

The Solar Plexus / Manipura

To act and be an individual



Our greatest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

Marianne Williamson

When your solar plexus chakra is balanced, you live and express your power in a loving way. You know that you have the freedom to choose to be yourself and direct your own life. You are motivated and you use your energy for the good of yourself, others and the world around you. You feel a sense of fitting in and belonging; you know you have an important role to play. You enjoy a fulfilling emotional life and you are able to experience joy. You feel daring and confident, able to take risks without fear of being judged or making a fool of yourself. You are free.

Colour:	Yellow
Element:	Fire
Location:	Below the sternum in the centre of the torso.
Purpose:	Transformation, Personal Power, Warrior Energy
Demon:	Shame
Developmental Stage:	18mths to 4 years

Power

There was a girl named Sarah. She was a beautiful little girl, she had a wild imagination and a wonderful wit and she lived in her day dreams. She concocted all sorts of wonderful images and stories in her mind and she was a very happy little girl. One day she was sent to school and she found that not everyone had the same imagination that she did. She began to feel like an outsider. When she reached 1st class, she had a teacher that was particularly stressed and strict. Ms Lyons was under resourced and had a lot going on at home. She needed these kids to follow the rules, to listen in class and to be quiet. She wanted them to conform. Sarah found it difficult to be in this environment and took to going into her imaginary world more and more. One day little Sarah was so immersed in this place that she missed everything that the teacher was saying....all she heard was "Sarah, sarah, what did I just say." "I don't know miss" "Spell madra" "What?" "the Irish for dog" ...sarah emmed and awed and she drew a blank, the whole class started laughing at her and the teacher was disgusted. She angrily instructed her go to junior infants and inform them that she didn't know how to spell dog in Irish. Humiliated and with burning cheeks Sarah did as she was told and then ran crying to her big sister in 6th class. That day Sarah lost her power and believed that she was "stupid" for many years until one day she took back her power.

How many stories have you heard like this? Perhaps something like this happened to you. People consciously and unconsciously take our power all the time. How many people have taken away your power or have you given your power to? At work, in past and present relationship's, with your siblings or parents? Friends and peers?

Sometimes that power comes back naturally to you as you heal and forgive those people and sometimes you need to ask for it back.

Ultimately with true power we can transform suffering into joy. Sandra Ingerman

The right of Manipura: To act and be an individual

To act: The energy of this chakra allows you to transform inertia into action and movement. It allows you to meet challenges and move forward in your life.

The main challenge for the third chakra is to use your personal power in a balanced manner.

What does that mean? It means consciously harnessing the energy of the solar plexus chakra. It means being proactive rather than reactive or inactive.

- ॐ People with excessive third chakra energy react to life circumstances; they have emotional outbursts and are often stressed out.
- ॐ People with blocked or deficient third chakra are passive and inactive - allowing life to pass by while they do nothing.
- ॐ People with balanced third chakras have the power to choose. To respond rather than react to life

What do you choose?

Do you choose love, light and healing?

Do you accept that you have the power to choose?

Do you feel a sense of freedom when you make a choice?

Every time you judge or criticize yourself, you deplete this chakra and weaken your willpower.

To be an individual

Think of all those times that you might have wanted to go against the grain, to act different to the crowd but you conformed. Or the times when you went along with the decision of your peers as you didn't want the hassle of expressing a different opinion. Sometimes we make those decisions for an easier life and that's ok to, but once it's a conscious decision.

The world around us wants us to be labelled and categorised, however we are all unique individuals

Consider: Enneagrams, psychological tests, astrology charts.....

The privilege of a lifetime is being who you are. Joseph Campbell

It's here in the solar plexus that we become individual, unique in the eyes of the universe. When the solar plexus is in balance we dare to be ourselves, warts and all! We delight in our

differences and enjoy getting to know ourselves. We believe in our inherent right to be an individual and to act according to our beliefs and values.

Exercise: Find a photo of yourself as a small baby. Take a moment and sit down with the photo. Close your eyes and take a few deep breaths to center yourself. Open your eyes and gaze into the eyes of you as a baby. See the light and remember who you truly are. That light is you, and unless you choose differently, no one can ever take that away from you.

Sandra Ingerman

Demon = Shame

The greater the shame, the less powerful we feel.

Shame is not the same as guilt. When we feel guilt, it's about something we did. When we feel shame, it's about who we are. When we feel guilty we need to learn that it's OK to make mistakes. When we feel shame we need to learn that it's OK to be who we are.

“Shame is the lie someone told you about yourself.” Anais Nin

Shame can also be ancestral – we pass on what we do not process and the same is true of our ancestors. In Irish History there has been a lot of shame – about “the Irish”, from the Church, the government, other nations, emigration, etc. Think also of a girls 1st period and how much shame can be felt around that time a time that is so often celebrated in other cultures. We carry that shame with us. There’s also shame around sex, addictions, bad behaviour’s etc.

Have you ever felt shame / felt a-shamed/ embarrassed / blushed?

When we heal and release shame, joy & light automatically takes its place in the solar plexus.

