



SOLAR PLEXUS

MANIPURA

Self-Confidence, Personal Power,
Willpower, Purpose, Self-Esteem



Chakra Number: 3rd

Sanskrit: Manipura

Meaning: Power

Lotus: 10 Petals

Element: Fire

Color: Yellow

Frequency: 396Hz

Seed Sound: RAM

Vowel Sound: OH

Music: Uplifting, Empowering Music

Affirmation: I do

Sense: Sight

Location: Several Inches Above the Navel

Body Parts: Digestive Tract, Liver, Pancreas,
Gallbladder, Skin, Central Nervous System

Nutrition: Yellow Peppers, Yellow Lentils,
Bananas, Corn, Complex Carbohydrates,
Fiber, Whole Grains, Squash and Citrus
Fruits, Ginger and Turmeric

Essential Oils: Lemon, Grapefruit,
Peppermint, Juniper, Rosemary, Fennel

Reiki Pose: Solar Plexus Hand Position

Crystal: Citrine, Yellow Jasper, Tiger's Eye,
Pyrite, Amber, Yellow Calcite



RUDRA

AFFIRMATIONS

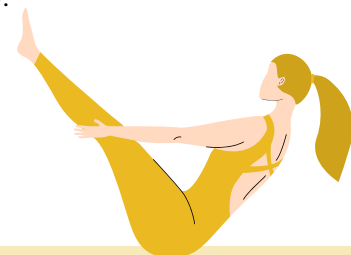
- I am confident and self-assured.
- I have the power to create change.
- I am worthy of success and abundance.
- I am resilient, strong, and courageous.
- I embrace my personal power.

BALANCING PRACTICES

- Abdominal Exercises, Deep Breathing, Affirmations, Goal Setting, Healthy Diet, Practicing Self-Discipline
- PROMPTS: What do I want to create in this life? When have I felt the most confidence in life and why?

YOGA POSES

- Boat Pose (Navasana):** Strengthens the core and enhances personal power. **Warrior III (Virabhadrasana III):** Builds core strength and boosts confidence. **Downward Facing Dog (Adho Mukha Shvanasana):** Stretches the back of the body, ankles, calves, hamstrings, spine. Stimulates blood circulation.
- Bow Pose (Dhanurasana):** Opens the chest and strengthens the back, boosting energy.



CITRINE



TIGER'S EYE



PYRITE

BLOCKED

- Low self-esteem or self-worth
- Difficulty making decisions
- Chronic fatigue or lack of energy
- Feeling powerless or controlled by others
- Indigestion or digestive issues
- Lack of motivation or drive
- Fear of failure or criticism

BALANCED

- Strong sense of self-confidence and identity
- Ability to set and achieve personal goals
- Healthy boundaries in relationships
- Positive energy and vitality
- Clarity in decision-making
- Feeling empowered and in control
- Healthy self-discipline and willpower

OVERACTIVE

- Arrogance or excessive pride
- Controlling or domineering behavior
- Impatience or irritability
- Overly competitive or aggressive tendencies
- Difficulty accepting criticism
- Manipulative or deceitful behavior
- Overemphasis on status and achievement

