

## THE LEFT SIDE

<u>Quality</u>	<u>Catch</u>	<u>Deity/Mantra</u>
<b>6. <u>Left Agnya</u></b> (Right temple and back of head) Superego. Conditionings.	Fear. Habits. Worry. Finding problems. Reacting. L.Side Possession. Accepting domination from others.	Mahavira Mahaganesha Mahabhairava Hum
<b>5. <u>Left Vishuddhi</u></b> Self respect. Purity of relationships. Chastity. Morality. Protocol, and awe for Adi Shakti. Announcement of Sahaja Yoga. Power to say mantras. [L.Vishuddhi problems can lead to...	Shyness. Sarcasm. Slyness. Tobacco. Inferiority. Guilt feelings. Smoking. Fearful. Not talking. Timidity. Drugs. Confessionals. Immorality. Lust. Impure relationships. Saying 'sorry'. Mantras from wrong gurus. Flirting. Forwardness. Bumptiousness. Disturbing. Showing-off]	Vishnumaya Virata
<b>4. <u>Left Heart</u></b> Own Mother. The spirit. Quality of Motherhood. Joy. Love. Peace. Truth. Heart felt. Sincerity. Inspiration.	Overactivity. Thinking. Fear of one's mother in childhood. The cunning, vulgar and vile. Heavy drinking. Neglect of the Spirit. Materialistic Nature. Over strictness. Bad mother.	Shiva Parvati
<b>3a. <u>Void</u></b> see: 'Central Channel'		
<b>3. <u>Left Nabhi</u></b> Wife. Family. Household. Centre of our mastery. Justice. Peace.	Materialism. Thinking and planning. False Gurus.	Gruhalakshmi
<b>2. <u>Left Swadisthan</u></b> Pure knowledge.	False Gurus. Possession. Too much work for material or physical things. Black magic.	Nirmala Vidya Shuddha Vidya
<b>1. <u>Mooladhara</u></b> Innocence. Purity. Magnetism. Holiness. Auspiciousness. Sahaj. Spontaneity. Wisdom. Humility. Childlike. Playful. Power to raise the Kundalini. Dedication to Mother.	Depravity. Adultery. Perversion. Insulting the Mother.	Ganesha
<b><u>Ida Nadi (Left Side or Moon Channel) Left Sympathetic</u></b> Desire power. Past. Existence. Emotions. Sub-conscious. Conditionings. Superego.	Lethargy. Slyness. Possession. Habits. Finding problems. Attachments.	Mahakali Mahabhairava St. Michael Ida Nadi Swamini Mahavira