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The Solar Plexus Chakra

WOUNDED TO WELL: HEALING THROUGH THE CHAKRAS™

Set your life on fire. Seek those who fan your flames.
- Rumi



The Solar Plexus Chakra

Maṇipūra



Will, Personal Power
and
Understanding of Self

SANSKRIT: Maṇipūra - *lustrous gem, City of Jewels*

LOCATION: Above the navel below the base of the breastbone; diaphragm

COLOR: Yellow - vitality, power, determination, intellect, will, success

ELEMENT: Fire

REPRESENTATION: A circle with 10 petals with a downward-pointing triangle

MANTRA SEED SYLLABLE: RAM

SENSORY: Sight

PHYSICAL ASSOCIATION: Digestive system - stomach, liver, gall bladder, pancreas, kidneys, small intestines, metabolism, adrenal cortex

PSYCHOLOGICAL FUNCTION: Expression of will, intellectual abilities, forming opinions and beliefs, making decisions, setting course of direction, clarity, personal identity, confidence, self-discipline, will, personal power

CHALLENGE: Self-esteem, ego, confidence, will and control, clarity and purpose, action

Physical Signs

- Digestive problems
- Eating disorders
- Hypoglycemia
- Diabetes
- Stomach ulcers
- Liver disfunction
- Panic Attacks
- Depression
- Lethargy



Psychological Signs

- Insecurity, anxiety and fear
- Lack of confidence
- Poor self-image
- Inability to focus
- Excessive laziness
- Emotionally unbalanced
- Anger issues
- Controlling behavior
- Intolerance or overly critical
- Perfectionism
- Excessively competitive
- Overeating
- Overindulgence
- Lack of self-control



Understanding Imbalances



Imbalance is likely to occur with anyone who has ever had experiences that:

- Told that us we could not succeed
- Made fun of us for our efforts
- Made us feel weak, unimportant or dismissed
- Taught us that our will or what we wanted was not enough
- Denied our hopes and dreams
- Were told or shown that we were not good enough

BLOCKED

- Overly concerned about what others think of them, “victim” mentality, weak willed, confused, indecisive, unreliable, bitter or resentful, fear, unwillingness to try new things
- Manifests as: digestive disorders, general pain in the upper abdomen, a sensitive stomach, irritable bowel syndrome, peptic ulcers, constipation

OVERACTIVE

- Aggressive, dominating/controlling behavior, blaming others, vain, sarcastic, intolerant, difficulty with authority, egotistical, anger issues, temper tantrums, passive aggressiveness
- Manifests as: digestive disorders, liver disorders, ulcers, heartburn, irritable bowel syndrome, diarrhea

BALANCED

- Comfortable with oneself, personal strengths, ego identity, power of action and will
- Radiate sensitivity, integrity and strength, stamina, confidence, responsibility for self
- Trusting one’s “gut feelings” – feeling aligned with life and direction

Fate leads the willing and drags along the reluctant. - Seneca

Activities

SUNSHINE

Connect with the Sun - simply be outside for activities of any kind

YOGA

Focus on core strength poses:

- Warrior Pose (Virabhadrasana)
- Boat Pose (Navasana)
- Sun Salutations (Surya Namaskar)

MEDITATION

Focus on the Solar Plexus Chakra and the golden yellowish glow or burning flame emanating from the area

RELAXING BELLY BREATHING

Focus on the diaphragm as it rises and falls with the breath (5-10 minutes)

SPECIAL FOCUS

Set aside time to honor your Self and your body - anoint the diaphragm area with essential oils; healthy and balanced diet, enjoyment of meals, honoring the body, a “Me Day”, practice Ayurveda, try something new!



Nutrition

HERBS

Ginger, Chamomile, Lemon Balm, Fennel, Peppermint, Cumin, Coriander, Dandelion, Slippery Elm, Marshmallow Root, Turmeric, Milk Thistle

FOODS

FRUITS - bananas, pineapple, star fruit, lemons, melons, yellow pears, golden apples

VEGETABLES - squash, corn, yellow peppers, lentils, chickpeas

GRAINS - brown rice, oats, quinoa, flax, amaranth

SEEDS - sunflower seeds

HYDRATE

Drink lots of water and herbal tea for digestion



Essential Oils

SOOTHING - CALMING SCENTS - ENERGIZING

- Chamomile
- Bergamot
- Cedarwood
- Myrrh
- Lavender
- Rosemary
- Peppermint
- Orange
- Lemon
- Grapefruit
- Cinnamon
- Clove
- Ginger



Stones

HEALING STONES AND CRYSTALS

- Citrine
- Tiger's Eye
- Topaz
- Smokey Quartz
- Lemon Quartz
- Yellow Jasper
- Yellow Tourmaline
- Amber
- Sunstone
- Golden Calcite
- Yellow Jade



Affirmations

AFFIRMATIONS FOR THE UNCONSCIOUS MIND - Confidence, Clarity and Direction

Repeat positive statements to yourself multiple times a day to reprogram thought patterns.

- I am strong.
- I know my personal strengths.
- I accept responsibility for myself and my choices.
- I feel my own power.
- I love and accept myself.
- I respect and honor myself.
- I can achieve anything I desire.
- I create my future.
- I believe in myself.
- I direct my own life.
- I am in control of my destiny.
- I am loved and respected by those around me.



