

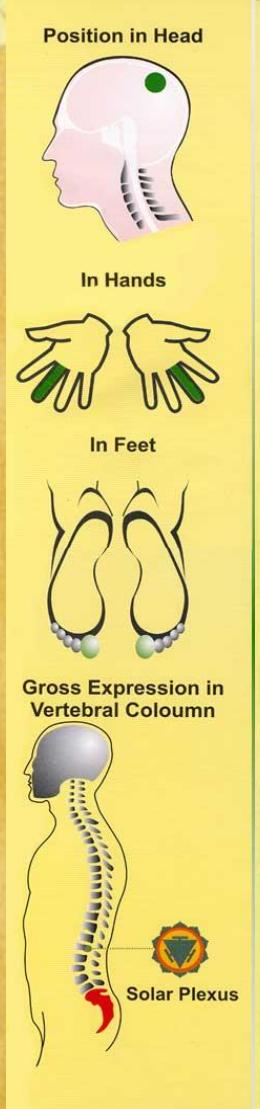
The Nabhi Chakra



DAY 12 of 21 Days of Meditation



Nabhi Knowledge



- Located at the level of the navel



Nabhi Knowledge



Characteristics

- 10 Petals
- Element: **Water**
- Color: **Green**
- Physical Plexus: **Solar Plexus**
- Planet: **Jupiter**
- Place on Hand: **Middle Finger**





Nabhi Knowledge



Physical functions regulate

Left

- Pancreas
- Spleen

Center

- Stomach
- Intestines

Right

- Liver
- Gall Bladder



Nabhi Experience



- Satisfaction/Wealth
- Spiritual satisfaction
- Peace and joy
- Sense of dignity
- Enjoying your own generosity
- Evolution (including goals in life)





Nabhi Benefits

- Brings **balance** and **peace** into family life
- Prevents **worries** about daily life
- Prevents **jealousy** and **greed**
- Establishes **righteousness** and **prosperity**
- Gives joy of **sharing**



Nabhi How to Balance



- **Meditation** morning and evening
- Use of prayers and affirmations
- Use of hands (**bandhans**)
- **Vibrate food** before eating

Left

- Use candle or flame
- Foot soak with warm water

Right

- Ice pack on liver
- Foot soak with cold water

