

HOME SERIES: 3rd (Navel)

Manipura Chakra (3)

(Suggested to be followed only under the guidance of an experienced Yoga instructor)

Mani = pearl, jewel Pūra = place, city

Seed Mantra: RAM.

Element: Fire (Digestive fire, purification, activity, creativity). So in this archetype of creation we find all the elements – Earth, Water, Fire, Air (Sound) and Space.

Orisha: Oshun

Colour: Yellow (higher frequencies of this chakra can turn into golden yellow)

Shape: A circle with 10 petals in which is inscribed in a downward-pointing triangle. The inverted triangle represents the fire element and the transformative power of this energy center. Fire turns matter into energy that can be used to propel, move forward. The ten petals are often represented with the color blue, like the blue color of the flame.

Petals of the lotus: Ten

Position: at the solar plexus level, between the navel and the lower part of the chest. Closely connected to the digestive system, its main function is to help transform matter into energy to fuel your body. It governs metabolism and is commonly associated with the pancreas.

Primary planet: Jupiter

Identity: Ego identity and self definition

Animal Symbol: Ram

Purpose: Transformation

Reclaim to heal: The right to act and be an individual: Will/Personal power

Developmental stage: 18 months to 4 years

Challenge: Shame

Objective: Clarity, self-confidence, wellbeing, self-esteem



Possible signs your third Chakra is blocked (deficient or excessive): Anger issues, Excessive stubbornness, Desire for control, easily manipulated, unconfident, be a perfectionist, be overly critical of the self or others, suffer from digestive problems, Controlling, intolerant, or excessively competitive behavior, Overeating and overindulgence, Fatigue or excessive laziness, Insecurity, anxiety and fear, Low body weight and poor appetite, Lack of confidence and poor self-image, Inability to focus and lack of organization, Low self-esteem, Inability to set or maintain boundaries, Codependency, Lack of self-control, Depression or anxiety, Addiction, Excessive control and authority over your environment and people, Feeling of helpless, Lack of purpose or ambition, Making plans or having a lot of ideas without finding efficient ways to realize them

In balancing our third chakra we may: Be able to set boundaries and be assertive without being aggressive. Know yourself, judge yourself and others fairly but not critically. Find your will, find your personal power, Taking responsibility for your own life, Find your purpose, Gain confidence, Gain independence, Strengthen our personal identity, Be confident in your personal opinions and beliefs, Be better at making decisions, Have better self-discipline



Suggested to balance your navel chakra:

Movement:

Chant: In Sanskrit a “seed” is called Bija. Plant the seed to liberate one's mind with a mantra: Ram

Sing: OM

Oils: Black pepper, Fennel, Geranium, Ginger

Colour: By dressing all in one colour, we increase the size of our aura. Yellow = the color of sunshine and it is the core of your being

Crystals: Ruby, Yellow Quartz, Yellow Jasper, Tiger's Eye

Healing: Release anger, Work on shame issues, Work on authority issues

Pressure makes diamonds: For deficiencies, going for it, taking risks can be affirming. Putting yourself under pressure to create can sometimes result in magic: try putting a date in your diary, booking something and then stepping up to the challenge.

Deep relaxation: Meditation, massage, time out

Holidays: As an endurer, make sure you schedule holidays to do nothing but relax

Exercise: Martial arts, running, aerobics, sit ups

Yoga: Practising Agnisāra Kriyā daily for at least three months then begin to practice Nauli Kriyā. This practice can only be learnt under the guidance of a Yoga teacher.

Massage: Gentle massage of the abdomen in a clockwise direction.

Affirm:

I honour the power within me

I accomplish tasks easily and effortlessly

The fire within me burns through all blocks and fears

I can do whatever I will to do.

I recognize that using anger to control others leads to failure

I allow my love and compassion to radiate from within