

# “The Essence of So“Full Spectrum Vibrational Healing for the Meridians,Chakras and Figure Eight Energies”

by Evelyn Mulders

## Solar Plexus Chakra

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SOLAR PLEXUS CHAKRA

*Wisdom / Clarity / Self Esteem*

*I accept myself completely.  
My personal power is growing stronger  
everyday*

### HONOR ONE-SELF

The Solar Plexus Chakra is located between the navel and the diaphragm, and it governs more organs than any other chakra. On the right side, it governs the liver and the gall bladder. On the left side, it governs the spleen, stomach and the pancreas. In the middle, it governs the diaphragm and small intestine.

The third chakra is all about our self-esteem, our ego, personal power, will, responsibility and gut intuition. It is in this energy center that we need to know who we are, own our personal power and take responsibility for our own lives.

The Solar Plexus Chakra represents the element of fire and fire stands for light, warmth, energy and activity.

The third chakra represents our sun and our power center. It is through this energy center that we absorb the solar energy that nurtures our aura and vitalizes our body. The Solar Plexus Chakra is the force that maintains our individual identity, our inner sense of who we are.

The qualities that represent third chakra are almost the opposite of those qualities of the second chakra. Third chakra energy is logical instead of artistic, sophisticated instead of innocent, suspicious instead of trusting and responsibility bound instead of free flowing. The second chakra follows the right brain identity whereas the third chakra “thinks” like the left brain.

Characteristics of a strong Solar Plexus Chakra are a healthy sense of personal identity and a strong sense of personal power. You can then take full responsibility of your own life and allow others to take responsibility of their own lives. You can accept yourself completely and have a feeling of true peace and inner harmony with all of life.



**COLOUR**  
Yellow

**COMPLIMENTARY COLOUR**  
Violet

**SOUND**  
Note E and Eb

**SENSE**  
Sight

**LOCATION**  
Solar Plexus

**BASIC PRINCIPLE**  
To act and be an individual

**ASSOCIATED GLANDS**  
Pancreas and Adrenals

**ASSOCIATED MERIDIANS**  
Stomach, Spleen, Small Intestine, Gall Bladder, and Liver

**EMOTIONAL COMPONENT**  
Shame

**PHYSICAL COMPONENT**  
Liver, digestive system, stomach, spleen, gall bladder, autonomic nervous system muscles, and lower back.

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## **INSUFFICIENT SOLAR PLEXUS CHAKRA**

### **ENERGY:**

Weak willed and easily manipulated  
Poor discipline and follow through  
Cold emotionally and physically  
Victim mentality and blaming others  
Unreliable  
Poor self-worth

### **EXCESS SOLAR PLEXUS CHAKRA ENERGY:**

Need to be right and have the last word  
Stubbornness and arrogant  
Overly aggressive, domineering and controlling  
Manipulative, power hungry and deceitful  
Temper tantrums and violent outbursts  
Competitive drive and ambition

### **HARMONIOUS FUNCTION OF THE SOLAR PLEXUS CHAKRA:**

Responsible and reliable  
Confidence and self-esteem  
Spontaneity, playfulness and a sense of humor  
Ability to meet challenges  
Feeling of peace, balance, and inner harmony  
Warm personality

## **PHYSICAL IMBALANCES:**

Ulcers  
Liver problems  
Gallstones  
Gas pains  
Indigestion  
High blood pressure  
Stress  
Fatigue  
Jaundice  
Constipation  
Diarrhea  
Diabetes  
Vomiting  
Hypoglycemia  
Hypothyroid  
Muscle cramps and spasms  
Nervous exhaustion  
Depression  
Duodenum problems  
Duodenal ulcer

## **EMOTIONAL IMBALANCES:**

Feeling deprived of recognition  
Aloofness  
Fearing group power  
Confining life to a narrow view  
Always planning but never manifesting  
Constantly needing change  
Judgmental and critical  
Mentally bullying