

3RD CHAKRA – SOLAR PLEXUS

YELLOW - 15-21 years

Manipura means “Lustrous Gem”

Solar Plexus - Located from the navel in the area of the solar plexus and up to the breastbone.

Element - Fire

Subtle Body - Lower Mental Body

Sense - Sight

Animal - Ram

Life Lesson - Learning to activate your Personal Power in the world.

The Endocrine Gland - Pancreas - The pancreas secretes the hormone insulin for the digestion of food. It is also related to the digestion of our life experiences, environment and our creations.

Description - The manipura chakra is our source of personal power and governs self-esteem, warrior energy, and the power of transformation. The *Manipura* chakra also controls metabolism and digestion. It controls our energy balance to strengthen and consolidate our health. As the seat of digestive fire, this Chakra regulates the function of the Pancreas and digestive organs. 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". Gives us a sense of personal power in the world. The health of this center, which is a mental chakra,



depends on the person's emotional health because the mental processes serve as regulators of the emotional life. The mental understanding of emotions puts them into a framework of order and acceptably defines reality.

Psychological functions - Personal Power, Will, Knowledge, Wit, Laughter, Mental Clarity, Humor, Optimism, Self-Control, Curiosity, Awareness.

Associated body parts - Digestion, Liver, Stomach, Diaphragm, Nervous System, Pancreas, Small Intestines.

Physical dysfunction - Digestive Disorders, Ulcers, Diabetes, Hepatitis, Hypoglycemia, Blood Sugar Disorders, Constipation, Nervousness, Timidity, Addictions to Stimulants, Parasites & Worms, Toxicity, Jaundice, Poor Memory.

A weak or blocked chakra will hinder the development of all other chakras. The person lacks energy which results in insecurity and poor self-esteem. They have trouble with follow-through. Either too easily swayed by authority figures or rebellious of them. They may also have eating disorders. The person must learn to pay attention to and take care of themselves so their potential unfolds naturally. Developing the third chakra allows you to say yes to yourself and find the inner strength to reach your goals.

Depleted (too open, spins too fast) Angry, controlling, workaholic, judgmental and superior.

Blocked (chakra spins too slowly or not at all) – Low self-esteem, self-worth issues (they believe they are nothing and are worth nothing), unproductive, overly concerned with what others think, fearful of being alone, insecure, needs constant reassurance. Doesn't "feel" emotions.

Balanced – (chakra maintains equilibrium and spins at correct vibrational speed) Respects self and others, has personal power, productive, spontaneous, uninhibited. Knows their place in the world and feel like they belong.