

Solar Chakra - Manipura

- Crystal: Citrine, Yellow Tiger's Eye, Yellow Calcite
- Sound: RAM, (pronounced "rahm")
- Emotions: Confident, Empowered, Strong
- Language: "I have confidence and empowerment."
- Movement: Core exercises, Twisting Yoga poses.
- Foods: Yellow foods (e.g., bananas, yellow peppers, corn), grains (e.g., oats, quinoa), and dairy products.
- Day: Wednesday
- Color: Yellow
- Herbs: Chamomile, Lemon balm, Peppermint
- Blockers: Low self-esteem, Power struggles, Digestive issues.



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