

Hamsa Chakra - Summary

<u>Chakra:</u>	Hamsa or Lambica
<u>Deity:</u>	Hamsa Chakra Swamini
<u>Physical:</u>	Nose, Sinuses
<u>Qualities:</u>	Discretion, Discrimination, Pranava, L. Intuition R. Acceptance
<u>Catch:</u>	Extreme Behaviour, Dry Conditions, Too Hot or Cold, Sharp or Sour foods
<u>Diseases:</u>	Headaches, Sinus, Coughs, Colds
<u>Treatments:</u>	Ghee, Oil or Butter in the nose, Breathing Exercise, Inhalers, Neti, Reduce Kissing, Use humidifiers, Avoid Extremes, Avoid Sharp or Sour Foods, Avoid Hot & Cold extremes, Look at ground
<u>Mantras:</u>	Hamsa Chakra Swamini, Pranava, and Omkara L. I da Nadi Swamini, or Mahakali mantras, or the Surya mantra R. Chandra
<u>Position:</u>	Between the eyebrows
<u>Country:</u>	Canada

- Jai Shri Mataji -