

## THE SOLAR PLEXUS CHAKRA



SOLAR PLEXUS MUDRA

### **Solar Plexus Chakra:**

If your solar plexus chakra is balanced you: are a good listener, have inner power and strength, a good sense of timing and rhythm, live life creatively and have sense of self.

If you are running excessive energies you may be: dominating, controlling, arrogant, ambitious, hyperactive or attracted to sedatives.

If your energies are deficient you may experience: lack of energy, poor digestion, a tendency to be cold, low self-esteem, lack of confidence or use of stimulants.

Organs/body systems connected to this chakra: central or solar plexus-based nerve plexus, digestive issues or illness, issues with the muscles, immune and nervous systems. The endocrine system can also be effected. Eating disorders can also be associated with this chakra due to an inappropriate diet to self-treat the digestive issues.

Can you stand up for yourself when necessary?

Are you true to yourself in the face of peer pressure?

Are you only focused on you and your issues?

Can you assert yourself effectively without trying to control others or outcomes?

Is approval necessary?

Are you holding shame (ex: never doing it right, never getting it done, are not enough)?

Healthy boundaries, can you maintain them?

## EXPANDED CHAKRA HEALTH

---

### **Ways to balance your solar plexus chakra.**

The color associated with the solar plexus is yellow. Fresh flowers, clothing or décor with a yellow base or overtone can assist one in bringing in the energy to balance this chakra. Also, breathing in yellow light focused on the chakra is an essential key.

OH as in GO is the tone associated with this chakra. Verbally making this sound helps to bring in this chakra into harmonic balance.

Bananas, yellow squash, lemons and other yellow foods will assist the body to balance while working on the chakra too.

### **Affirmations:**

I am maintaining all healthy boundaries I have set for myself.

I am authentic in all areas of my life.

I am able to speak and own my truth, the truth of who I am.

I am comfortable in my own skin.

I stand strong in my own truth.

I impose my will on myself only.

My timing and moving with the flow is completely synchronistic.