

Chakra Three: Solar Plexus Chakra

Boosting Self-Esteem and Encouraging Self-Love

The Solar Plexus Chakra is associated with the color yellow. This is the area which defines our "self-esteem". The personality that develops during puberty is housed in this chakra....otherwise known as the "EGO". Anyone experiencing dysfunction of the third chakra is having difficulty obtaining or maintaining his/her own "personal power". This intuitive chakra is where we get our "gut instincts" that signal us to do or not to do something. Strong self-esteem is a required for developing intuitive skills.

Chakra Three - Associations

- **Color** - yellow
- **Sanskrit Name** - manipura
- **Physical Location** - solar plexus
- **Purposes** - mental understanding of emotional life
- **Spiritual Lesson** - acceptance of your place in the life stream. (self-love)
- **Physical Dysfunctions**- stomach ulcers, intestinal tumors, diabetes, pancreatitis, indigestion, anorexia/bulimia, hepatitis, cirrhosis, adrenal imbalances, arthritis, colon diseases
- **Mental and Emotional Issues** - self esteem, fear of rejection, oversensitivity to criticism, self-image fears, fears of our secrets being found out, indecisiveness
- **Information Stored Inside Sacral Chakra** - personal power, personality, consciousness of self within the universe (sense of belonging), knowing
- **Area of Body Governed** - upper abdomen, umbilicus to rib cage, liver, gallbladder, middle spine, spleen, kidney, adrenals, small intestines, stomach

Solar Plexus Chakra Exercises

Chakracise your solar plexus chakra by dancing (the Twist, hula hoop, and belly dancing).

Feeding Your Solar Plexus Chakra

- **Granola and Grains:** pastas, breads, cereal, rice, flax seed, sunflower seeds, etc.
- **Dairy:** milk, cheeses, yogurt
- **Spices:** ginger, mints (peppermint, spearmint, etc.), melissa, chamomile, turmeric, cumin, fennel