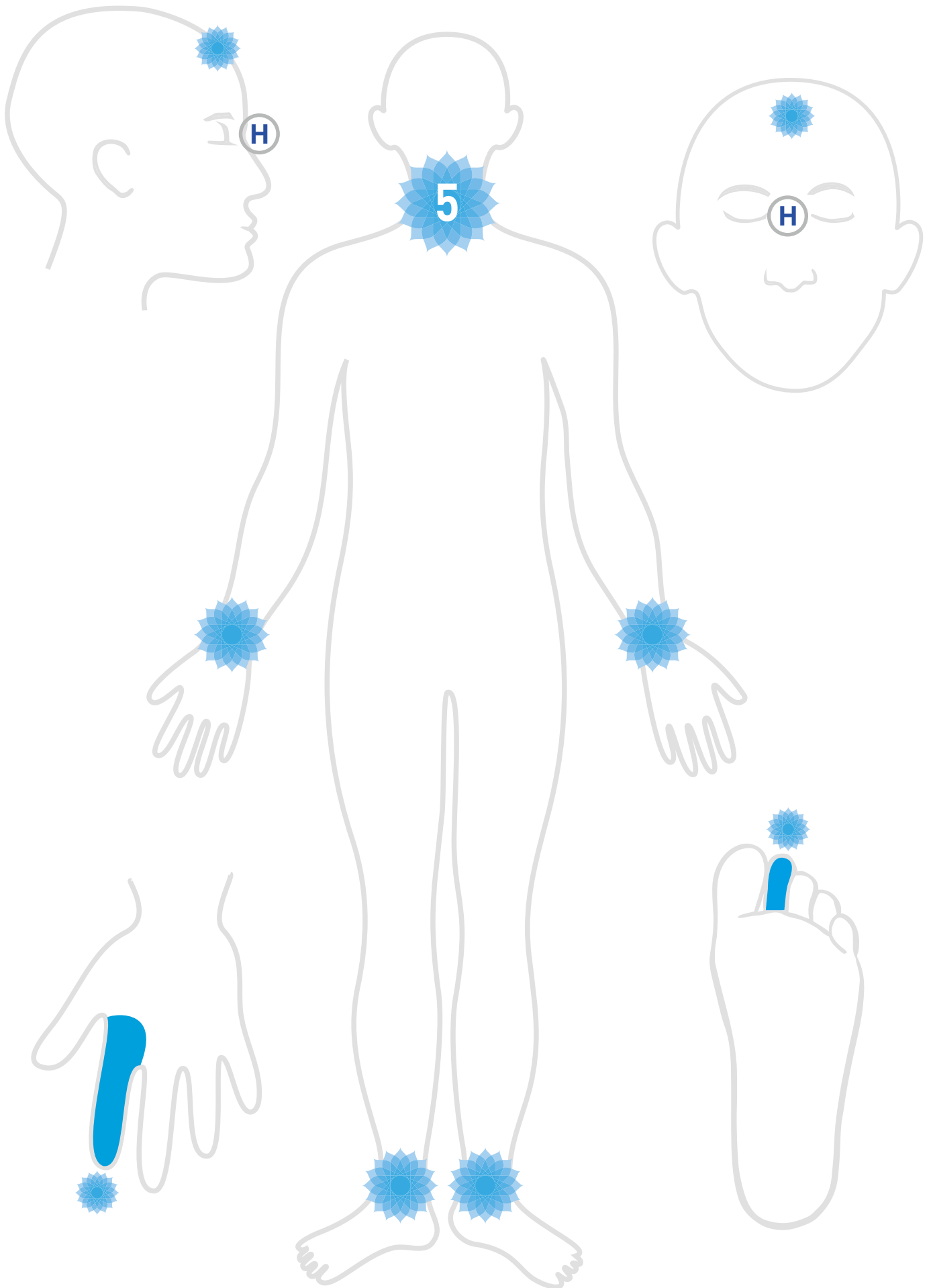


THE SUBTLE SYSTEM



VISHUDDHI CHAKRA

PHYSICAL MANIFESTATION
CERVICAL PLEXUS (THYROID)

NUMBER OF PETALS/SUB-PLEXUSES, MUSICAL NOTE
16, PA

ELEMENT
ETHER

CONTROLS
NECK, ARMS, FACE, TONGUE, MOUTH, NOSE, TEETH

QUALITIES
SELF-ESTEEM, SELF-RESPECT, RESPECT FOR OTHERS.
'LETTING GO OF GUILT', COMMUNICATION,
SWEETNESS OF COMMUNICATION, DIPLOMACY,
COLLECTIVITY, DETACHMENT,
PURE BROTHER/SISTER RELATIONSHIP

COLOUR/DAY/PLANET
BLUE/SATURDAY/SATURN

*Controlling the thoughts, speech and actions,
ever absorbed in the yoga of meditation, and taking shelter in de-
tachment; Relinquishing egoism, violence, pride, lust, anger, and
desire for possession; free from the notion of 'my' and peaceful;
one becomes fit for attaining oneness with Brahman.*

SHRI KRISHNA
BHAGAVAD GITA 18:52-53

The VISHUDDHI CHAKRA governs our ability to communicate, and how we connect with ourselves, with others, and with the world around us. With a clear Vishuddhi we recognise ourselves as being part and parcel of a whole – with our thoughts, words and actions reflecting this. Someone with a clear Vishuddhi will be a DETACHED WITNESS, watching the ebb and flow of life with a balanced attention.

