

The Solar Plexus Chakra is your Third chakra and is found just below rib cage/ stomach area.

A balanced *Solar Plexus Chakra* leads to decisiveness. Energy is focused and attention is centered. Self-control, diplomacy to defend yourself, when necessary, but not be offensive.

Yet, defend your values and show integrity.

Color commonly associated with this chakra: Yellow.

Crystals commonly associated with this chakra:

Mookaite, Yellow Jasper, Pyrite

How do I know if this chakra is out of balance? Ask yourself...

Do you feel guilty or frustrated when you say no to someone? Even defiant?

Do you find yourself in power conflicts?

Are you acting like a victim, “woe is me” thoughts?

As you balance this chakra, you will feel confident, effectiveness, safety, and security in your life. You feel more in harmony with your surroundings. This helps your self-esteem and self-confidence as you reduce the feeling of being less. Beginning to accept yourself as you are.