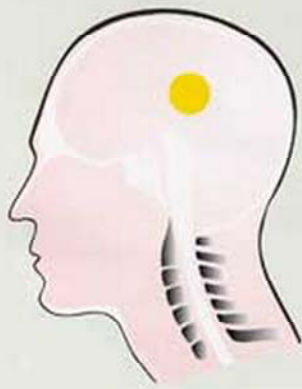
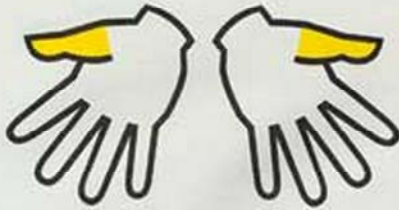


Position in Head



In Hands



In Feet



Gross Expression in Vertebral Coloumn



Aortic Plexus

Position Within Subtle System



2° CHAKRA SWADISTHAN creativity

This six petalled centre is called the Swadisthan and is situated in the abdomen. This centre corresponds to aortic plexus, which supplies us with energy of creativity and abstract thoughts. This centre also provides energy to the brain by converting fat cells into brain cells.

Too much thinking and futuristic planning weakens this centre and one develops very weak attention. Liver which is seat of attention is governed by this centre. This centre also controls the functioning of pancreas, uterus and some parts of intestines.

When Kundalini awakens and opens this centre in a person, that person becomes very creative, dynamic and spontaneous in all his activities

Correspondences

Colour	Yellow
Element	Fire
Planet	Mercury
Day	Wednesday
Stone	Amethyst
Symbol	Davidstar
Quality	Creativity Aesthetics Abstract thought Pure desire

Organs controlled	Liver, Uterus, Pancreas, Sight
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Chakra No. 2: The Swadisthan Chakra

The Swadisthan (Swa-des-tan) Chakra revolves around the Nabhi Chakra (No.3) giving sustenance to the surrounding areas. Swadisthan and Nabhi work together. When Kundalini first rises, it passes from its home into Nabhi, then goes down the "cord" to Swadisthan. Here the energy for our creativity is generated. On the right side it manifests as intellectual perception; on the left side as imagination. These aspects integrate in the central channel, creating our aesthetic sense.

One of the most important function of this center is to generate the energy that fuels our thinking by breaking down fat particles in the abdomen to replace the grey and white cells of the brain. If we are confused by an inflated ego into believing that we alone must think and plan for everything we do, the excessiveness drains the central channel of energy and exhausts the right side. Instead of a sponge, the brain becomes like a rock, losing all power of absorption. Then, creativity becomes an effort, rather than a spontaneous happening. This is why much of modern art, poetry and music is lacking in joy giving qualities. This excessive thinking and planning is why many of us lack enjoyment of our overly mental, high-pressured jobs. Our systems become dry and too right-sided (mental and aggressive). The resulting imbalance causes the left side (emotion) to become weak and we become less sensitive. Without equally healthy right and left sides, the integration of thinking and feeling into the central nervous system becomes imbalanced. Then our actions and ideas are off center.

The Swadisthan Chakra, along with the Nabhi (No. 3) also controls the liver. This vital organ is the seat of our attention or pure concentration (minus mental activity). The liver sustains our concentrated attention and purifies it by pulling out dirt and poisons. Before realization, our attention is most often running outside ourselves, directed by external factors. The awakening of the Kundalini enables the attention to go inside and unite with the Spirit at Sahasrara (No.7). This is where the attention should rest and enables true intuitive creativity to work through us.

Because of the connection with ego which can take the attention away from the Spirit (or real Self), it is important at the Swadisthan Center to develop humility. Real humility recognizes that our intuitive thoughts and feelings are initiated by the Divine and flow through us. We are conduits -- we did not design and create ourselves. Our spiritual (real) selves can unite with this Divine "intuition" and then the resultant creative work becomes genius.