The qualities of the LEFT VISHUDDHI are self-respect and self-esteem. Facing ourselves and the mistakes we make – through introspection, meditation, and by using techniques to clear our chakras – will open up this centre and free us from guilt, lethargy and depression. A clear LEFT VISHUDDHI protects us from self-destructive behaviour or detrimental relationships.

The RIGHT VISHUDDHI governs our communication. Here we acquire the power to speak sweetly and respectfully. It is known as the centre of diplomacy, where we choose our words and take our actions using subtle and thoughtful choices filled with care and love.

OBSTACLES: LEFT VISHUDDHI: guilt; immorality; lack of self respect. **RIGHT VISHUDDHI:** disrespect for others; aggressive and foul speech; sarcasm. **CENTRE VISHUDDHI:** lack of detachment; keeping away from the collectivity; smoking; using too many electronics and hand-held devices; not using our hands to create anything.

TREATMENTS: meditate with hand on the Vishuddhi; enjoy!, nothing is so important; detach yourself from reacting; bring the attention to the spirit; place both hands – palms down – on the earth; massage hands / neck.

AFFIRMATION FOR THE LEFT VISHUDDHI

I AM NOT GUILTY, I RESPECT MYSELF

AFFIRMATION FOR THE RIGHT VISHUDDHI

MY ACTIONS ARE FRIENDLY AND RESPECTFUL

AFFIRMATIONS FOR THE CENTRE VISHUDDHI

PLEASE MAKE ME A DETACHED WITNESS

I DO NOT DOMINATE / LET MYSELF BE DOMINATED

ALLAH HU AKHBAR – GOD IS GREAT!

I AM PART AND PARCEL OF THE WHOLE

SHRI MATAJI'S ADVICE

ON THE VISHUDDHI CHAKRA

“So then we come to this centre which we call as the Vishuddhi. These 16 petals look after the cervical plexus. Now this is a very, very important centre and this is the centre is for communication. For example when you talk you communicate. Through your hands, you shake hands, you touch somebody and you can communicate, even if you cannot talk, with your hands you can communicate also. When we think we are very responsible this centre goes out. Like some people, they were travelling by plane. They were from villages, they did not know what was a plane. They were

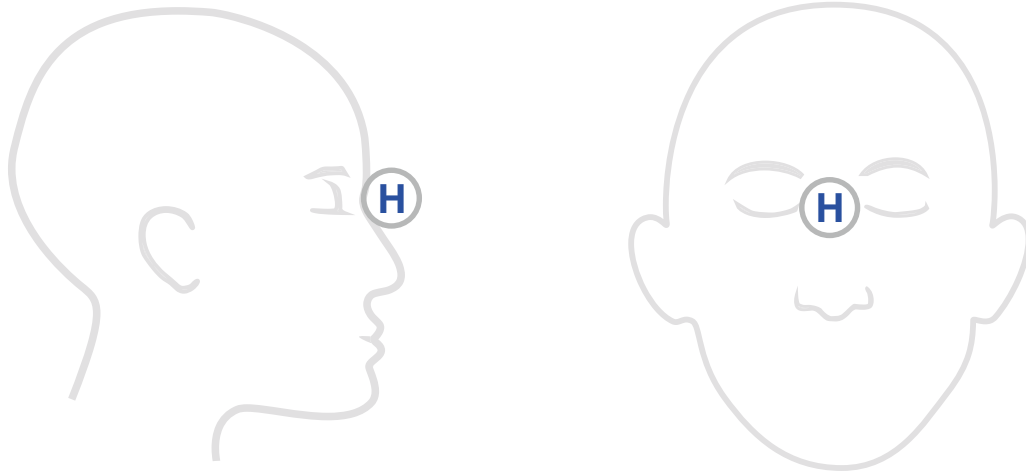
told to take less luggage because it should not be a weight for the plane. So they got into the plane and put all the luggage on their heads and they said that, 'We are trying to reduce the weight of the plane'. In the same way we are also behaving, when actually the all-pervading power that has created us, created this universe, and has brought us to this level of human beings is doing everything, but we think we are responsible – that we have to do it. But once you become a Sahaja Yogi you just do it but you don't think that you are doing it. You just say 'it's happening', and what a beautiful feeling it is. Then you don't have blood pressures, you don't have headaches, you don't have tensions – no. Because we are not doing it, it's just done and you find it's all done."

SHRI MATAJI NIRMALA DEVI
PORCHESTER HALL, LONDON - 1 AUGUST 1989

"Now when you meditate, try to meditate in a sustained way, first of all sustain it. Then you find that you are getting into the state of Samadhi, means at a state where you start feeling the joy and the bliss of God's blessings, and then you start saying, "O God, what a blessing, what a blessing, and what a blessing". Once you have reached that state then you have to realise, "Who am I". Who are you? What are you? You are the Spirit. After establishing your sustained attention on the Spirit you'll develop a state where you'll be in a complete state of witnessing with joy."

SHRI MATAJI NIRMALA DEVI
23 JULY 1983

HAMSA (CHAKRA)



QUALITIES

Wisdom, Discretion

CAUSES OF OBSTACLES

Lack of discretion, Credulity

TREATMENTS:

GHEE (PURIFIED BUTTER): Bend head backwards and put a few drops of warm, melted ghee in your nose with a dropper and sniff it in – best at bedtime. It avoids the drying out of the mucous membranes and improves the immune system.

BREATHING EXERCISE: To improve the Hamsa Chakra, breathe in alternately through one nostril, out through the other, in through the same nostril, out through the other. Repeat several times. The focus is on the breathing and the attention is on the Sahasrara.