

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

by Evelyn Mulders

Solar Plexus Chakra

169

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