



# SOLAR PLEXUS

The holding place of our lustrous gem of life, our internal fire, our beautiful personality, our expansive willpower, the generator of our confidence and so much more. The third chakra Mani Pura- Solar Plexus is our fire enhanced energetic center located between the sternum and above the navel. The purpose of our solar plexus is to guide our transformation- from our unawakened ignorance to our infinite consciousness. We identify our beautiful firey energy to our ego which give us our own authentic personality. So many times in life I have witnessed others demonize this center because the ego can evolve to be harmful to the self or to others. Overtime we can connect to the shadows of shame, spiritual ignorance, jealousy, thirst for more than we have, fear, delusions, denials, foolishness, disgust, treachery and sadness. It is our duty to rise above these aversions and expectations we place for ourselves through our human experience and truly learn to live in the presence of the existing breath. We learn that the shadows are only thoughts and implications of others experience that may not have worked through their experience. Our willpower gives us the chance to view life differently, without expectation of praise. When we step into this power we unite with our ego- we become friends with our little self so that we can evolve to a greater conscious form. It is our purpose to unlearn the conditions that have been placed so that we can remember our true essence through life. The light of our solar center is to be driven into our purpose, to stand into our center of peace, laugh often, celebrate the joy that this incredible earth offers us every day, dance and move through life with intent and to love deeply with our whole selves. When we pass from the vessel we take the knowledge we have gained, we take the LOVE that is shared and we leave the rest behind. Create a life full of love and experience, your future will thank you.

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## SOLAR PLEXUS CHAKRA AFFIRMATIONS



- I love and accept myself.
- I stand up for myself.
- I am strong and courageous.
- I am worthy of love, kindness, and respect.
- I choose the best for myself.
- I express myself in a powerful way.
- I am proud of my achievements.
- I honor my self.
- I choose healthy relationships.
- I am authentic.
- I direct my own life.
- I appreciate my strengths.
- I feel my own power.
- I am free to choose in any situation.
- I seek opportunities for personal and spiritual growth.
- I am at peace with myself

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## **Kleshas**

### **kleshas yoga**

Kleshas are considered the root cause of all of our pain and suffering in this human experience. According to Patanjali's Yoga [Sutras](#), one of the oldest texts written about yoga, there are 5 main afflictions or kleshas.

#### **1. Avidya – Ignorance**

#### **2. Asmita – Egoism**

#### **3. Raga – Attachments**

#### **4. Dvesa – Aversions**

#### **5. Abhinidvesa – Fear**



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**The Solar Plexus is the seat of your self-esteem and personal power, “your gut”. It is associated with your confidence, metabolism, effectiveness, and willpower. Strengthening your 3rd chakra improves your ability to act fast and take risks. This is where we get those “butterfly” feelings when we’re excited about what will happen next – When our 3rd chakra isn’t feeling powerful and confident.**

Sanskrit Name – Manipura (Lustrous Gem)

Element – Fire

Purpose – Transformation

Color – Yellow

Location – Solar Plexus (Your Stomach/Gut!)

