

#3 - Manipura: the solar chakra



The third chakra, **the solar or fire chakra**, is located in the solar plexus, the part of the abdomen that lies between the diaphragm and navel, is associated with the yellow color and involves different parts of your body such as the skin, muscle system, stomach, liver, large intestine and glands and organs at the level of the solar plexus. It is also associated with the eyes, the sight and the muscles of the face.

If the first chakra is connected to stability and the second to flow, **the third chakra** is that of the union of these two elements, namely light, energy, heat and when it is well balanced we feel energetic, self-confident, strong and self-controlling.

We are not afraid of the judgments of others and we know how to always be up to the situation and we have no difficulty in managing ourselves and our emotions.

It is connected to the digestive system and digestion, which "devours" food just as fire devours what it finds in its path.

When **the third chakra is unbalanced** we can see many negative symptoms, both physically and mentally, especially related to our safety and our digestive system.

When it is too closed, in fact, we notice the rise of **insecurity**, low self-esteem, introversion and a strong sense of inadequacy in all situations. On the physical level, however, problems arise such as liver disorders, nausea, ulcers, gastritis, difficulty digesting and coeliac disease.

Problems can also appear when **this chakra is too open**, making a person appear very arrogant, aggressive, far too self-confident, constantly seeking power and always feeling the need to self-celebrate to hide their defeats and insecurities.

How to rebalance the third chakra

To **rebalance the Manipura chakra** you can practice Reiki and all yoga positions involving the abdomen, such as the *Navasana*, the position of the boat, or the *Parivrtta Trikonasana*, the position of the rotated triangle.

Meditation can also help you. You can choose to do meditation using the **Ram** mantra, found in the video below and which is the mantra of the third chakra, or opt for a guided meditation.

You can open this chakra also by running, relieving tension, changing boring habits, breaking routines and doing bow exercises, such as the 5 Tibetan rites (you can find many videos on Youtube).

Summary Sheet of Manipura



Position: solar plexus

Function: power, strength, self-esteem, expansiveness, life awareness, action, will and pleasure

Color: yellow

Element: fire

Sense: Sight and Smell

Stones: all yellow stones, in particular Calcite, Citrine Quartz and Topaz

Mantra: Ram, U

Lotus: 10 petals with a ram inside

Note: mi

Animal: ram, symbol of fire