



Swadhisthan Chakra

SAHAJAYOGA



Swadhasthan Presiding Deities

Shri Brahmadeva Saraswati





Swadhisthan Knowledge

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



Swadhishthan Mantras



LEFT

**Shri Nirmal
Vidya**

CENTRE

**Shri
Brahmadeva
Saraswati**

RIGHT

**Shri Nirmal
Chitta**

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

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



Swadhisthan Mantras



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

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

Affirmation:

- “Mother, please give me pure knowledge, knowledge of my spirit and My Mother Kundalini”.



Swadhisthan Mantras



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”.



Swadhisthan Mantras



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”.

