

# Swadisthan Chakra

The second subtle centre, which is actually the third centre arising from the Nabhi as on a stalk, controls the liver, pancreas, spleen, uterus, and part of the intestines and kidneys, and also the ovaries, via control of the Aortic plexus. It also converts fat cells in the stomach for the use of the brain. This centre has six sub plexuses, and is the centre of aesthetics and creativity, which manifests in such forms as music and poetry.

Indian music comes from complete Divinity and is elevating to all - the effect in Sahaja Yoga is tremendous. If a Sahaja Yogi sings, it acts like a mantra on the being of the Holy Mother. Music has come out of God's love for us... and is meant to be in praise of God. Shri Mataji can communicate to us, better through music. She is working on us all the time.

Indian music is understood by westerners at the spiritual level, not intellectually. Never before, western people have enjoyed music in this manner, as you have enjoyed... this Indian music will unite the whole world one day... if we keep to the pure knowledge of Indian music. In India, classical music is very deep... it is a very difficult thing... and is played spontaneously... and is a very difficult thing even to understand, and to appreciate... but when these people get Realisation... they enjoy it so much... just automatically. So what you enjoy there is the vibrations... you feel the cool vibrations... and you start enjoying it... they soothe you down. Music which is congenial, carries the waves of vibrations.

We have to have music, because music is so wonderful - we have to please the Deities, and when there is music and songs, then they respond and the vibrations from the Mother are much more.

Music has a way of carrying these Divine Vibrations on it... but the music has to be Divine also. The music which is very base... or related to something very ugly, doesn't work out... but if it is a proper music, of a proper type, then it communicates... but that discretion only comes after Realisation.

## Sahajvidya - Swadisthan Chakra

The essence of aesthetics, and of beauty is variety. When the aesthetics of matter starts giving you joy, you do not want to possess it... even if you do want to possess it, it would be just to enjoy it and give it away to somebody else... that you will not keep things to yourself, but you would like to give and share.

Art is such that it should stop your thoughts, yet in the West, art is such that it creates thought, and also in the West it is now starting to show much that is filth. The art that we appreciate should be that art which gives vibrations. All the great paintings, all the great creative works of the world have vibrations... only those that have vibrations have been sustained by time... otherwise all other things, are destroyed by Nature. Art has something to do with your heart, and not with your brain. An artist produces something for his joy... but, if he has to think what people will say... that he will be criticised by everyone... then as a result something absolutely absurd grows, without any subtle expression.

Once you start 'thinking', then there's a barrier between the Spirit and you - in any art or in any deftness... that's how the creativity, the spontaneity is finished... by thinking. So do everything in silence... in thoughtless awareness... that's the main point.

On the left side, the Swadisthan has the quality of Pure Knowledge of the working of the Divine Technique, the Shuddha Vidya, or Nirmala Vidya. Nirmala Vidya is the science of the Divine Laws, which you must know how to manage, because the Living Reality is your Power. If you are catching on a chakra or centre, just put your hand there - don't feel condemned about it. All is made easy and simple, but it is difficult for a sophisticated man to become that simple... children, are very simple.

- Jai Shri Mataji -

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