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.
  o Laughing off flaws
  o Not taking things too seriously
  o Express your intentions
  o 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....
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.