

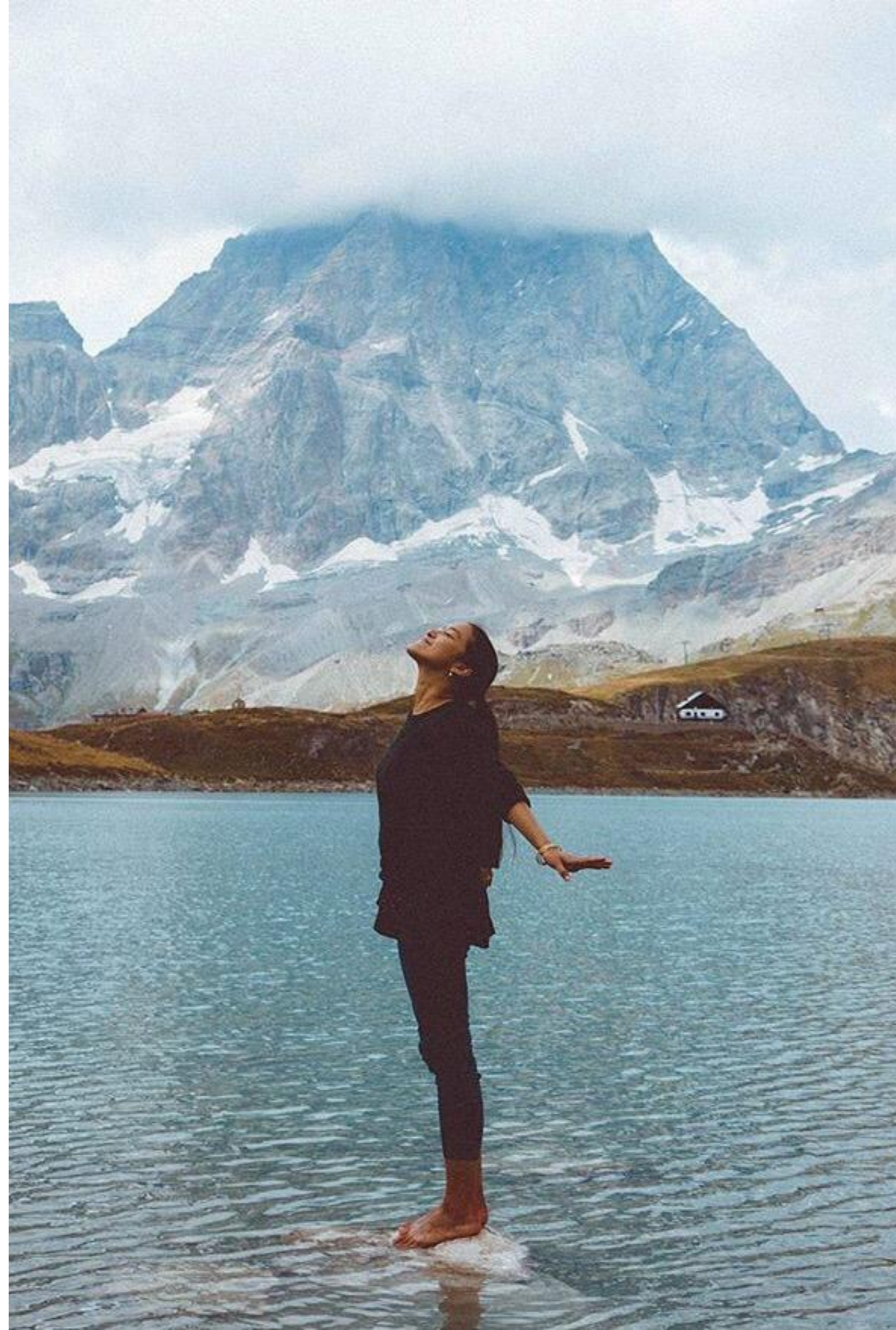


Self Mastery

The Nabhi Chakra

Overview evening

- Balancing meditation
- Nabhi Chakra
- Self mastery
- Meditation with candle





Meditation

Clearing Chakra's



Nabhi Chakra

3rd Chakra

Nabhi Chakra

- Physical manifestation:
Navel/Solar plexus
- Number of
petals/sub-plexuses: 10

Position in Head



In Hands



In Feet



Gross Expression in
Vertebral Column



Solar Plexus



Posit
Subt



Organs

Left

- Pancreas
- Spleen

Center

- Stomach
- Intestines

Right

- Liver
- Gall Bladder

Causes of problems

Left

- Family/
household
problems
- Over-dominating partner
- Untidiness
- Stress

Center

- Unbalanced
eating patterns
- Alcohol
- Certain drugs
- Fanaticism
- Addictions

Right

- Worries
- Anger/agitation
- Stinginess
- Liver-heavy diet/
habits

Qualities

Left

- Good host
- Generosity
- Satisfaction
- Contentment
- Sense of justice

Center

- Peace
- Right conduct (Dharma)
- Honesty
- Quest for the SELF (spiritual and personal growth)
- Self mastery

