



Mantras Series 3: Shri Lakshmi & Vishnu

The Importance of the Nabhi



The Nabhi Chakra is very important to our spiritual ascent. Once all our material comforts are met we begin to go beyond the material And place our attention on our spiritual ascent.



Nabhi- the deities



Shri Vishnu: establishes dharma and spiritual evolution
Shri Lakshmi: establishes nurturing, peace and generosity
SAHAJAYOG



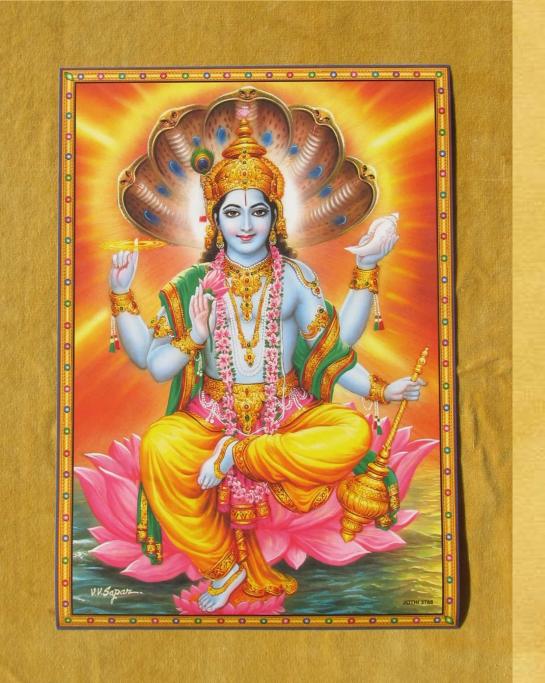
Shri Lakshmi







Shri Vishnu







Nabhi- the mantras

Left: Shri Gruha Lakshmi Centre: Shri Lakshmi Vishnu Right: Shri Raja Lakshmi

AUM twameva sakshat, Shri (insert deity's name) Sakshat, Shri Adi Shakti Mataji, Shri Nirmala Devi Namo Namaha.

Amen, O Divine Mother Shri Mataji, verily You are (insert deity's name). Salutations to you!



Nabhi- Qualities



- Good host
- Good wife
- Generosity

Center: Shri Lakshmi/Vishnu signifies

- Satisfaction
- Contentment
 - Peace
 - Honesty
 - Evolution

Right: Shri Raja Lakshmi signifies

- Sense of dignity
- Pure attention
- Wellbeing (job, health, family, money)

