



## MANIPURA

The fiery Solar Plexus Chakra is focused on will. It is involved in your self-esteem, and represents your moral code, personal power, self-definition, and reason. If you have not worked with the passions and pleasures of your 1<sup>st</sup> and 2<sup>nd</sup> charkas, it is difficult to awaken the solar plexus, because it helps to have a solid foundation and a healthy grip on desire to clearly see your purpose. Desire expresses itself through purpose – that’s why the belly hurts when we don’t get what we want.

This chakra is the source of your ambition and motivation, but also the “workshop” or “sorting house” for your unique skills. Getting things done comes from healthy third chakra energy – when you are fulfilling your purpose, this chakra opens - but it can be easily unbalanced by emotional turmoil, materialism, and the need to “fit in” with the world.

**BIG IDEA:** You are trained to conform to many cultural behaviors in order to be accepted. Early in life, we generally surrender, tamping ourselves down, often sacrificing, or shelving our most fantastic qualities, allowing our lives to become smaller. To break the cycle, practice loving every aspect of yourself – forgiving yourself for past mistakes and taking care of your needs in the present. Be true to yourself.

When you feel queasy, nauseous, or upset in the stomach, that may be a sign that you aren’t listening to your true self. Be willing to work on procrastination and accountability in your thoughts and actions. This is where we overcome inertia and rebuild self-esteem by being true to ourselves, and the world around us.

If this Chakra is balanced, you will respect yourself and others, be outgoing and cheerful, enjoy deep belly laughs, physical activity, and healthy food. You will take healthy risks, and assume responsibility for your life. You will be comfortable showing emotional warmth, and you will be effective, spontaneous, and filled with non-domineering power. Too much energy here makes you judgmental, a perfectionist, and resentful of authority. Workaholics, alcoholics and people with eating disorders tend to be over-active in the third chakra, while a sluggish solar plexus leads to poor digestion and fear of being alone, insecurity and depression. Being unhappy with your body, weight, life, job and relationships has a big impact on the health of this chakra function, because each time we berate ourselves, or allow ourselves to be berated, we undermine our self-esteem.

Finding and fulfilling your life's purpose is the best way to balance and open Manipura. Do those things that make you feel accomplished, and allow yourself to celebrate you.

**Characteristics: self-definition**

Color: Yellow                      Element: Fire  
Seed sound: Ram                  Yoga Path: Karma  
Rights: To act                      Traits: will power, action, sense of self, ego  
Foods: Starches                  Work on: forgiveness versus anger  
Physical functions: sight, digestion, metabolism, consuming  
Gemstones: Citrine (Connects us to our mental self, improving thought clarity, learning, confidence and self-esteem), or try Amber, Topaz  
Add: Ginger, cedar, cinnamon, geranium, blueberry, coriander, lime, marshmallow

**Assignment: EXPLORE YELLOW**

- Identify your skills, gifts, traits, habits, and purpose by following the clues of birth dates, master numbers, intuitive counseling, self-study, and scientific research to understand and appreciate the unique mix of tools you have to create the life you want.
- Create your vision board.
- Pay attention to your eyes – what's catching your attention?
- Eat yellow foods, and lots of starches.
- Enjoy a fire in the fireplace, or practice eye cleansing with a candle flame. Carry a gemstone or add a fragrance to your home to draw positive energy to that area of the body. Wear yellow.
- Clear some clutter from your personal space, and do things that make you feel accomplished.

- Practice lots of twists, bridge, cobra, bow and boat poses, and challenge yourself to spend time with some of your challenging poses. Do breath work and pelvic tilts.
- Make a list of everything that is cluttering up your life. Write down all the projects you started and didn't finish, or planned to start and haven't yet. Remember to include unfinished relationship business. Then review the list and make some choices: things you can clear away now, set a date to complete, delegate to someone else, or forget about entirely. Create a new list of all the things you will accomplish, and burn the rest.

### **Mudra for third Chakra**



Place your hands in front of the stomach, just below the solar plexus. Touch the four fingers together, pointing away from you, and cross the thumbs. Keep the fingers straight, and concentrate on the navel chakra, located on the spine.

### **3rd chakra Pranayama (breath)**

Breathe in through the mouth and out through the nose.

#### **Sithali Breath: "Cooling"**

This breathing practice tamps down heat, hunger, thirst or sleep if necessary, clears the eyes and ears, activates the liver, and improves digestion.

**How to:** Curl your tongue up at the sides and poke the tip of the tongue out. Inhale through the tube of your tongue consciously, being aware of prana filling your whole being. Pull the tongue in, close the mouth and retain the breath for a comfortable amount of time, then exhale through the nose. Experience emptiness for a moment or two, then repeat for up to 15 breaths.

#### **Sitkari Breath: "Sipping"**

Sitkari is another breathing technique that calms the body and mind, invigorates mental clarity, adds energy while protecting you from cold, hunger, thirst and fatigue. Good for completing mind-numbing tasks.

**How to:** Press your tongue gently into the top of the mouth. Inhale consciously, then close the mouth, relax the tongue and retain the breath for a comfortable amount of time, then exhale through the nose. Repeat for up to 5 - 10 breaths.