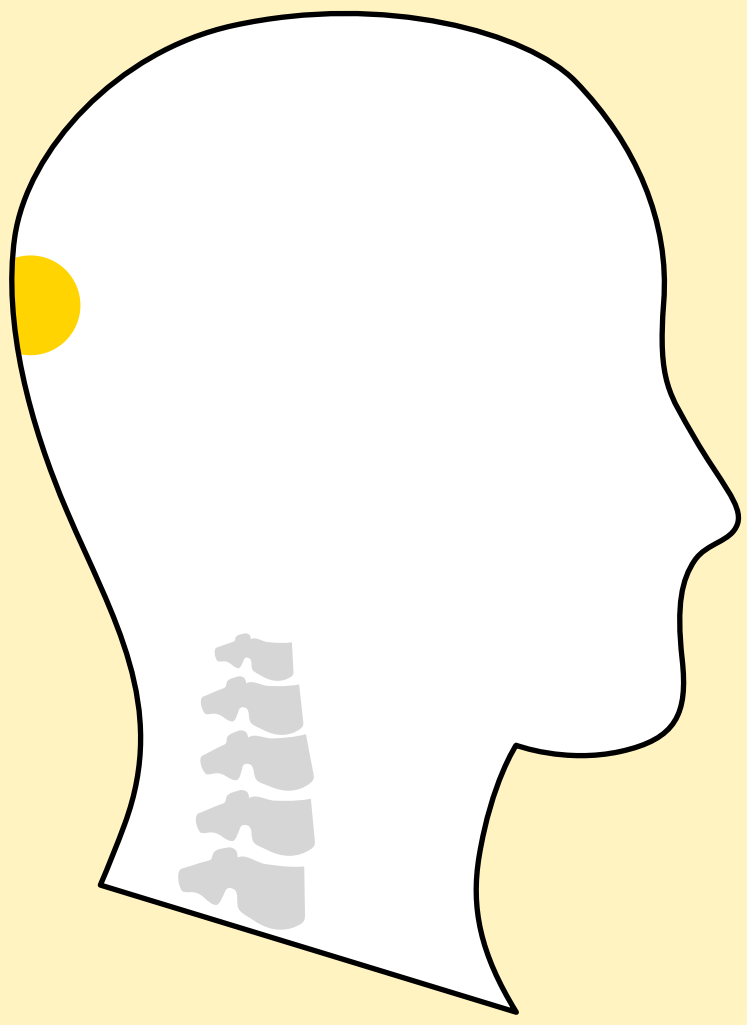
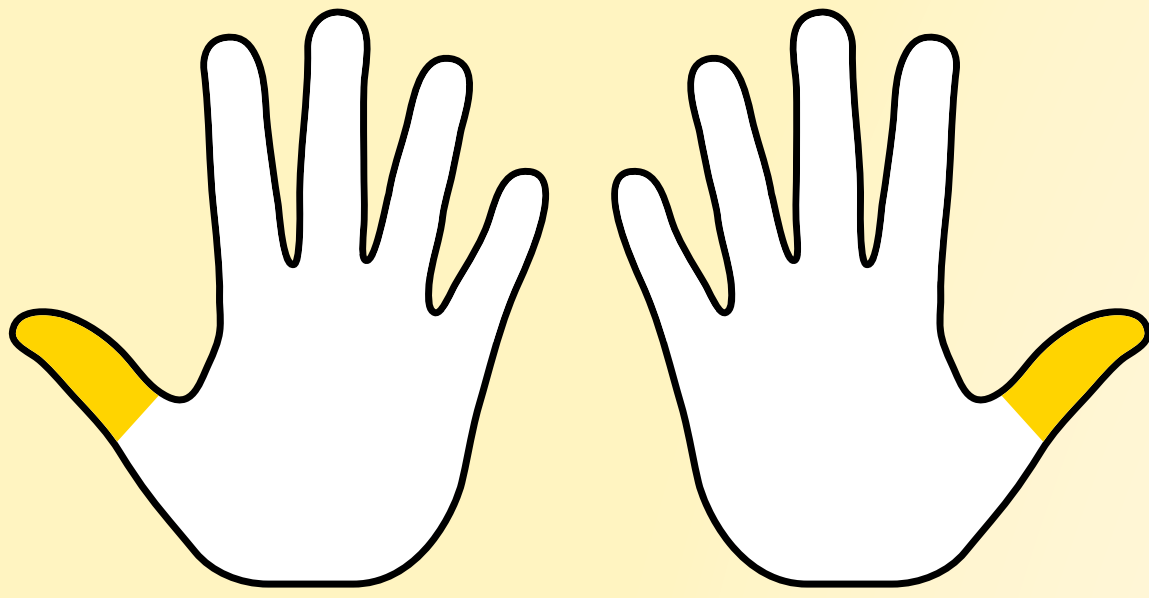


