

The Sound Within Us

Awaken the sound within to restore harmony and balance in your life

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SOLAR PLEXUS CHAKRA

The solar plexus chakra is located about six inches above the bellybutton and within your diaphragm. It is responsible for regulating the energy associated with action, intention, motivation, intellect, and vitality. It is the center of our willpower, morality, and energy of transformation. Often referred to as the power center, the solar plexus chakra gives us clarity of our emotions and defines our self-esteem. This chakra moves you forward and helps you follow through in the direction of the seeds you've planted in the fertile ground of your sacral chakra. Traditionally associated with the color yellow, this chakra radiates like the sun from our solar plexus, evolving, metabolizing, and transforming us in every moment. When the energy is flowing freely through this area, we are empowered to follow through on the creative projects and the visions we first sparked in the sacral chakra. When this energy center is in balance, we are energetic, confident, and intelligent with a clear mental focus. A healthy solar plexus chakra allows you to know yourself, set boundaries, and be assertive without being aggressive. This energy center is often referred to as the "excuse" chakra because, when this area is constricted or energy is blocked in any way, we procrastinate, hold off, and make excuses.

Solar Plexus Chakra Affirmations



I act with courage and confidence.

I commit myself to my goals.

I choose goodness and love.

I never give up.

I achieve my goals successfully.

I live my life with integrity.

I act according to my highest good.

In challenging situations, I am relaxed.

I assert myself as needed.

I have the power to manifest my dreams.

I harness the power of my will for the good of all.

My core is energized with vitality and success.