



SOLAR PLEXUS

Manipura

Self-Esteem, Power, Ego,
Strength, Transformation



RAM

CHAKRA NUMBER: 3

SANSKRIT: Manipura

MEANING: Lustrous Gem

ELEMENT: Fire

COLOR: Yellow

SEED SOUND: RAM

AFFIRMATION: I Do

LOCATION: Solar Plexus

PLANET: Sun

GLAND: Pancreas

Affirmations

- 1 I feel my own power
- 2 My potential is unlimited
- 3 I honor myself
- 4 I accomplish tasks easily
- 5 I act with courage

Healing Practices

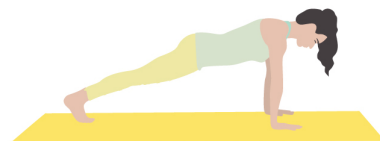
- **Sunbathing** - get as much sunlight as possible
- **Circadian Rhythm** - adjust your body's 24-hour "internal clock"
- **Meditation** - focus your attention on solar plexus point
- **Break Routine** - break the dull inertia and try something new
- **Nutrition** - don't overeat, eat until you're 80% full
- **Aromatherapy** - lemongrass, sandalwood, myrrh, lavender
- **Physical Activities**
- **Affirmations & Mantras**

Health State

Balanced: Strong, Empowered, Confident, Motivated, Determined, Decisive, Collaborative

Unbalanced: Competitive, Angry, Aggressive, Low Self-Esteem, Lack of Energy, Powerless, Egoistical, Manipulative

Yoga Poses



Plank Pose
Phalakasana



Downward-Facing Dog
Adho Mukha Svanasana



Boat Pose
Paripurna Navasana



Crescent Pose
Anjaneyasana



Knees-to-Chest
Apanasana



Bow Pose
Dhanurasana



Triangle Pose
Trikonasana

Crystals & Gemstones



CITRINE



RUTILATED QUARTZ



CARNELIAN



YELLOW JADE



PYRITE



TIGER'S EYE