



MANIPURA CHAKRA

SOLAR PLEXUS CHAKRA (MANIPURA)

Location: Slightly above Navel

Element: Fire

Colour: Yellow

Balanced: Confidence, Self-worth, Willpower

Issues: Low self-esteem, lack of energy or drive, shame

Body Areas: stomach, digestive system, liver

Endocrine Gland: Pancreas

Essential Oils: Bergamot, Grapefruit, Ginger

RITUAL: SUN-SHINING

Represented by the element of fire, the sun is a healing source of vitality reducing issues such as anxiety & depression. Taking a short walk or relaxation in the sunshine is a powerful practice for the solar plexus chakra.

CRYSTALS

CITRINE

Citrine opens the higher mind to accept joy in life, releasing anger & negative feelings, deep-seated fear & destructive tendencies. An excellent crystal for overcoming depression, it reduces the sensitivity to criticism & inspires creativity & self-expression. It raises self-esteem, & by letting go of the past, allows one to move forward optimistically while welcoming in abundance and joy.

TIGERS EYE

A beautiful stone to have to release your fears & anxieties. It gives you courage, strength of mind, & self-confidence to tackle anything that comes your way. It enhances focus & creativity. Wearing or meditating with Tigers Eye can help balance the solar plexus & ignite the fire within.

YELLOW JADE

A spectacular stone, This golden gem helps connect you to your core, where your confidence & self-esteem reside. Known as the sunshine stone because it brings radiance, happiness & abundance.

AFFIRMATIONS

'I AM WORTHY'

'I AM COURAGEOUS, I AM CONFIDENT.

I AM AT PEACE WITH MYSELF & THE WORLD AROUND ME.

I LIVE A LIFE THAT IS RICH WITH INSPIRATION.

'I AM STRONG & POWERFUL'

SOLAR PLEXUS CHAKRA JOURNAL

Placing one hand on the heart, the other on your upper abdomen, draw a deep loving breath in, and a long slow exhale release... journal on the following:

I CONFIDENTLY
&
FEARLESSLY
BELIEVE IN MYSELF

When do I feel most confident?

When do I feel least confident?

How can I support myself and create more confidence in these situations?

More than anything, today, I am grateful for....., because.....

SOLAR PLEXUS CHAKRA JOURNAL

Placing one hand on the heart, the other on your upper abdomen, draw a deep loving breath in, and a long slow exhale release... journal on the following:

I AM STRONG
POWERFUL
&
CONFIDENT

What is the source of my confidence? Does it come from external sources or from within?

Write a list of inner qualities you love about yourself, & describe why you love this about yourself

Describe yourself as if you were introducing yourself to a total stranger, list all the attributes that make you so freaking awesome

More than anything, today, I am grateful for....., because.....

SOLAR PLEXUS CHAKRA JOURNAL

Placing one hand on the heart, the other on your upper abdomen, draw a deep loving breath in, and a long slow exhale release... journal on the following:

I AM ENOUGH
I HAVE ALWAYS BEEN ENOUGH
&
I WILL ALWAYS BE ENOUGH

What does it mean to me to be empowered?

In what ways am I an empowered person?

How do I / or can I empower others?

More than anything, today, I am grateful for....., because.....

SOLAR PLEXUS CHAKRA JOURNAL

Placing one hand on the heart, the other on your upper abdomen, draw a deep loving breath in, and a long slow exhale release... journal on the following:

LIMITLESS JOY IS MY BIRTHRIGHT

At this stage of my life, do I feel aligned with my purpose?

Do my actions reflect my purpose? Or do I feel a lack of purpose?

How can I empower myself to step into joy? Into my purpose? Fully? Without limits?

More than anything, today, I am grateful for....., because.....

SOLAR PLEXUS CHAKRA JOURNAL

Placing one hand on the heart, the other on your upper abdomen, draw a deep loving breath in, and a long slow exhale release... journal on the following:

I RADIATE CONFIDENCE, JOY,
HAPPINESS WITHIN MY OWN SKIN,
I AM WORTHY & DESERVING TO DANCE THROUGH THIS LIFE,
IN MY POWER, IN MY RADIANT JOY

Describe one of the best compliments you've ever received and why it still makes you happy to this day. Why are you unconditionally worthy and deserving of this awesome compliment?

What does an ordinary day as my most confident, joyful, radiant, fully in my own skin, day look like?

How do I carry myself through this day? How do I treat others?

More than anything, today, I am grateful for....., because.....
