



Swadisthana Chakra

Creativity

The Swadisthana chakra is located in the aortic plexus above your sacrum bone.

Swadisthana chakra qualities:

Creativity

Appreciation of beauty

Inspiration

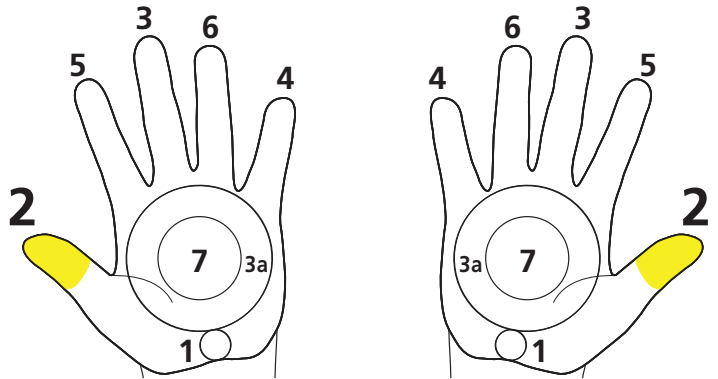
Undistracted attention

Keen intellectual perception

Pure knowledge

Excessive thinking and planning is very common in today's world. The right side of your Swadisthana chakra can become exhausted by all the thinking. When this happens, you may find that your creativity falters and your work becomes lifeless. You may no longer experience spontaneity and joy.

It is important to recognize the difference between attention, a quality of the Swadisthana chakra, and thinking. Attention means focused observation witnessing, without thought.



If your Swadisthana chakra is unbalanced, you may find it difficult to meditate and you'll have a general lack of creativity. You may also have insomnia and irritability.

To clear your Swadisthana chakra, soak your feet daily in salt water. To clear the right Swadisthana, use cold water. You can also place an ice pack just above your right hip. To clear left Swadisthana, use much warmer water when you soak your feet.

If you have persistent problems with left Swadisthana, try using a lit candle to clear it. Hold the candle in your right hand a few inches in front of your left Swadisthana chakra, just above your left hip.