



Swadisthan Chakra

Creativity, Attention and Knowledge

Swadisthan Chakra in the subtle system

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- Aortic plexus
 - Thumbs
 - Upper arms and thighs
 - Controls: liver and kidneys, spleen, pancreas, intestines, uterus, prostate



Qualities

- Attention
- Creativity
- Knowledge

What is pure attention?

- Pure concentration / observation / witnessing minus thoughts
- Thoughts come from our ego (I-ness) or super ego (conditionings, upbringing)

A pure attention



What affects our attention?



How can we improve our attention?

Watch our attention: it's the only thing we can do ourselves

- Then we can become thoughtless
- The Kundalini rises

Cool footsoak

Ice pack on the liver



Pure knowledge

- Beyond the mind
- Experiences
- Vibrations : what is good for me?



What is creativity?

- Ability to come up with new ideas, to solve problems in original ways
- Imagination
- Integration of left and right brain
- Originality and flexibility of thought



Are you creative?

Creativity

- The swadisthan chakra is the centre where the energy for our **creativity** and **thinking** is generated.
- After self-realization, we discover that the **key to creativity** is in achieving the state of **thoughtless awareness**.
- Excessive thinking and planning interferes with creativity and exhausts the swadisthan.

Enlightened Creativity

- Creation in **thoughtless awareness**
- Recognizing **the Spirit** in art
- **JOY:** Artists enjoy and reflect the joy poured into nature by the Mother Earth in their art. They fill human lives with exquisite creations of music, art, dance and other art forms.
- Creativity needs **dynamism**

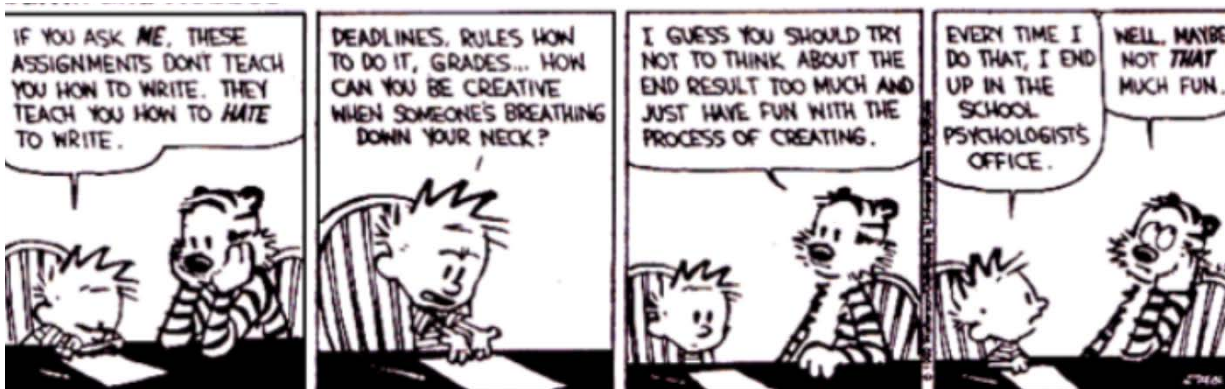


What is pure art?

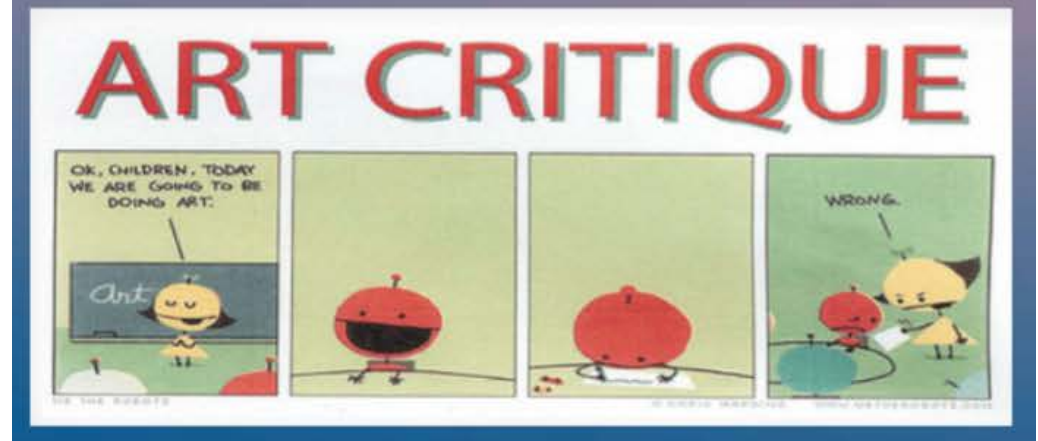
- “Mozart’s music is so pure and beautiful that I see it as a reflection of the inner beauty of the universe itself.” – *Albert Einstein*
- “Where the Spirit does not work with the hand, there is no art.” – *Leonardo Da Vinci*
- “Art arises when the secret vision of the artist and the manifestation of nature agree to find new shapes.” – *Khalil Gibran*

Mental blockages for creativity

- Perfectionism from ego
- Judgments and thoughts
- Insecurities and lethargy (left-side)
- Ego (I = doer instead of instrument for power of creativity)



Age group	Percentage of creativity used
Kindergarden	95-98%
Junior school	50-70%
High school/university	30-50%
Mature adults	less than 20%



How can we become more creative?

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- Learn something new: don't take the path of least resistance
 - Push boundaries
 - Take risks, challenge conventions
 - Don't be afraid to fail



What blocks the Swadisthan

Right side:

- Excess of mental and physical activity
- Planning too much – futuristic behavior
- Egocentrism

Left Side:

- Misguided spiritual methods, black magic, drugs

Center:

- Anger, fanaticism, artificial behaviour, imbalance, heavy food, alcohol



Clearing the Swadisthan Chakra

- Bring attention to the chakra and trust Mother Kundalini to work it out
- Affirmations:
 - *Mother Kundalini, I am creative*
 - *Mother Kundalini, please give me the pure knowledge*
 - *Mother Kundalini, please give me pure attention*
- Go for a walk in nature to let thoughts go, put your attention on pure / innocent things
- Footsoak, footsoak, footsoak! Warm/cold
- Icepack for liver





Talk by Shri Mataji