

3rd Chakra: Solar Plexus Chakra: Manipura

The Sanskrit name translates to “city of gems”.



What are Chakras?

- The chakra system originated in **India** between 1500 and 500 BC in the oldest text called the Vedas.
- The word chakra is derived from a Sanskrit root and translates as wheel, a circle or cycle. One of the Hindu scriptures Rigveda mentions Chakra with the meaning of "wheel", with *ara* (spokes).
- The word also appears to have Indo-European, Greek, Latin, Anglo-Saxon and English roots. In Sanskrit texts the word is used to describe the "wheel of time" or "wheel of dharma".
- The term appears in Buddhist and other religious texts.

Solar Plexus Chakra Characteristics

Key Characteristics of the Solar Plexus Chakra

- **Location** — Between Navel and Sternum.
- **Color** — Yellow / Golden Yellow.
- **Symbol** — A Circle with 10 petals in which is inscribed a downward pointing triangle.
- **Original Name in Sanskrit** — Manipura.
- **Element** — Fire.
- **Sense** — Eyesight.

Solar Plexus Chakra Characteristics

Key Characteristics of the Solar Plexus Chakra

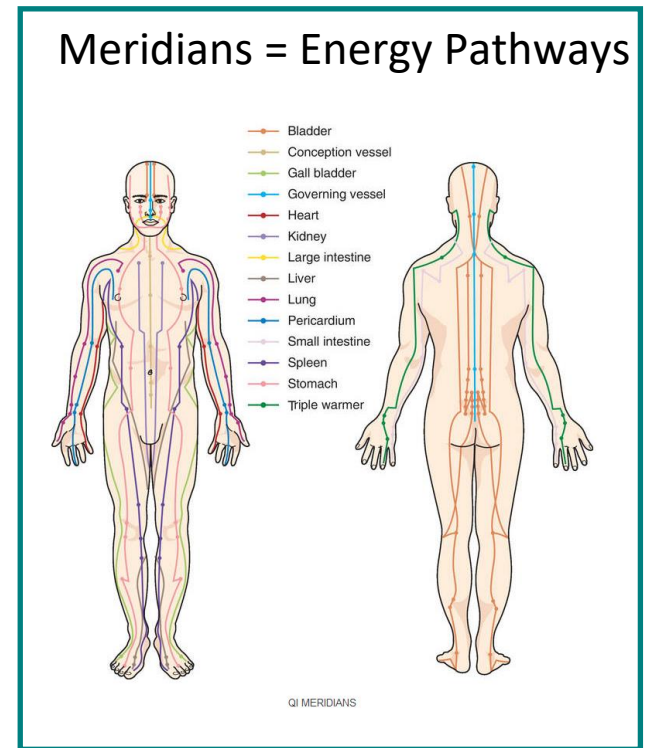
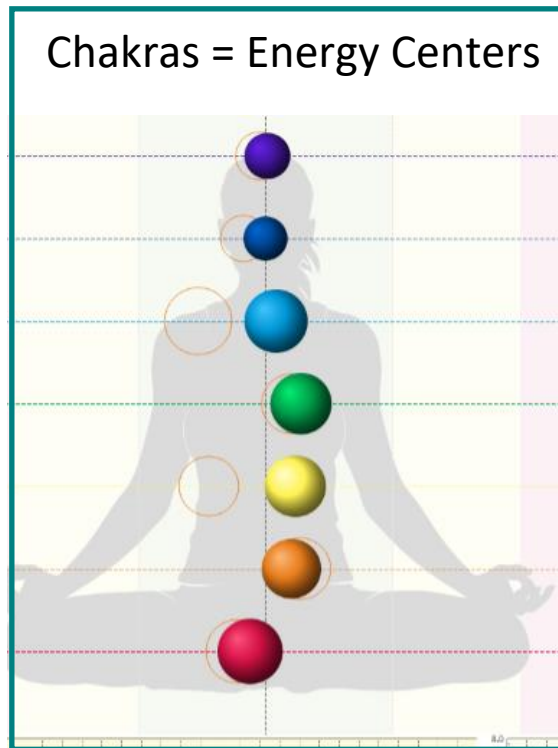
- Belly Brain
- Digestion / Processing Life
- Sense of Self
- Personal Power
- Self-Esteem
- Confidence

Chakra Balance

Key Characteristics of the Solar Plexus Chakra Balancing

- Depleted:
 - Passive
 - Low Self-Esteem
 - Weak Will
- **Balanced:**
 - **Confident**
 - **Energized**
 - **Effective Will**
- Excessive:
 - Dominating
 - Constantly Active
 - Driving Ambition