Right

- Sense of dignity
- Pure attention
- discipline/ endurance to complete what one starts
- Capacity to work: Dynamism versus stress/tension

Nabhi experience

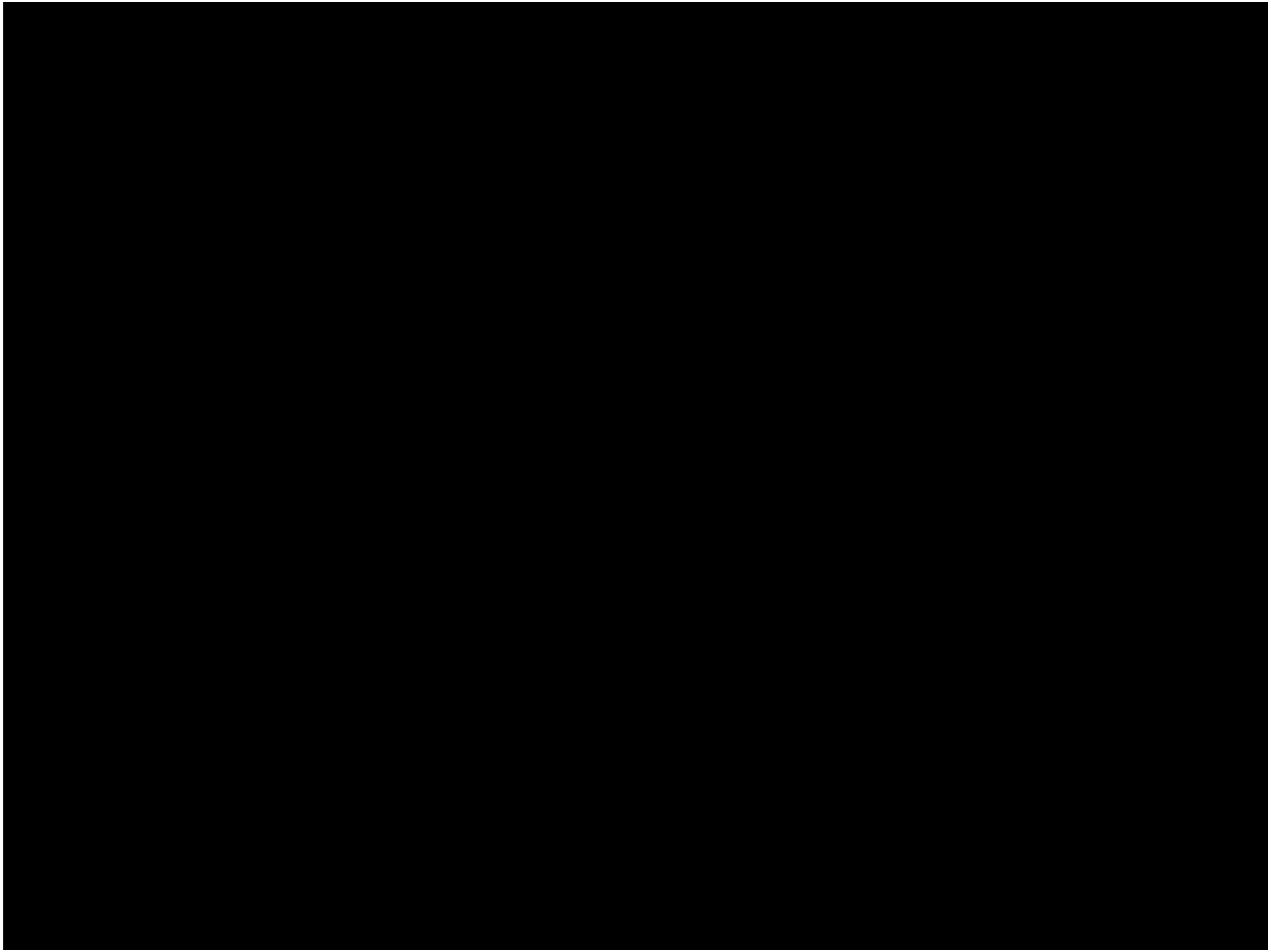
- Brings balance, peace and joy into one's own life and onto our surroundings
- Prevents worries about daily life
- Prevents jealousy and greed
- Establishes righteousness
- Establishes generosity and gives joy of sharing