Mind Work

EXPLORE ROOT CAUSES

- Poor self-image
- Anxiety
- Insecurity
- Living in fear
- Aggressive behavior
- Excessive indulgent
- Need to control
- Intolerance
- Overly critical
- Emotional imbalance



Growth and Development

THE CHAKRAS ALIGN TO LIFE STAGES



ROOT CHAKRA - Mūlādhāra

Survival, fight or flight, self-preservation, safety, basic needs, physicality, aspects of self, family values

Ages 1-7



SACRAL CHAKRA - Svādhiṣṭhāna

Joy, creativity, sexuality, emotional balance, relationships, fluidity, freedom - sexual, emotional, creative

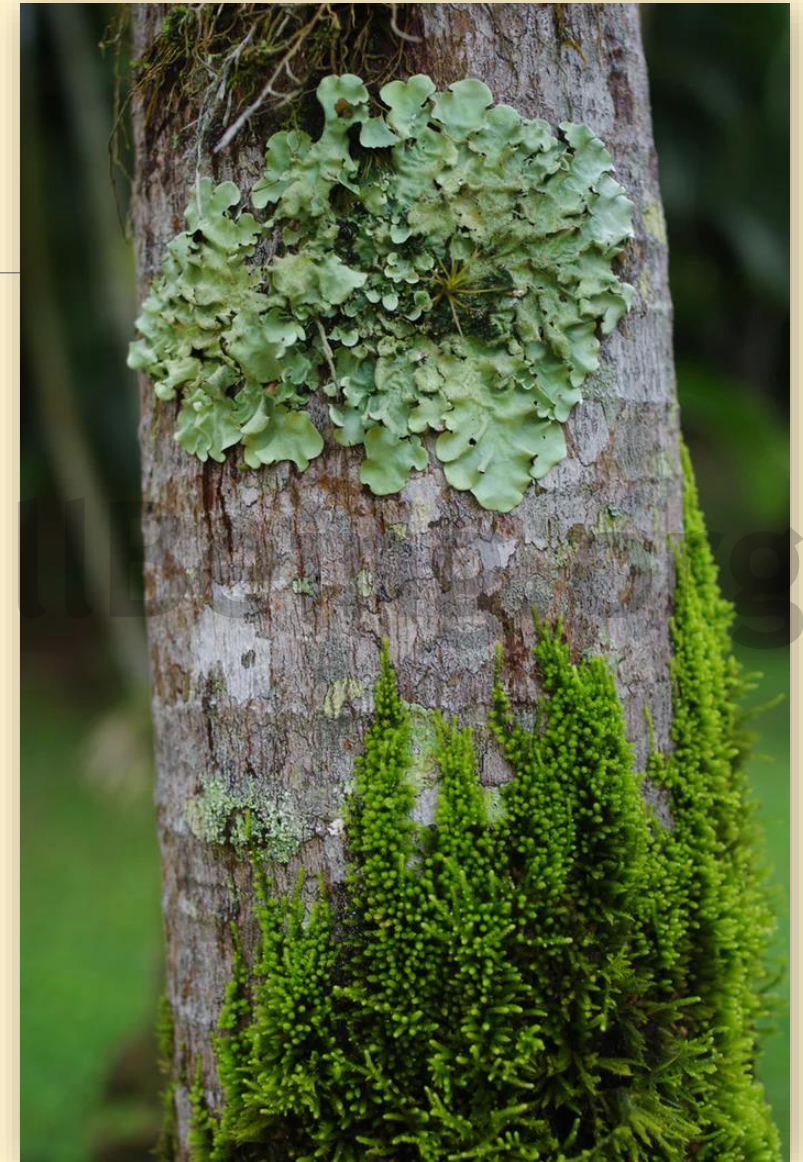
Ages 7-14



SOLAR PLEXUS CHAKRA - Maṇipūra

Expression of will, intellectual abilities, forming opinions and beliefs, making decisions, setting course of direction, clarity, personal identity, confidence, self-discipline, will, personal power

Ages 14-21



Choosing Direction: Letting Go of Unhealthy Attachments

PROCESS EMOTIONAL WOUNDEDNESS

- Unhealthy learned behaviors
- Trauma
- Family of origin issues
- Connection to Self



A Spiritual Connection

OPENING TO YOUR OWN SPIRITUAL NATURE

The healing of the Solar Plexus Chakra is similar to opening up to one's deepest spiritual nature.

Allow yourself to feel and connect to the power within you and to the creative force.



Clarity in Purpose and Direction

Healing the Solar Plexus Chakra

BUILDING ON A STRONG BASE

Begin to heal the Solar Plexus Chakra energy to clear the path for the healing of the next one in the chakra system.



Kundalini is the great power that creates and sustains the universe



The movement of Kundalini brings a state of bliss that is momentarily experienced and a prolonged, life-changing spiritual experience

Kundalini

Kundalini is depicted as a snake or as the Hindu goddess Shakti, who lies dormant in a state of slumber at the Root Chakra

Shakti ascends ecstatically through the chakras to couple with the Hindu god Shiva and eventually, upon reaching the Crown Chakra, bringing enlightenment

HOW TO ACTIVATE KUNDALINI YOGA

Shakti, Kundalini, Tantric

KEY

right intention, correct breathing, yoga asanas, meditation



HOW KUNDALINI WORKS IN EACH CHAKRA

Root - connects us to Nature

Sacral - increases our understanding of other people

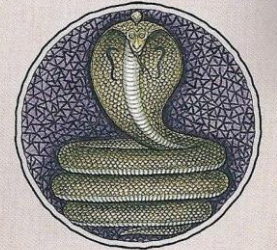
Solar Plexus - deeper connection to self

Heart - helps us to feel intense love

Throat - boosts the way we express ourselves

Third Eye - enhances inner perceptions

Crown - takes us into altered states of consciousness



नाग

Naga, the cobra, is a symbol of *kundalini* power, cosmic energy coiled and slumbering within man. It inspires seekers to overcome misdeeds and suffering by lifting the serpent power up the spine into God Realization. Aum.