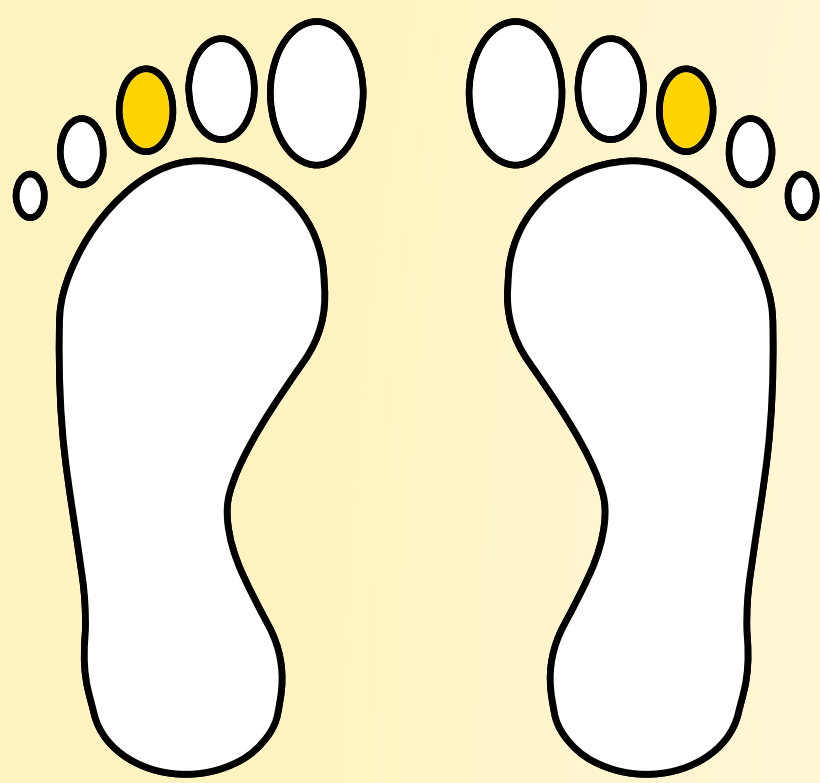
## Position on the head



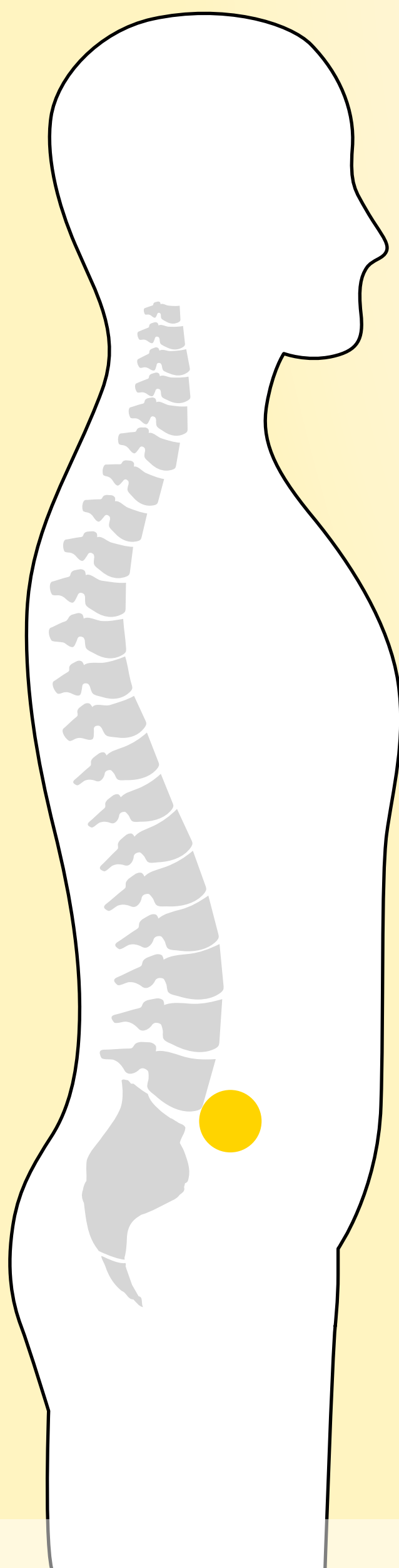
## On the hands



## On the feet

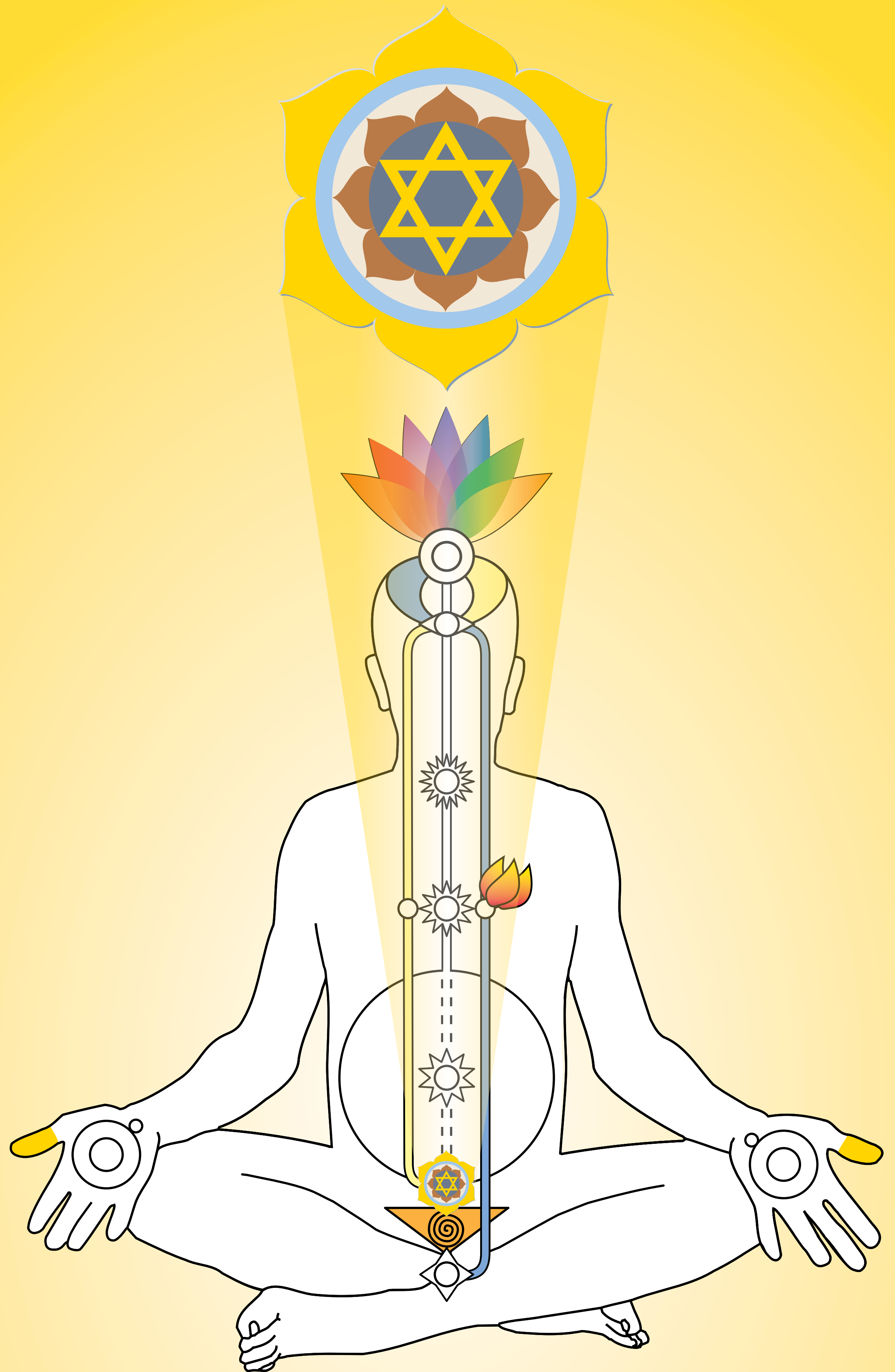


## Gross expression in our body



Aortic plexus

## Position within our Subtle System



# Swadisthan

### Correspondences

Colour	Yellow
Element	Fire
Planet	Mercury
Day	Wednesday
Stone	Amethyst
Symbol	Star of David
Quality	Creativity, aesthetics, abstract thoughts, pure desire
Organs controlled	Liver, uterus, spleen, kidneys, pancreas

This six petalled centre is called the Swadisthan and is situated in the lower part of the abdomen. It corresponds to the 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 a very weak attention. The liver, which is the seat of attention, is governed by this centre.

The Swadisthan also controls the functioning of the pancreas, uterus and some parts of the intestines.

When the Kundalini awakens and pierces this centre, the person becomes very creative, dynamic and spontaneous in all their activities.

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