

# The Swadhishtan Chakra



DAY 11 of 21 Days of Meditation

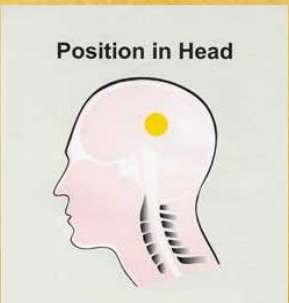
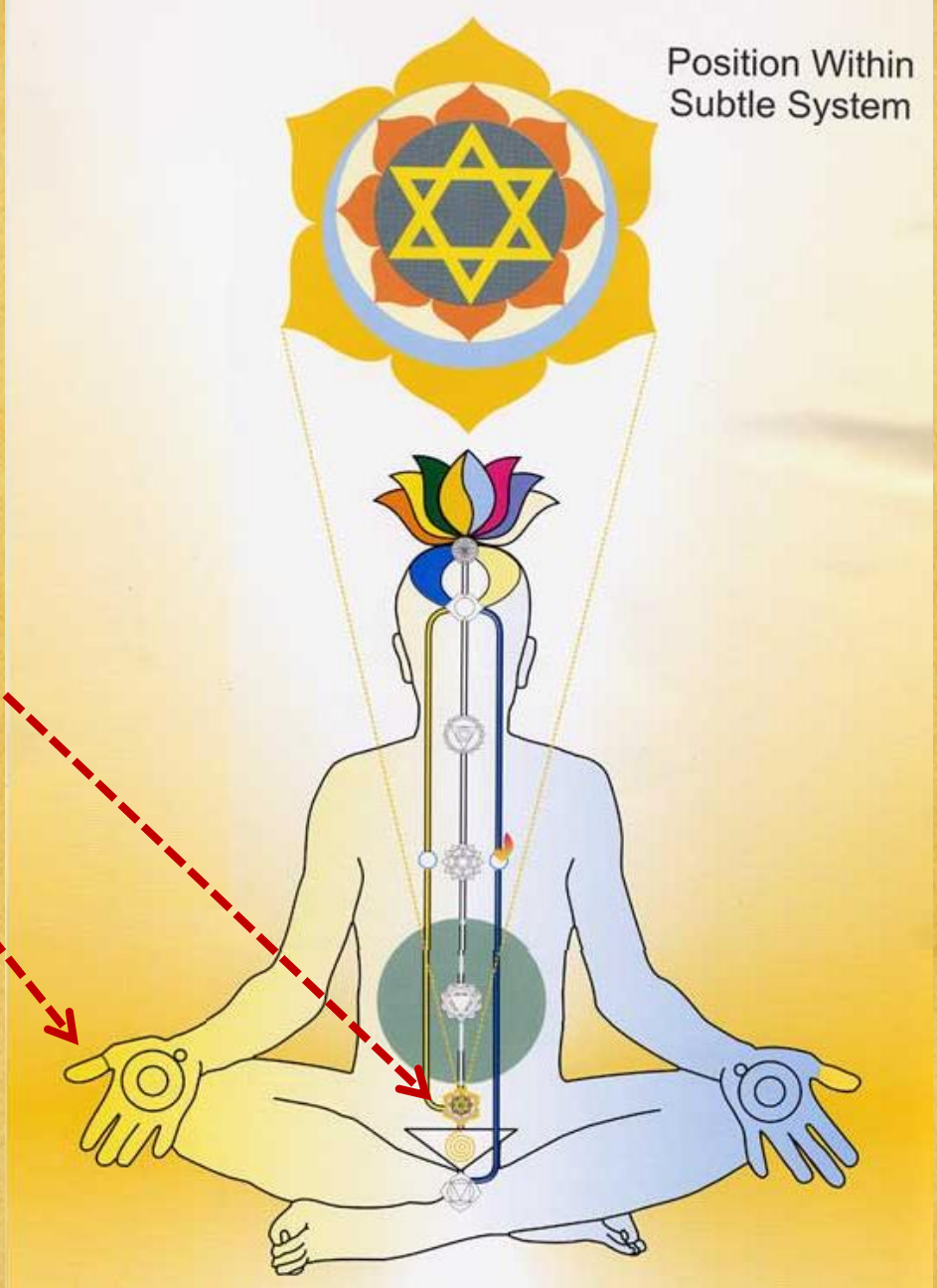




Position Within Subtle System

### Location:

- Below the belly button
- Thumbs **in hand**
- Either side of the **back of the head**



# Swadhishthan Chakra





# Swadhishtan Knowledge



## Characteristics

- 6 Petals
- Element: Fire
- Color: Golden Yellow
- Physical Plexus: Aortic Plexus
- Planet: Mercury
- Place on hand: Thumb







# Swadhishtan Knowledge

## Qualities

- Spiritual Knowledge
- Creativity
- Attention
- Inspiration
- Art / Music / Poetry
- Aesthetics
- Dynamism
- Physical Activity







# Swadhishtan Benefits

- Brings inner **peace**
- **Worries** and doubts disappear
- Pure knowledge enhances **spiritual ascent**
- **Prevents diseases** like, Diabetes, Blood Cancer, Allergies, Insomnia etc.
- Brings out **artistic talent**



# Swadishthan How to Balance

## The Swadhishthan Chakra

- Regular meditation, morning and evening
- Use of water and ice for the right side
- Use of candle/flame for the left side
- Use of affirmations
- Daily foot soak



Let's Meditate...

