



## CHAKRA 3 – SOLAR PLEXUS

### *Center of WillPower*

**COLOR:** **BRIGHT YELLOW**, 10 lotus petals

**SANSKRIT NAME:** Manipura, *intense pranic energy.*

**LOCATION:** Navel

**MANTRA:** RAM

**ELEMENT:** Fire

**GEMSTONE, or CRYSTAL:** Citrine, gold, amber or other yellow/gold stones

**HERBS:** Goldenseal, Lemon Balm

**INCENSE:** Ginger, Cinnamon

*As with each chakra the desire is to reach a balance. Chakras are great indicators of how your internal barometer is functioning at any given moment. Each chakra can be in balance or out of balance, too much one way or the other.*

*Chakra 3, your Solar Plexus, is located between your sternum and your navel and is known as the “seat of your will”.*

*Here is where you learn the importance of balance, stop undesired actions and create new and better ones by making better choices.*

*This is where your inner critic lives and it will often make you doubt yourself, or feel very confident. Your personal power and self-worth is developed here.*

*When your third chakra is out of balance you may feel overly sensitive, indifferent or cold, feel that you need the opinions of others to support your ideas. You may even be over-critical of yourself and feel inadequate or unworthy.*

*When your third chakra is in-balance you will accept responsibilities that are yours, you are confident in your own actions and abilities. You will also choose a course of action that is your own and do not need the approval of others. You will have courage, strength and know who and what you are.*

*As always, please check with your physician before attempting an exercise, yoga poses or breathing activities and new diet additions.*

### **Yoga pose to consider:**



Mudra to use during your Sacral Chakra clearing.

