

The Nabhi Chakra



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

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 Namoh Namaha.

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



Nabhi- Qualities

Left: Shri
Gruha
Lakshmi
signifies

- 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)

