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Our Third Chakra, Manipura

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Our focus now turns to our 3rd chakra, which is our Solar Plexus chakra, otherwise known, in Sanskrit, as Manipura. Our solar plexus is located between the ribcage and navel. This is an empowering chakra, as its attributes are: personal power, self-esteem, transformation, energy and will. The will to do what it is you really want to do! Why? Because YOU CAN! And "I CAN" is the verb that best resonates with our 3rd chakra, Manipura. Yes, that's right - YOU CAN!

Is there something that you really want to manifest in your life right now? Perhaps a New Year's Resolution that hasn't been working for you the way you had hoped? And if it's not going the way that you had hoped, are you now "beating yourself up" as a result of your so called "failure?" First of all, you're not a failure. Secondly, I know that if you really set your mind to something and believe in it wholeheartedly, YOU CAN do it. There is so much talk now about the book turned movie, *The Secret*, written by Rhonda Byrne. Our 3rd chakra really correlates with the theme of this book/movie - The Law of Attraction. For those of you not familiar with *The Secret*, it is a book/movie about manifesting what it is that you really want, through The Law of Attraction. (The same concept as taught by Esther and Jerry Hicks in their book, *Ask and It Is Given*.) Simply put, the Law of Attraction is asking for what you want and then lining yourself up to receive it. Like two magnets that are powerfully drawn to one other. And you do this by believing in YOU. Do not focus on what's wrong or what it is you don't want, as this will only continue to attract that. Instead focus on what it is that you do want - the desired outcome.

We need to believe in ourselves, love ourselves and take care of ourselves so that we are fully energized and empowered, thus having the will to make the transformation we desire. In that last sentence, I incorporated four of Manipura's attributes - energy, (personal) power, will and transformation. We need to believe in ourselves. You need to believe in YOU! Because you can have the life, the dream job, the relationship, the car or the house that you desire. All too often people just give up or focus on what's "wrong" in their life. As soon as you turn your attention over, however, to what's right and what it is that you desire in your life, things begin to change. And it all begins with two simple words "I AM."

What are you? When someone asks you to fill in the blank, "I AM _____," what instantly comes to mind? If your third chakra is in balance, your reply may be something like: "I am happy to be alive," or "I am happily married," or "I am financially able to afford all the things I want in life and more." A well-balanced third chakra has the characteristics of personal power, spontaneity, together with respect of self and others. If, however, your third chakra is too open, your reply may sound more like, "I am going to give him a piece of my mind," or "I am going to make my employees stay late to get even with them for losing that account." When our third chakra is too open, we become angry and controlling, judgmental, superior and sometimes we become workaholics. Lastly, if your third chakra is blocked in any way, perhaps your reply was more along the lines of: "I am afraid to be seen in public with my disabled relative," or "I am unsure if I shut off the iron before I left for work" (even though you checked it three times before you left). When our third chakra is blocked, it is then that we become very worried about what others think of us (thus needing constant reassurance) or we're fearful of being alone and feel very insecure.

Manipura's color is yellow, while its element is fire. The sound associated with Manipura is RAM, and its musical note is "E." Some gemstones that work well with our Solar Plexus chakra are amber, tiger's eye, citrine and agate. Essential

oils that correspond to our third chakra are chamomile, lemon, thyme and ylang ylang. (Just as chamomile is a great essential oil for our 3rd chakra, consider how often people reach for a cup of chamomile tea when their stomach is upset - the area of our 3rd chakra!)

If you are experiencing stomach ulcers, diabetes, fatigue, adrenal imbalances, indigestion or arthritis, I strongly encourage you to take steps towards healing your 3rd chakra, as these all relate to 3rd chakra imbalances. And if you have trouble loving yourself, I strongly urge you to take steps towards healing this chakra. And one such step could be joining us for Meditation this month. Have you wanted to try Meditation but are afraid that you won't "fit in?" Of course you'll fit in! Empower yourself and give it a try...because YOU CAN!! © **Copyright Protected**