



Solar Plexus - Manipura

I accept myself completely. I do enough and am enough.

My personal power is growing stronger every day.

I trust the direction I take. I feel my purpose in life.

The Solar Plexus Chakra is located between the naval and the diaphragm and it governs more organs than any other chakra. On the right side, it governs the liver and the gall bladder. On the left side, it governs the spleen, stomach, and the pancreas. In the middle, it governs the diaphragm and small intestine.

The third chakra is all about our self-esteem, our ego, personal power, will, warrior energy, responsibility, and gut intuition. It is in this energy center that we need to know who we are, take responsibility for our own lives, allow others to take responsibility for theirs, accept ourselves completely, and find a feeling of true peace and inner harmony with life.

The qualities of the third chakra are almost the opposite of those of the second chakra. Solar Plexus energy is logical instead of artistic, sophisticated instead of innocent, suspicious instead of trusting and responsibility bound instead of free flowing. The second chakra follows the right brain identity whereas the third chakra “thinks” like the left brain.

The Solar Plexus Chakra represents the element of fire and fire stands for light, warmth, energy and activity. A balanced third chakra means we feel secure in who we are and where we’re going in life.

Basic Principle: To act and be an individual

Color: Yellow (Complimentary Color: Violet) / **Sense:** Sight / **Element:** Fire / **Planet:** Saturn / **Season:** Summer

Astrology Signs: Aries and Scorpio / **Metal:** Lead / **Sound:** Note E / **Mantra:** Ram

Emotional Component: Shame / **Physical Component:** Liver, Digestive system, Stomach, Spleen, Gall bladder, Autonomic nervous system, Muscles, and Lower back

Associated Glands: Pancreas and Adrenals / **Associated Meridians:** Stomach, Spleen, Small Intestine, Gall bladder and Liver

Nutrition: Yellow foods like bananas, yellow peppers, lentils, corn; spices like turmeric and ginger; grains

Crystals: Citrine, Golden Topaz, Yellow Calcite, Rutilated Quartz, Sunstone, Golden Healer Quartz

Oils: Vetiver, Juniper, Marjoram, Lemon, Citrus

Karmic Lesson: Step out and let your hidden strengths shine knowing you are enough and worthy.

Yoga Poses: Inversions, Head/Hand/Shoulder stand, Sun salutation, Boat pose, Bow pose

Harmonious Function of the Solar Plexus Chakra

Responsible and reliable – Confidence and self-esteem – Spontaneity, playfulness and a sense of humor – Ability to meet challenges – A Feeling of peace, balance, and inner harmony – A warm personality – Self-motivated – A strong sense of purpose

Underactive Solar Plexus Chakra Energy

Weak willed and easily manipulated
Poor discipline and follow-through
Cold emotionally and physically
Victim mentality and blaming others
Unreliable
Poor self-worth

Physical Solar Plexus Chakra Imbalances

Ulcers; Liver problems; Gallstones
Gas pains; indigestion; High blood pressure
Stress; Fatigue; Nervous exhaustion; Depression
Jaundice
Constipation; Diarrhea
Diabetes
Vomiting
Hypoglycemia; Hypothyroid
Muscle cramps and spasms

Emotional Third Chakra Imbalances

Feeling deprived of recognition
Aloofness
Fearing group power
Confining life to a narrow view
Always planning but never manifesting
Constantly needing change
Judgmental and critical; Mental bullying

Overactive Third Chakra Energy

Need to be right and have the last word
Stubbornness and arrogant
Overly aggressive, domineering and controlling
Manipulative, power hungry, and deceitful
Temper tantrums and violent outbursts
Competitive drive and ambition

How to maintain a healthy Solar Plexus Chakra.

Balancing the solar plexus is all about connecting with your personal power. How you feel about yourself will change the course of your healing journey for this chakra. The third chakra is all about taking risks, challenging yourself, growing up and being responsible for your own actions, and examining the proper use of your will.

The sense of this chakra is sight. What do you have your “sights” on? What is your passion or life’s purpose that can’t come to fruition until you act? It’s time to take action. It’s time to sign up for that class. It’s time to change jobs. It’s time to pull out those art supplies, or that musical instrument, or start networking.

It’s time to figure out what person, place or thing has been holding you back, so you can shine.

Some other daily things you can do to create power in your third chakra is meditate and envision the color yellow glowing in the middle of your mid/upper belly. Imagine the sun and its warmth filling you with its golden rays. Holding a crystal while doing this can increase your imagination and make this experience stronger.

Enjoy some banana pancakes for breakfast, corn chips and hummus for a snack, and some turmeric and ginger tea in the evening. Any yellow food will do, and all grains are excellent sources to feed the Solar Plexus.