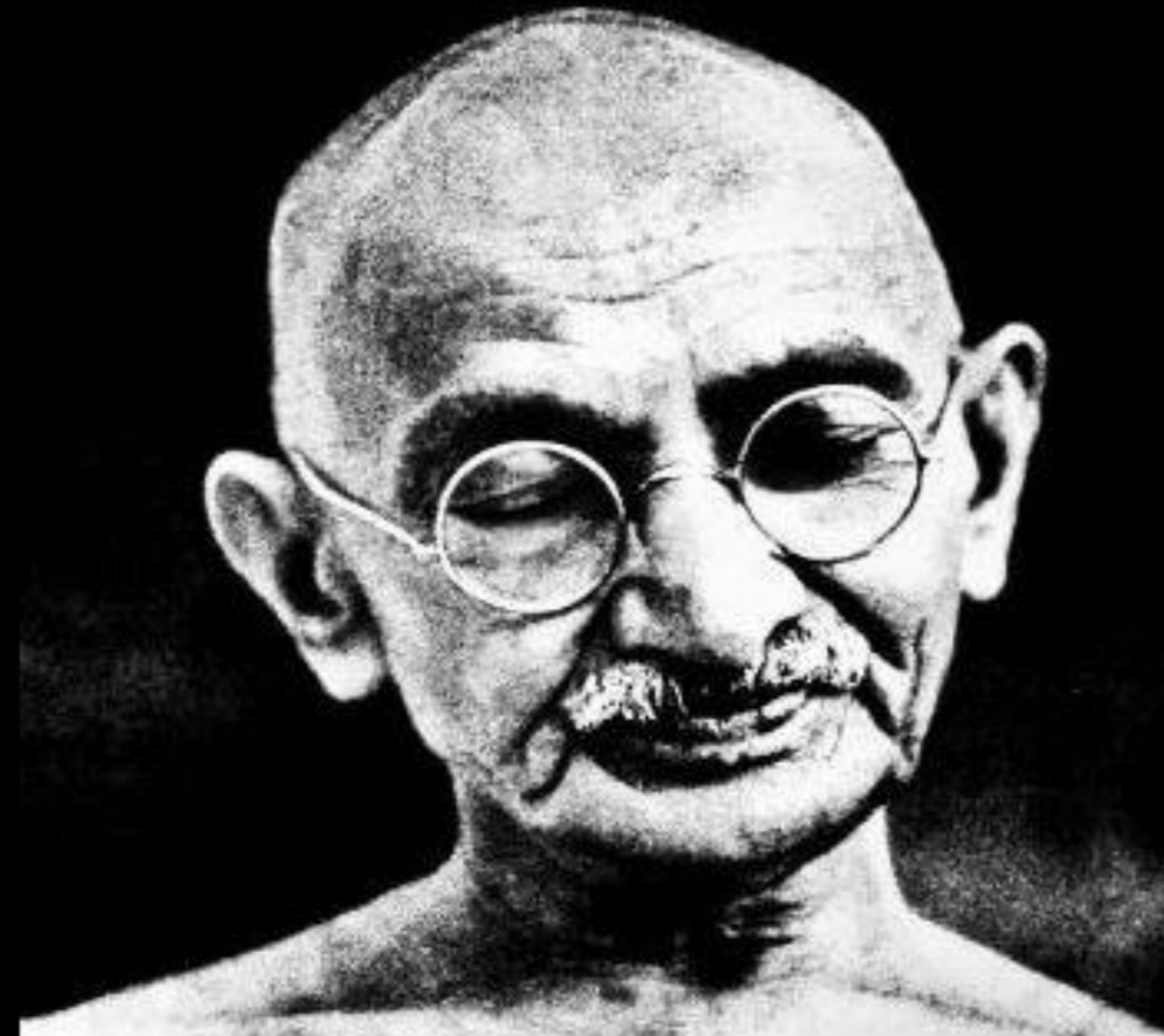




Self Mastery

What is it to us?





"Change yourself -- you are in control."

