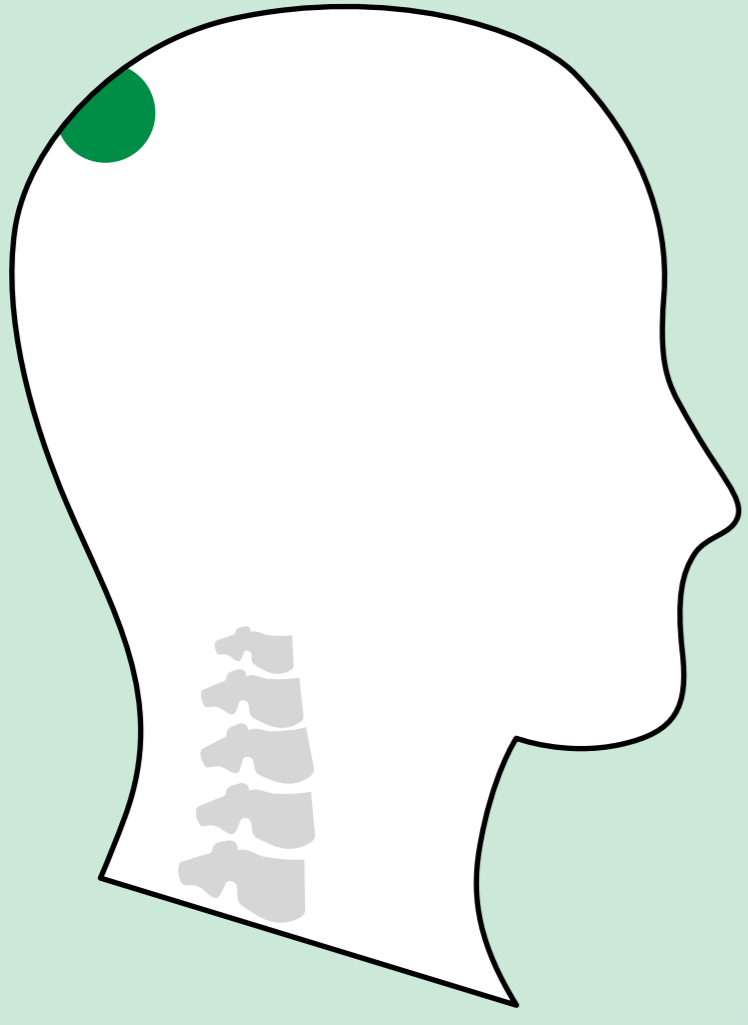
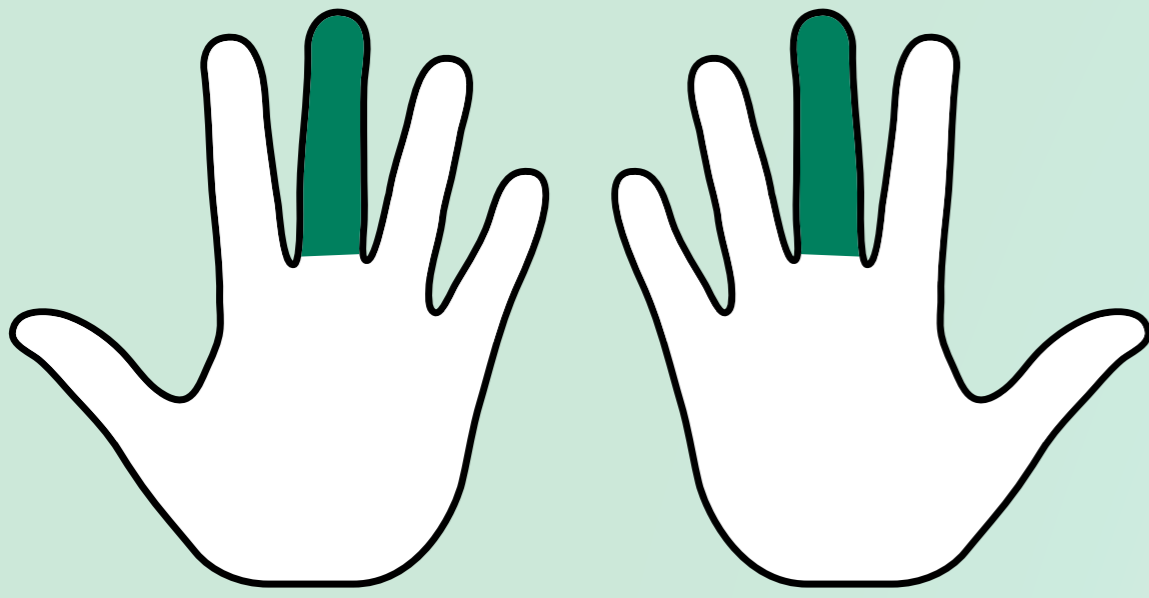


Position on the head



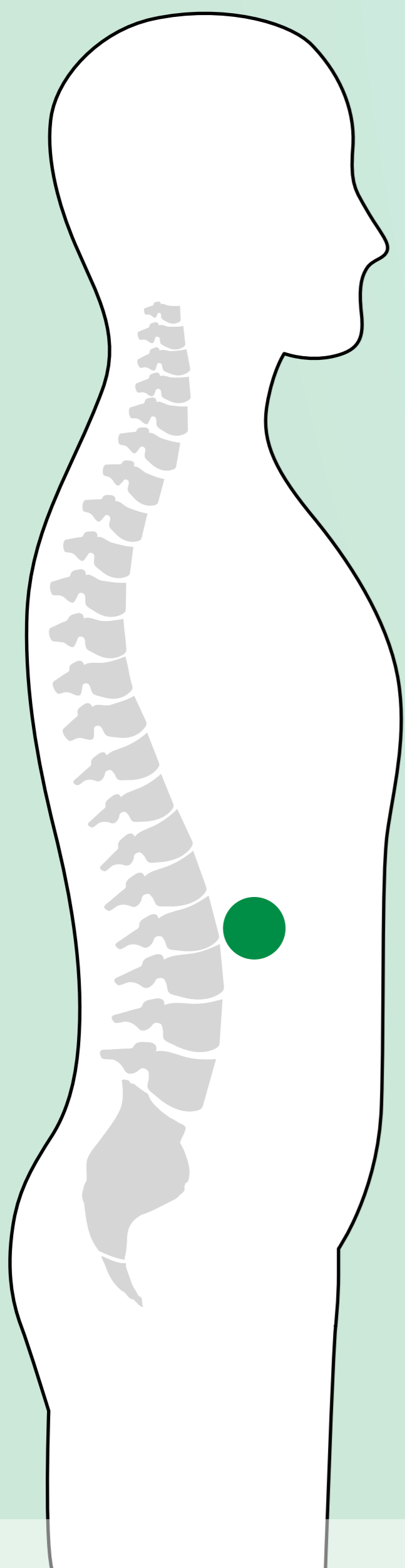
On the hands



On the feet



Gross expression in our body



Solar plexus

Position within our Subtle System



Nabhi

Correspondences

Colour	Green
Element	Water
Planet	Jupiter
Day	Thursday
Stone	Emerald
Symbol	Yin Yang
Quality	Evolution, generosity, righteousness, sustenance
Organs controlled	Stomach, spleen, liver, intestines

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

This centre governs the function of digestion, assimilation and looks after the stomach, the intestines, and part of the liver.

The biological rhythm which is regulated by the spleen is also controlled by the Nabhi.

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

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