

SOLAR PLEXUS

Manipura

CHAKRA



What is a Chakra?

- In sanskrit means “wheel” or “disk”
- Spiritual energy center
- Seven along the spine
- If they are open, closed, or balanced, they can affect the physical, emotional, and spiritual body



Manipura – 3rd Chakra

- Located between the navel and the diaphragm.
- Related to fire, ego, identity, and confidence.
- Symbol: A lotus flower with ten petals



Opening and balancing

- Balancing the solar plexus chakra is all about the perception of who you are. Its purpose is to express intentions and honesty.
 - Laughing off flaws
 - Not taking things too seriously
 - Express your intentions
 - Be vulnerable and honest



Effect of imbalances

- Deficiency or blockage can result in:
 - Frustration
 - Low self-esteem
 - Stomach concerns
 - Disordered eating
- Connected to:
 - Lower back
 - Liver
 - Gall bladder



Crystals & Aromatherapy

Crystals

- Yellow Jasper
- Sunstone
- Yellow Citrine
- Aventurine
- Quartz

Aromatherapy

- Lemongrass
- Ginger
- Peppermint



Healing foods

- Anything
YELLOW!



Journaling + Painting

- What are my favorite things/qualities/traits about myself?
- Am I in control of my personal power? What can I do to increase my personal power?
- When was the time I felt most courageous in my life?
- What scares me most? Why does it scare me? How can I overcome this fear?
- Do my intentions and choices make me feel confident and empowered?
- What new things, poses, languages, skills can I learn?
- I feel most confident when....



Mantra - “RAM”

Envision the color yellow glowing just above your belly button.

“I am worthy, I trust and believe in myself, I have the power to manifest my dreams.”

Repeat “RAM” seven times.

