

The Solar Plexus Chakra



Manipura

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Manipura

Other Names: Manipura
Rank: Third Chakra
Color: Yellow
Location: Solar Plexus,
Under the
Diaphragm
Main Theme: Will

“I have the right to ACT”



The Solar Plexus Chakra – on a physical level



Manipura

Body

Digestive System, Stomach, Liver, Spleen,
Cortisone part of Adrenals, Metabolism

Gland

Pancreas

Health

Burnout, Ulcers, Stomach, colon or intestinal
problems, Diabetes, Pancreatitis, Liver
problems, Hepatitis, Gallbladder problems,
Adrenal gland dysfunctions, Anorexia,
Bulimia, Nausea, Flu, ...

Food

Complex Carbs

The Solar Plexus Chakra – on a psychological level



Manipura

Key Themes

Will, Identity, Ego, Self Esteem,
Confidence, Authority, Control,
Metabolism, Power, Energy,
Warmth, Ease, Drive

Subthemes

Work, Hierarchical Relationships,
Boundaries, Confidence

Key Emotion

Shame, Anger, Frustration, Ease, Joy

Unbalanced Thoughts

“I’m not good enough”, “I’m lost”, “I don’t know who I am”, “I have no energy”, “I’m tired”, “I gotta control everything”, “If I don’t do it, who will?”, “I gotta push”

Balanced Thoughts

“This is easy”, “I am lucky”, “I’m proud of myself”, “I can do it”, “I let go”, “Nothing’s impossible”

The Solar Plexus Chakra – on an archetypal level



Manipura

Astrology

Planets: Sun, Mars

Signs: Aries, Leo

Element

Fire

Animals

Ram, Lion

Archetypes

Victim – Warrior,

Saboteur – Magician

The Solar Plexus Chakra – on an vibrational level



Manipura

Sounds

Roaring Fire, Strong, Affirmative &
Joyful songs

Tones

E, 320Hz

Colors

Yellow, gold, yellowish green

Crystals

Tiger's Eye, Yellow Jasper, Amber,
Topaz, Citrine, Yellow Tourmaline, ...

Essential Oils

Bergamot, Lemon, Grapefruit ...

Yoga Poses

Sun Salutations, Mountain Pose, Warrior
Pose I, Bow Pose, Boat Pose, ...

The Solar Plexus Chakra – In Sum



Manipura



“I have the right to act”

“I can and I will”

“I am”

“I am strong”

“Life unfolds with ease”

**Listen to the imprint
meditation.**