

The Solar Plexus Chakra and Yellow



Yellow: The color of the Solar Plexus chakra, also known as Manipura. This chakra is located in the stomach area and is linked to organs & muscular system in that area.

The Solar Plexus chakra is representative of vitality and will. When this chakra is open, it acts to empower a person and help them find their personal strength. It will help turn dreams and goals into reality.

Gemstones that will aid the Solar Plexus chakra include amber, topaz, citrine, yellow calcite, yellow jasper.

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Located below the ribs, the solar plexus chakra is the monitor of the majority of the digestive system; the stomach, small intestine, spleen, liver and pancreas. Problems in these organs like gall stones, liver disease, diabetes and pancreatitis are rooted in the solar plexus chakra. Yellow being the color of self-worth, inner personality and ego, its energy defines the way we feel about ourselves, and consequently others' perception of us. An imbalance of yellow energy can lower self-esteem, increase analytical thinking and lead to cynical or pessimistic thinking. Those blessed with yellow are optimistic, cheerful and confident.



Yellow chakra color meanings:

The third, solar plexus chakra. Moving out of the prime center of raw matter, having joined with polarity we now come into a seat of personal power and awareness. Yellow is the dawning of a new perception. As the sun is the center of our galaxy, the third chakra is a golden energetic orb of centralized force. It can feed us, sustain us, teach us, and magnify

our (already magnificently intense) ancillary energies. **Yellow is the beacon held under a magnifying glass.** What we submit for contemplation is amplified by the solar plexus chakra. This is because we have entered the dawn of specialized perception. When yellow gently strokes its fingertips across your awareness, it's prompting focus. Focus into the core of inner being, inner intelligence. This yellowy core asks us to honor the fullness of who we are.

3 - Navel chakra

The Navel chakra is about asserting yourself in a group. When it is open, you feel in control and you have sufficient self esteem.

When the Navel chakra is under-active, you tend to be passive and indecisive. You're probably timid and don't get what you want.

If this chakra is over-active, you are domineering and probably even aggressive.

Solar Plexus Chakra



The solar plexus chakra contains fiery, transformative energy that radiates the essence of the self to the outside world, harmonizing the inner and outer environments. A healthy solar plexus chakra will manifest as a brilliant expression of personal power accompanied by balanced energy flow and clear perceptions of life situations.

Chakra Color: **Yellow**

Health Associations:

Responsible for the transformative functions of the body, including the digestive organs: esophagus, stomach, pancreas, small intestines, liver, and gallbladder. Oversees the "energy exchange" of the body through the generation of ATP, the body's physical currency of energy, which is supplied by cell structures known as mitochondria (often referred to as "powerhouses of the cell").

Solar Plexus Chakra Healing Foods: Carbohydrates (complex), fiber, whole grains, legumes, yellow-colored foods (yellow sweet peppers, yellow lentils, corn, etc.)

Open the Navel Chakra

Put your hands before your stomach, slightly below your solar plexus. Let the fingers join at the tops, all pointing away from you. Cross the thumbs. It is important to straighten the fingers.

Concentrate on the Navel chakra located on the spine, a bit above the level of the navel.

Chant the sound RAM.



Meditation Commentary:

The yellow-rays of supra sensory Joy from Shiva Baba, my Supreme Companion now fills my yellow photon field of Joy...I am swinging with pure spiritual joy ...these joy-rays of Shiva Baba now reach the corporeal world... illuminate the joy-fields of millions...these too start overflowing now... creating strong waves of spiritual joy...that erases the gloom and installs the smile on millions of faces...

Meditation Commentary:



मैं सुख के सागर का सन्तान सुख स्वरूप हूँ ।
सारे विश्व में सुख की पिली हवा फैला रहा हूँ ।

I am the child of the Ocean of Happiness....
I am an embodiment of happiness....
I spread the Yellow air of joy in the whole world....