Identity – Ego Identity

Orientation – Self-definition

Shadow – Shame

Animal – Ram

Symbol – Lotus with 10 petals

Sense – Sight

Planets – Mars + the Sun

Corresponding Verb – I Can

Body Parts – Digestive System + Muscles

Energy Focus – Laughter, Joy, and Willpower

Crystals – Citrine, Amber, Topaz, and all Yellow Gemstones

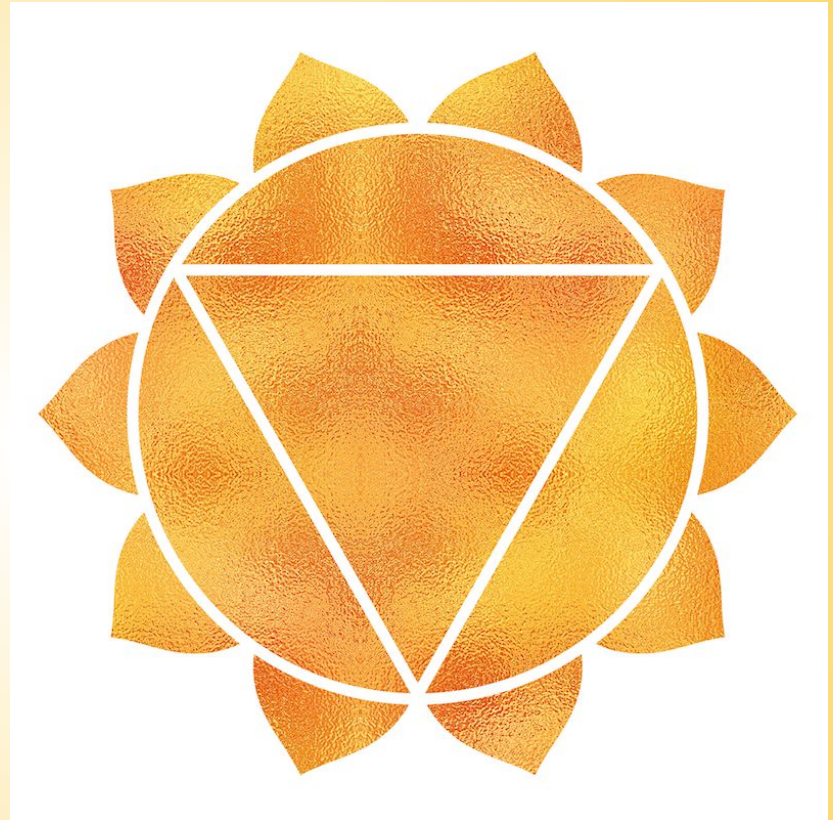


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In the Indian Tantric tradition, Manipura – “place of gems” or “shining like a pearl” – has ten petals, with a downward pointing triangle, representing the element of fire at the center. Depending on the culture, the ten petals can be seen as gold, yellow or even red!

The meanings of the ten petals are:

1. *Spiritual ignorance*
2. *Thirst*
3. *Jealousy*
4. *Treachery*
5. *Shame*
6. *Fear*
7. *Disgust*
8. *Delusion*
9. *Foolishness*
10. *Sadness*



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These major causes of stress have been identified by Dr. R. Rahe, who advises the US Army Medical Corps on treatment for servicemen suffering from combat stress:

- Divorce
- Personal injury or illness
- Being fired at work or retirement
- Sex difficulties
- Gain or loss of a family member
- Change in responsibilities in work
- Change in work hours or conditions
- Outstanding personal achievement
- Moving house or abroad
- Change in sleeping habits
- Christmas
- Minor violations of the law

Developmental Stage – 18 months to 4 years

Developmental Tasks –

- Realization of separateness
- Establishment of autonomy
- development of language
- impulse control
- mastery of holding on + letting go
- toilet training

Learning Basic Rights – To act and be an individual

- Appropriate discipline
- Support of autonomy
- Play
- Confidence and Encouragement

Traumas and stressors–

- Shaming
- Authoritarianism
- Domination of will
- Physical abuse
- Age inappropriate responsibilities (parentified child)
- Inherited shame from parent
- Dangerous environment

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## DEFICIENT 3RD CHAKRA –

- Low on energy
- Weak will or easily manipulated
- Poor self-discipline and following through with tasks and promises
- Low self-esteem
- Poor digestion and/or collapsed gut
- Cold, emotionally and/or physically
- Attraction to stimulants
- Victim mentality
- blaming of others
- Passive and unreliable
- lack of self-trust
- poor digestion
- unable to take responsibility
- attraction to stimulants

## EXCESSIVE 3RD CHAKRA –

- Overly aggressive
- dominating
- controlling
- OCD
- Need to be right
- have the last word
- Manipulative, power hungry, deceitful
- Temper tantrums/violent outbursts
- Stubbornness
- Arrogant
- Hyperactive
- attraction to sedatives

## PHYSICAL MALFUNCTIONS –

- Eating disorders
- Digestive disorders, ulcers
- Hypoglycemia, diabetes
- Muscle spasms, muscular disorders
- Chronic fatigue
- Hypertension
- Disorders of the stomach, pancreas, gall bladder, liver



# HEALING PRACTICES



- Taking action
- Vigorous exercise (running, aerobics, etc.)
- Meditation
- Psychotherapy: Building ego strength
- Deep relaxation
- Stress Control
- Risk Taking
- Energy tool kits
- Seeking Knowledge through guides, books, podcasts, etc



- Responsible, Reliable
- Balanced
- Effective Will
- Good Self-Esteem,
- Balanced Ego-Strength
- Spontaneity
- Playfulness
- Sense of Humor
- Ability to Meet Life's Challenges
- warmth in personality