Chakras & Meridians



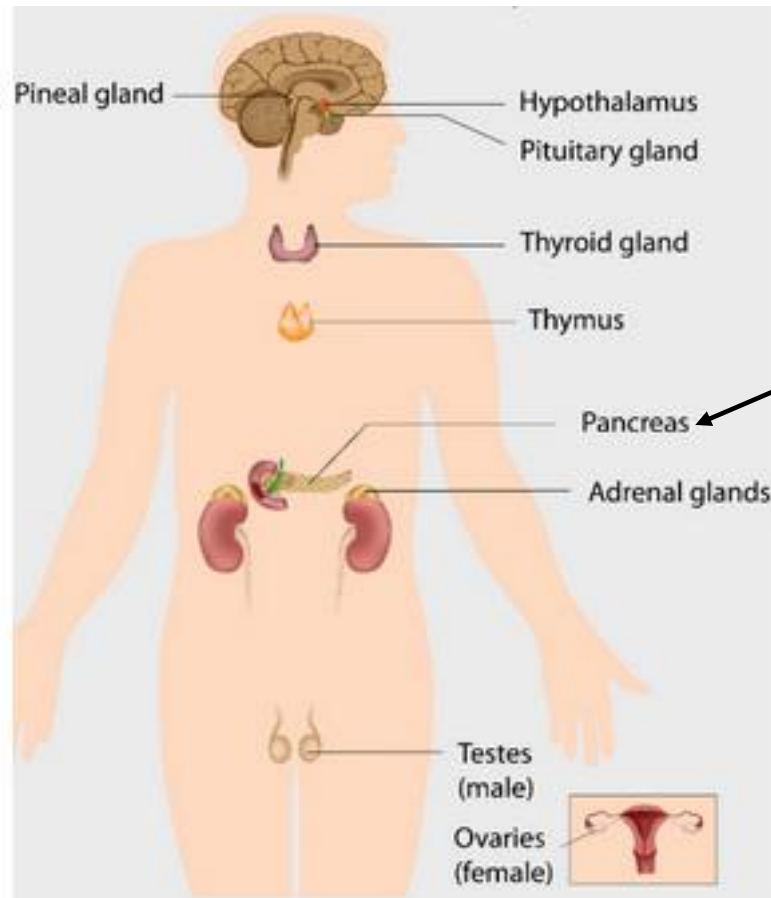


What is the Endocrine System?

Your endocrine system includes all the glands in your body that make hormones. These chemical messengers play a key role in making sure your body works the way it should.

If your endocrine system isn't healthy, you might have problems developing during puberty or managing stress. You also might gain weight easily, have weak bones, or lack energy because too much sugar stays in your blood instead of moving into your cells where it's needed for energy.

What is the Endocrine System?



The pancreas has 2 main functions:

- Exocrine function that helps in digestion
- Endocrine function that regulates blood sugar



Physical Manifestations of Energetic Imbalances

- Diabetes
- Digestive Issues
- Bloating
- Nausea
- Short term memory loss

Solar Plexus Chakra Emotional Imbalances

Excessive Solar Plexus Chakra

- Anger Issues
- Excessive Stubbornness
- Overly Critical
- Desire for Control
- Perfectionism

Underactive Solar Plexus Chakra

- Fatigue
- Lack of Confidence
- Helplessness
- Lack of Purpose
- Indecisiveness

Balancing Your Solar Plexus Chakra

Affirmations

- *I am worthy.*
- *I set boundaries with ease as an act of self-care and self-respect.*
- *I release judgement of myself and others.*
- *I am free from the need to always be right.*
- *I am open to new ways of doing things.*
- *I rule from a place of authentic power and control.*
- *I am in control of how I respond to situations.*

Balancing Your Solar Plexus Chakra

Essential Oils

- Under-Active: Lemongrass, Juniper, Ginger
- Over-Active: Summer Savory, Geranium, Black Pepper
- Blocked: Juniper, Clary Sage, Grapefruit
- Balancing: Melissa, Geranium, Himalayan Cedarwood

Balancing Your Solar Plexus Chakra

Crystals: Hold in non-dominant hand

- Golden brown tiger's eye - energize, balance emotionally, physically and spiritually and help you feel more flexible.
- Golden and yellow citrine – Good for increasing self-esteem and personal empowerment
- Yellow Tourmaline – Helps release Negativity associated with yourself and your past.
- **Note: Rinse crystals with cold water after use**