



# Nabhi Chakra

## Generosity, Evolution

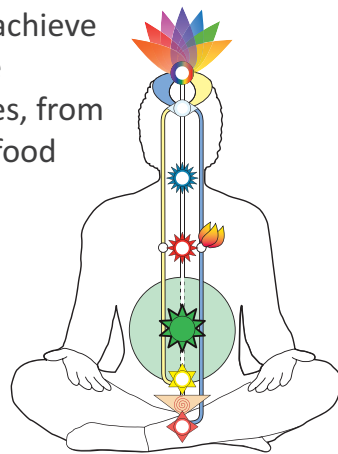
The Nabhi chakra is located within the spinal column parallel to the navel. It is closely associated with the solar plexus. The vibrations of the Nabhi chakra are felt on your middle fingers.

### Nabhi chakra qualities:

- |              |                |
|--------------|----------------|
| Generosity   | Righteousness  |
| Nurturing    | Honesty        |
| Satisfaction | Pure attention |
| Peace        | Dignity        |
| Joy          | Evolution      |
| Balance      |                |

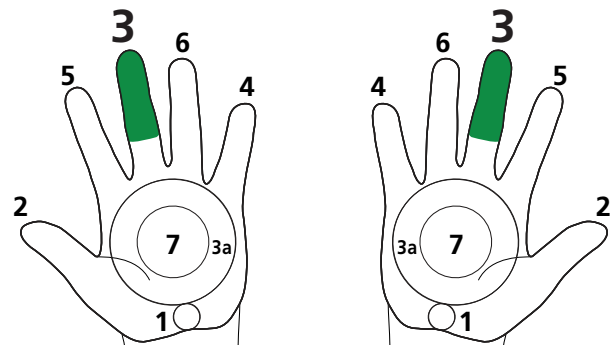
It is through your Nabhi chakra that you desire to improve and achieve your goals. It influences the “seeking” actions in our lives, from the fundamental quest for food and water to the quest for peace and spirituality.

A clear Nabhi is vital to achieving the state of thoughtless awareness and clear attention.



If your Nabhi becomes blocked or imbalanced, you may notice an increase in difficulties involving your family, money or household. You may find yourself prone to worrying and feeling anxious. Another symptom might be a lack of generosity.

To balance the Nabhi chakra, as with the other chakras, you can give vibrations to the chakra. Hold your right hand a few inches in front of your Nabhi chakra and rotate your hand (top of the rotation goes to the left). You can balance your right Nabhi by placing an ice pack on your right side just below the ribcage. For left Nabhi, soak your feet in a basin of warm water while you meditate.



Affirmations for Nabhi Chakra		
Left	Center	Right
Mother Kundalini, or Mother, <b>I am...</b>	Mother Kundalini, or Mother, <b>Please make me...</b>	Mother Kundalini, or Mother, <b>You are the...</b>
... completely satisfied ... peaceful ... a generous person	... satisfied	... royal dignity in me ... solution to all my family and money worries