



# Solar Plexus (Manipura)

Strength, Ego, Self-Esteem,  
Purpose, Confidence

**CHAKRA NUMBER:** 3

**ROLE:** Fearless

**FOCUS:** Power (I Do)

**LOCATION:** Upper Abdomen

**GLAND:** Pancreas

**COLOR:** Yellow

**SEED SOUND:** RAM

**HEALING FREQUENCY:** 528 Hz

**SOUND:** Fire

**ELEMENT:** Fire

**PLANET:** Sun



## Affirmations

- 🔥 I act with courage
- 🔥 I am a powerful being
- 🔥 I honor myself
- 🔥 I am open to possibilities
- 🔥 My potential is unlimited

## Healing Practices

### SUN BATHING

Enjoy extra sunshine and increase vitamin D

### MEDITATION

Focus your attention on your solar plexus chakra

### CHANGE ROUTINE

Switch up your normal routine and try something new

### PHYSICAL EXERCISE

Consistently exercise; implement dance yoga, and core movements

### AROMATHERAPY

Use the suggested scents either as incense or essential oils

### CIRCADIAN RHYTHM

Adjust your body's 24-hour internal clock

### GROUNDING MUSIC

Listen to music tuned to 528 Hz healing frequency, or 528 Hz healing bowls, bells, or tuning forks

### AFFIRMATIONS & MANTRAS

Use the suggested affirmations and the mantra "RAM"

## Foods To Heal

Yellow Peppers, Bananas, Oats, Yellow Lentils, Corn, Squash, Lemons, Pineapple, Yellow Curry

## Essential Oils

Lemon, Ginger, Lemongrass, Juniper, Atlas Cedarwood, Sandalwood, Myrrh, Lavender

## Crystals & Gemstones

Citrine, Yellow Jade, Yellow Jasper, Topaz, Sunstone, Pyrite, Tiger's Eye

## Health State

### BALANCED

Strong  
Empowered  
Confident  
Motivated

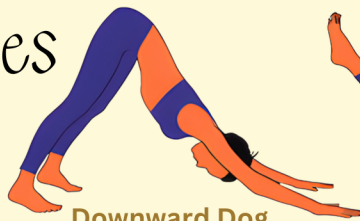
### IMBALANCED

Low Energy  
Low Self-Esteem  
Powerless  
Egotistical  
Manipulative

## Yoga Poses



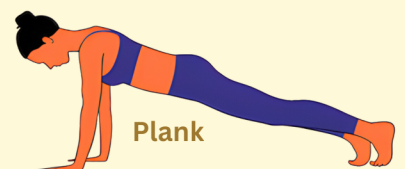
Triangle Pose



Downward Dog



Boat Pose



Plank



Half Knee-to-Chest Pose



Warrior I



Bow Pose