

Solar Plexus Chakra-Manipura/Nabhi Wisdom, Clarity and Self Esteem

Associations:

Sound: Notes "E" & "Eb"

Color: Yellow

Meridian: Stomach, spleen, small intestine, gallbladder, liver

Location: Solar Plexus

Physical Components: Liver, Digestive system, Stomach, Spleen, Gallbladder, Autonomic nervous system, Muscles and Lower back

Glands: Pancreas and Adrenals

Emotional Component: Shame

Purpose: Transformation

Basic Rights: To act and to be an individual

Harmonious Function:

Responsible and reliable

Confidence and self esteem

Spontaneity, playfulness and a sense of humor

Ability to meet challenges

Feeling of peace, balance and inner harmony

Warm personality

Insufficient:

Weak willed and easily manipulated

Poor discipline and follow through

Cold emotionally and physically

Victim mentality and blaming others

Unreliable

Poor self worth

Excess:

Need to be right and have the last word

Stubbornness and arrogant

Overly aggressive, domineering and controlling

Manipulative, power hungry and deceptive

Temper tantrums and violent outbursts

Competitive, driving and ambitious

Physical Imbalances:

Puffed and bloated

Burping, belching and gas

Indigestion

Diarrhea/constipation

Sugar or salt cravings

Tossing and turning between hours of 1 and 3am

Middle back pain

Thirsty all the time

Easy to anger

Affirmations:

I accept myself completely

My personal power is growing stronger everyday

I can do whatever I choose to do

I am worthy of love, kindness and respect, regardless of what I have done

I am worthy of the life I say I want

I am confident in the goodness of life itself to see me through

I accept the power of my being to produce health, love and joy in my life

I choose the power of life

I choose the best for myself

I know I am powerful and wholesome force for good

Nature:

Fields of wheat

To Achieve Balance use Sound Essence Chakra Note "" Atomizer

Sound therapy: Notes "E" & "Eb"

Color therapy: Yellow

Aromatherapy: Bergamot, Grapefruit, Rosemary and Lemongrass

Gemstone Therapy: Tiger's eye, Citrine and Amber