

# THINKING, PLANNING, AND THE SWADHISHTHANA CHAKRA

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Whatever is the truth, I have to tell you. You may not like it, but I have to tell you. I am not here to seek votes or to have elections or to collect money out of you. I don't want to buy Rolls-Royces. Nothing of the kind. I am here to give you what you have, what is your own. I am just here to give you that, what is your own, what is your own property. So, it does not matter also if you do not like it for the time being. But ultimately you'll like because you will know Mother has told us the truth.

Now, the second chakra, Swadhishtana, is also a very important chakra within us. This Swadhishtana Chakra plays a very very important part in our lives, when in the modern times specially. Because this is the center we use for planning, thinking, for all futuristic life, as well as doing every sort of physical work. This center is the one that creates balances as well as imbalances. If you use this center in a wrong way, you create an imbalance within you, of a very very serious nature. For example, this center, Swadhishtana, looks after your aortic plexus in the gross. Aortic plexus, doctors know what it is. But this center is a subtle center placed in the medulla oblongata inside the spinal cord.

Now, with this center, we think about the future, or we can think about the past. We put in physical work also through this center. So it moves to the right as well as to the left. It is dangling in the air. It's the only center which moves on both the sides in such a big periphery, all round. And it can also retract and can go further within.

Now, when we have an imbalance in this, we really do not realize that we are leading an imbalanced life, till we get into a serious trouble.

This center has got to look after your liver, your kidney, your spleen, your pancreas, and your uterus. Plus, it has a very important work — that when you think too much, the brain cells are used up — to replace the brain cells from the fat cells from the

stomach. It transforms the fat cells for the use of the brain. And this is a very important work it has to do.

Now, when this chakra works more for thinking, for planning, this, that, it is, it neglects its other work, which is also equally important, like liver, and your pancreas, and your kidneys, your spleen. And thus we develop diseases of liver, of all these organs. Out of this, liver trouble comes to us because of our overactivity; also it can come to us from inactivity of the liver. It can come to us from both the types of liver.

Now, if you have an active liver, a very active liver, you develop a funny disease; we call it as biliousness. Your attention is always unhappy, and you feel like vomiting all the time. You get very irritable, and you have a temperament that you don't feel the peace within yourself. This is one. That means your attention gets absolutely disturbed. Because the liver is the one that really sustains your attention. So when your liver is out, your attention is funny, you don't know what to do with your attention, and all the time you feel, "Oh, it's terrible," and you feel very nervous, and agitated and anxious.

But then, doctors do not know at that stage, I think, it's liver, which is bad. So, what they do is to use the — something to find out about liver, what's wrong with the liver. But when they try to do that, it's not so easy to find out, till you find the patient is lying just on the death bed with the cirrhosis of the liver. And then they certify, "Now, you are going to die." But in Sahaja Yoga, if you have a liver, at the very outset you can make it out that you have got a liver. Because, as you know, on the fingers it can be felt where the liver is, and if you see that this Swadhishtana Chakra is catching, with this center of Nabhi Chakra, then it means you have a bad liver. And this liver is a very serious thing because it makes a personality absolutely useless for any communication after some time.