

Solar Plexus Chakra - Manipura



Your solar plexus chakra governs your sense of self-worth, identity, independence, willpower, enables you to put thoughts into action, to be who you truly are. It is identified as being yellow in colour and is associated with fire and the sun. It is situated in the upper abdomen a few inches above your belly button. It is dominant between the ages of 15 – 21 years of age.

When your solar plexus is healthy you will feel confident, independent, empowered, self-acceptance, and a sense of purpose and to feel free to be who you truly are in the world and sovereignty

If your solar plexus is unbalanced or blocked and needs healing then you may feel low self-worth, shame, neediness, not capable, powerless, hopelessness and insecure.

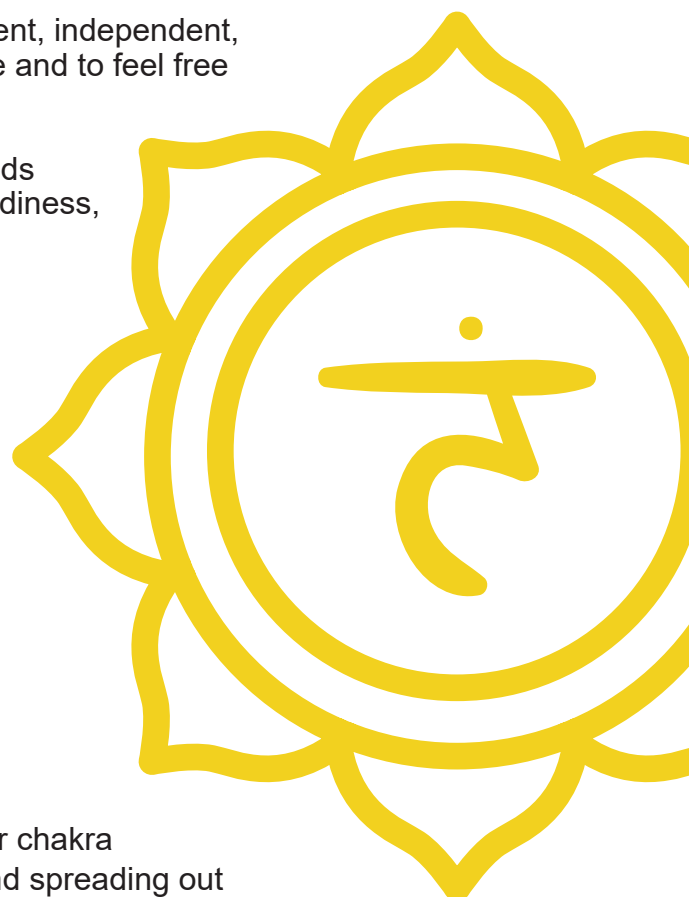
If it is unbalanced by being overactive you may feel the need to control, manipulate, aggressiveness, inflated sense of self, selfish.

Here are some ways of healing your solar plexus chakra

Solar plexus guided or unguided meditations to open, cleanse, balance and align.

If you have a blocked solar plexus, try visualizing your chakra becoming brighter, stronger and larger like the sun and spreading out to completely filling and immersing your whole body in golden/ yellow rays of light, clearing any blockages and dissolving them. Seeing your solar plexus aligning with your whole energy system. If you feel your solar plexus is overactive then imagine it becoming smaller and smaller and coming back to its usual size and flow and to the same size as your other chakras.

Doing Inner and Shadow work can be extremely beneficial in healing your Chakras. Eating yellow foods and wearing yellow clothes can also help.



Mantras and Affirmations

- I can.
- I will.
- I am worthy.
- I am capable.
- I am whole.
- I am strong.
- I am Calm.
- I am peaceful.
- I stand up for myself.
- I let go of the need to control.
- I let go of the need to be right.
- I recognise anger isn't the answer.
- I breath in peace and love and breath out anger and frustration.
- I accept the person/situation for who they are/ it is.

Crystals to use

Wearing or working with crystals during meditations and throughout your day can be very beneficial.

- Amber.
- Citrine.
- Yellow Quartz.
- Yellow Calcite.
- Tigers Eye.
- Yellow Tourmaline.
- Sunstone.
- Topaz.

Trying new things and stepping outside of your comfort zone to build confidence and allowing yourself to feel capable. Cutting ties with anyone who is bringing you down by being negative Try getting out and walking in nature. Running, dancing, any kind of exercise and movement is good. Eating foods which are yellow in colour. Learn to accept and love yourself exactly as you are as you don't need anyone's else's approval. Doing inner and shadow work can be hugely beneficial to help heal your chakras.



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Essential Oils and incense

- Sandalwood.
- Cinnamon.
- Rosemary.

Physical signs your solar plexus chakra could be unaligned

- Digestive problems.
- Stomach.
- Gallbladder.
- Pancreas.
- Small Intestine.
- Liver problems.

As with any physical symptoms always get advice from a medical professional for any of the above ailments. Your chakras energy system plays an important part in your over-all well-being and spiritual growth. By recognising this and which ones need attention, means you can then work with your chakras to balance, align and heal any imbalances you may have in them. Helping and supporting you in your daily life, spiritual journey and growth.



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