

SOLAR PLEXUS CHAKRA

Location: In your upper belly (near your diaphragm)

Sanskrit name: *Manipura* (meaning "lustrous gem")

Represents: Personal power + self-esteem

Color: Yellow

Gemstone: Yellow Jade

Associated with...

- Willpower + commitment
- Responsibility for your life + actions
- Intellect, decision-making + clear thinking
- Confidence + self-discipline
- Independence
- Personal opinions + beliefs
- Metabolism + digestion

When blocked or out of alignment, you might experience:

- Low self-worth
- Difficulty making decisions
- Anger or control issues
- Procrastination + lack of direction or purpose
- Digestive issues
- A need for excessive control over people or situations
- Helplessness
- Manipulative behaviors + a misuse of power

How to heal it: Practice asanas that focus on building core strength, including Warrior Pose, Boat Pose and Sun Salutations. Since Manipura is associated with the sun and the element of fire, spending some time outside in the sunshine works wonders.

Physical Symptoms include:

- Low Metabolism
- Poor Digestion
- Glycemic Issues (blood sugar problems)
- Fatigue
- Liver problems
- Ulcers

Mental Problems include:

- Low Self Esteem
- Low Confidence
- No sense of Purpose
- Decision making Problems
- Anger
- Unmotivated
- Addiction
- Depression or Apathy
- Insecurity

AFFIRMATION

- I am great.
- I am confident.
- I can do anything.
- I can accomplish anything.
- I have a purpose.
- I am capable.
- I do.
- I am ambitious.
- I am intelligent.
- I am powerful.

FOODS

- Bananas
- Yellow Peppers
- Lemons
- Corn
- Squash
- Chick Peas
- Pineapple
- Spaghetti Squash
- Peaches
- Mango
- Yellow Pears

CRYSTALS

- Tiger's Eye
- Amber
- Yellow Jasper
- Citrine

ESSENTIAL OILS

Lemon

Orange