Bringing balance to Manipura

Complete the followingsome examples could be when.....

- ☯ I say what I want
- ☯ I let the word no be a full sentence
- ☯ I eat food that nourishes me
- ☯ I express who I am
- ☯ I meditate
- ☯ I take action

What do you currently do either consciously or unconsciously to feel empowered, and/or what could you now start doing to connect with your power.



Where / to whom / what do you give your power away to?

When was the last time you felt empowered?

Other ways to bring balance to Manipura:

Self love, self acceptance, and acknowledgement of your own worth are the building blocks of the third chakra. Meditations to meet and heal your inner child, healing shame, taking action, standing in your own power, expressing yourself are all ways in which you can consciously bring balance to your Solar Plexus allowing you to step into you true potential.

Looking at the colour yellow, wearing yellow clothes or jewellery also bring balance to this chakra.

Be spontaneous!

Give up the need to be in control and know what's going to happen. Throw away the plans and allow yourself to flow with the rhythm of your wants and needs. Be willing to take risks, venture into the unknown and allow yourself to expand and break the monotony of your routines.

Get to know yourself!

Express who you truly are! Spend some time each week getting to know your likes and dislikes – not what you were told to like & dislike.

Activities for the solar plexus: Energise your solar plexus chakra by dancing (jiving, hoola hooping, and belly dancing).

Wear gemstones: Amber, Tigers Eye, Yellow Topaz, Citrine or Yellow tourmaline.

Burn essential Oils (or place on your wrists) : Clary sage, Juniper or Geranium.

Recite affirmations: I honor the power within me

I accomplish tasks easily and effortlessly

The fire within me burns through all blocks and fears

From the Light within my being I release all judgment and concern over power, limitation and action. POWER is my birth-right, it cannot be misused. Only used for the good of myself and all creation. The only TRUE power is LOVE. And So It Is (3X)

Forgive: Consider writing a forgiveness letter to anyone who has taken your power (Jean Hadley does an excellent version, just google it and you can download a free pdf) Once we truly forgive someone (including ourselves) our power comes back to us.

Let her/him out! Tend to the Special conditions / gifts of your inner child which were:

Be in your power: Bring your power animal with you into meditations or connect daily with it and especially before making decisions or taking action

Burn! Hold regular fire ceremonies. Here are some instructions:

Fire ceremony

This can be done at any time but is especially pertinent at the time of a Full moon or the changing of seasons (Samhain, Solstices, Bealtaine, the Equinoxes etc.) Fire helps you to release any unwanted energies or attachments from the past to make space for your new intentions. It can be used to release fears, angers, emotions, behaviours or anything that is not serving your higher self.

Fire is a transformer, it takes one form and create it into another - wood becomes ash, metal becomes ore etc. So while many people do fire ceremonies they feel that this is releasing the emotion, memory etc. from their lives **completely** but this is a misconception and they generally get upset when it turns up again. Fire will transform *your relationship with whatever you place into it*. If you place anger at someone into the fire you might find that you're less angry or it might change in some way or if you place a memory in the fire it will not wipe the memory out of your consciousness but you might find that the intensity of the emotion associated with it will be less or different. Therefore sometimes, if an issue is multi-layered you might be placing the same thing on the fire for a while. Each time you do, know that by releasing these unwanted energies and old patterns into the fire, you are healing at the soul level. Fire especially like forgiveness so if there is someone you would like to forgive (including yourself) it might be nice to bring that to your ceremony.

Fire Ceremony Preparation

There is no right or wrong way to do this, so go with whatever you feel but here are some guidelines if you need them.

- 1) Connect with your heart and ask, "What do I need to release, what doesn't serve me anymore" and then "what would I like to replace it with?"
- 2) You can then gather pictures, do drawings, artwork and write intentions around what you want to let go of. You can write a letter, a word or an essay, whatever feels right for you.
- 3) Create something similar to represent what you are inviting in (love, abundance, happiness, calm, passion for e.g.)
- 4) Prepare a fire using a fire pit, fireproof lantern, metal bowl, candle, bbq, etc. The fire doesn't have to be huge, just make sure that the area is safe. Have a jug of water ready to put the fire out.

The Ceremony

- 1) Call in whatever guides you connect with: Spirit, Higher Self, God, the Universe, spirit helpers, power animals, your guardians and / or ancestors.

2) Ask the spirit of the fire to help you release what you want to let go of and ask the spirits of the earth to receive what you are releasing.

3) First take what you want to release and BLOW your feelings around this issue into the piece of paper/artwork/painting. Do this 3 times. Watch how it burns.

4) Take what you want to invite in and BLOW 3 times into this the energy of your invitation.

5) Place this in the fire. Sweep your hands through the smoke and bring it into your sacral chakra (just below belly button) for right action. Sweep again and bring it into your heart chakra (center of your chest) to be gentle with yourself as you make any changes and again to your 3rd eye (centre of your forehead) for wisdom as you move forward.

6) When you're ready, thank the fire and put it out. Give gratitude to your guides and to the elements: earth, wind, fire, and air.