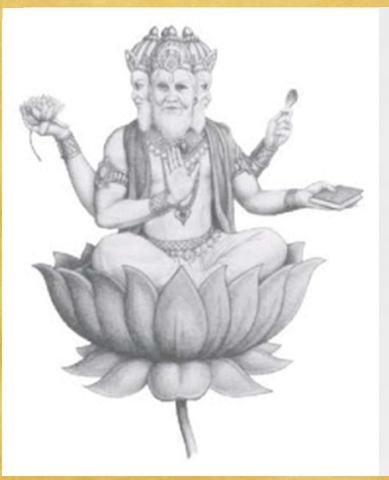


# Swadhisthan Chakra

### Swadhisthan Presiding Deities Shri Brahmadeva Saraswati





# Swadhisthan Knowledge

- Represents the 2<sup>nd</sup> Chakra
- Represented on our thumbs
- 6 Petals
- Element: Fire
- Qualities
  - ✓ Spiritual Knowledge
  - Creativity
  - ✓ Attention
  - Art / Music / Poetry
  - Aesthetics



AUM twameva sakshat, Shri Brahmadeva Saraswati Sakshat, Shri Adi Shakti Mataji, Shri Nirmala Devi Namo Namaha

Amen, O Divine Mother Shri Mataji, verily You are (insert deity name). Salutations to you!

#### Mantra for the left side of chakra:

AUM twameva sakshat, Shri Nirmala Vidya sakshat, Shri Adi Shakti Mataji, Shri Nirmala Devi, Namo Namaha

#### Affirmation:

 "Mother, please give me pure knowledge, knowledge of my spirit and My Mother Kundalini".

#### Mantra for center of chakra:

AUM twameva sakshat, Shri Bramhadeva Saraswati Sakshat, Shri Adi Shakti Mataji, Shri Nirmala Devi Namo Namaha

#### Affirmations:

- "Mother, please take away all my thoughts and doubts and give me inner peace".
- "Mother, You are the creator and the doer, I do nothing at all".

### Mantra for right of chakra:

AUM twameva sakshat, Shri Nirmal Chitta Sakshat, Shri Adi Shakti Mataji, Shri Nirmala Devi Namo Namaha

### Affirmations:

- "Mother, please purify my attention and make my attention in peace".
- "Mother, You are the doer and enjoyer I do nothing at all".

