

# SAHAJA YOGA

## CHAKRA / PLEXUS KNOWLEDGE

3



## Nabhi Chakra Solar Plexus

Located at the level of the navel  
Satisfaction, balance and generosity  
are the aspects of the divine  
governing of the Nabhi chakra

### Characteristics

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

### Nabhi Chakra Experience

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

### Nabhi Chakra Benefits

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

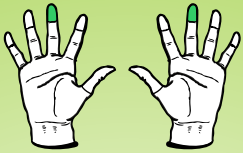
### Nabhi Chakra How to Balance

- Meditation morning and evening
- Use of 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

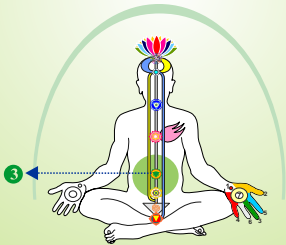
### POSITION IN HEAD



### POSITION ON HANDS



### POSITION ON FEET



Solar Plexus



### Nabhi Affirmations:

**Left** - "Mother, please make me a generous and peaceful person".

**Center** - "Mother, I am a satisfied person".

**Right** - "Mother, you solve all my money and family worries and take care of my well being."

### Qualities

- **Left:** Good host, Good wife, Generosity
- **Center:** Satisfaction, Contentment, Peace, Right conduct (Dharma), Honesty, Evolution
- **Right:** Sense of dignity, Pure attention

### Physical functions regulate

- Left: Pancreas, Spleen
- Center: Stomach, Intestines
- Right: Liver, Gall Bladder

### Problems and their causes

- **Left:** Family and/or household problems, Dominating husband or wife
- **Center:** Excess eating or fasting, alcohol, drugs, Untidiness, Fanaticism
- **Right:** Worries, Stinginess, Unhealthy diet