Examples

Mahatma Gandhi



Inner Peace

When we don't have it

Improving your Nabhi

Left

- Footsoak! (Hot)
- Candle treatment
- *“Please make me a generous and peaceful person”*

Center

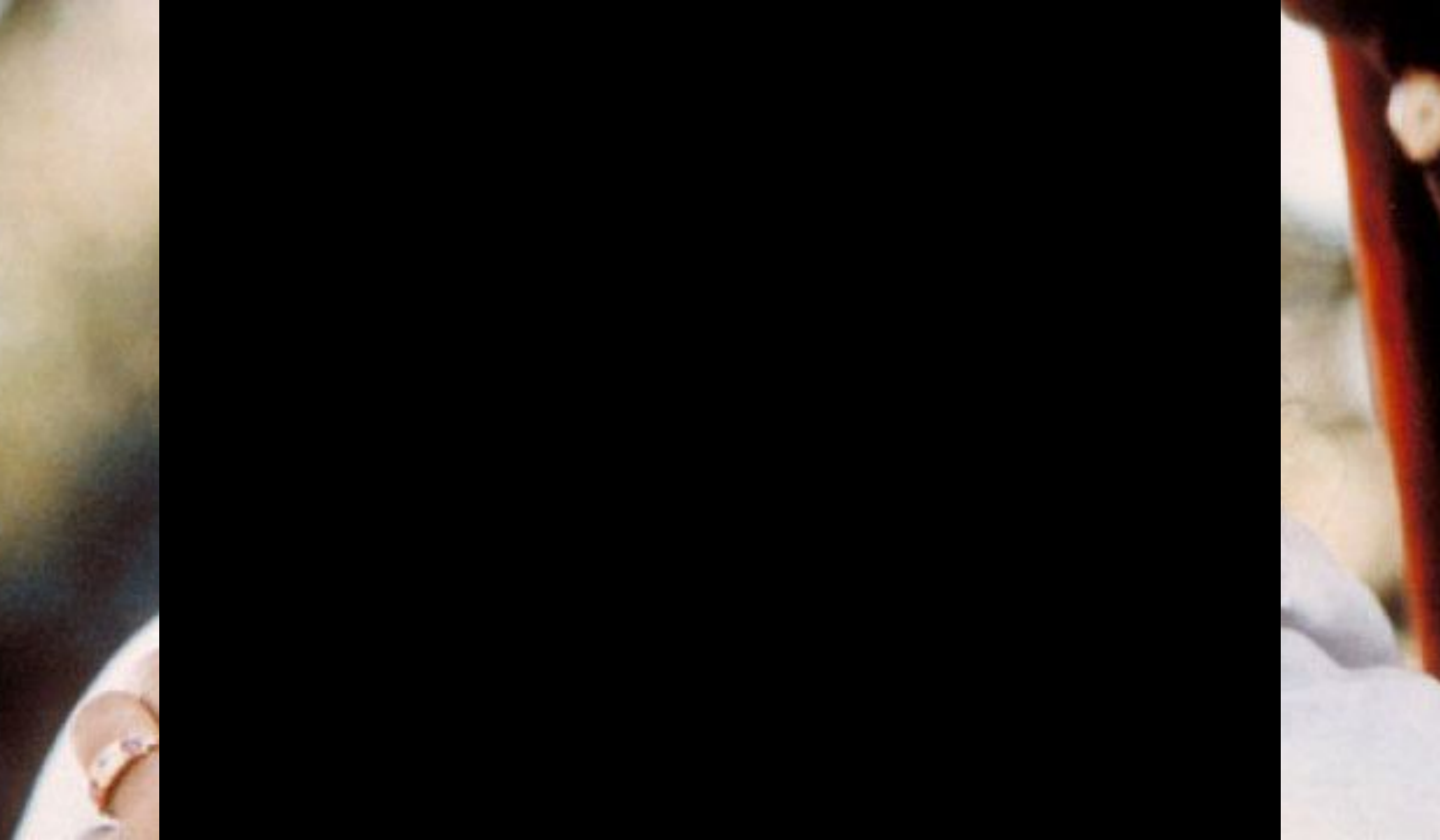
- Footsoak! (luke-warm)
- *“I am satisfied”*
- *“Please give me spiritual growth”*

Right

- Footsoak! (cold)
- Icepack
- *“Please give me a strong attention”*
- *“I will not worry about materialistic things such as money, possessions, work”*

Inner Peace

A new hope



Talk

Shri Mataji Nirmala Devi



Let's Meditate

Grow from within



Meditate Now

Inspiration

Music for Meditation

Learn More

Meditation is a state of
inner peace.



Satisfied



Harmony

Meditate at home

The Nabhi Chakra