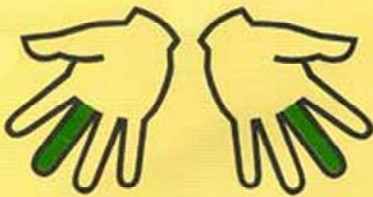


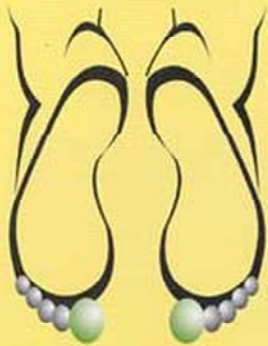
Position in Head



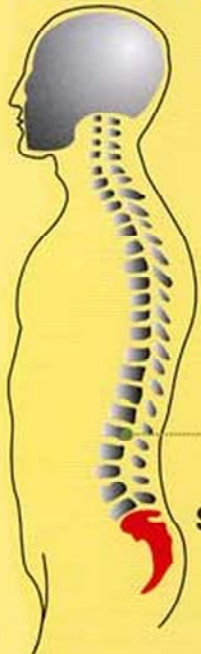
In Hands



In Feet



Gross Expression in Vertebral Coloumn



Solar Plexus

Position Within Subtle System



3° CHAKRA evolution NABHI

This ten petalled centre is called the Nabhi and is situated behind the navel region. This centre corresponds to Solar plexus, which gives us the power to sustain things within ourselves.

This centre governs the function of digestion and assimilation and looks after stomach, Intestines and part of liver. The biological rhythm which is regulated by spleen is also controlled by Nabhi.

This centre looks after the welfare and evolution in the mankind. When Kundalini rises and pierces this centre in a seeker, he becomes satisfied from within and becomes extremely generous.

Correspondences

Colour	Green
Element	Water
Planet	Jupiter
Day	Thursday
Stone	Emerald
Symbol	YinYang
Quality	Evolution Generosity Righteousness Sustenance
Organs controlled	Stomach, Spleen Intestines, Liver (Part), Taste

Chakra No. 3: The Nabhi

The Nabhi (Naa-bee) Chakra regulates the direction and speed of our human evolution as it is the command center of our sustenance: food, family love, parental roles and relationships, financial management, job and career. At this center, the Ten Commandments are the guiding attitudinal and behavioral principles. After realization, a mild pain in the Nabhi (stomach region) can actually be experienced from the resultant chakra catch. When not corrected, off-centered activities in the Nabhi can lead to the extreme stomach diseases (ulcers, hypo-glycemia, diabetes, cancer).

The activities of the female head of the household are regulated at the left Nabhi. The wife and mother is "programmed" to give generously and unconditionally to all family members. For this to happen, an atmosphere of respect, love and support must be maintained by all family members. If the wife dominates the husband or is dominated by him, this chakra will catch and affect all family members. If the children do not respect the mother or are maltreated by her, this center will catch and affect all family members.

Activities regarding money, career and social relationships are regulated at the right Nabhi. Too much worry about money or too much time on the job, cause this center to catch. These problematic conditionings, as well as too much thinking and planning, often cause the liver to become overheated. Too much heat on the liver causes the attention to scatter... relaxed concentration becomes impossible to sustain. Indications of imbalances in the liver include irritability, impatience, chronic discontentment, quick temper, and chronic worrying.

White rice, yogurt, cooked fresh vegetables, some chicken, and fruit are all good for cooling and clearing the liver. White cane sugar, taken in liquid form, works as a detergent for a hot liver as it breaks down the fats which hold the toxins in the liver. A liver which is too cold is rare, but if skin rashes occur, this can be the cause. For a cold liver, take yellow vegetables. For liver problems of all types, drink several quarts of water per day. This works to flush away toxins.

Complete satisfaction as a steady state of being can be achieved with the support of a well-balanced, healthy Nabhi. As our attention becomes purified through meditation and can be sustained for longer time periods at Sahasrara Chakra, we will gain a more detached reaction to events in our life. We will become a more effective, joyful participant -- even in dealing with family problems.