

## HOME SERIES: 3rd (Navel) About Manipura Chakra (3)

After we have passed through our fear for survival (unconscious) (in the root chakra) and denial of our emotions and guilt (subconscious) (in the sacral chakra), we reach the third level in the navel Chakra, where we are becoming conscious of ourselves as an individual and our ego. With the realisation of this Chakra, we can reach an important stage on the spiritual path, because there is a greater likelihood that we can attain enlightenment in this lifetime: more than of half the journey towards has already been completed.



The position of the Manipūra Chakra is in the middle of the abdomen behind the navel (this is why it is also known as the Navel Centre). Its also radiates out about 7cm above and below the navel. Its counterpart in the body is the Solar Plexus.

This chakra is also called the “City of Jewels” because here we find the gems of clarity about who we are and what we stand for, we put our wisdom into practice, we find our self-confidence and we gain the ability to truly look after ourselves. This chakra also radiates down to the lower Chakras as well as up to the Heart Chakra. The feelings of love and happiness that we feel in our heart actually originate in the third Chakra and rise from there to the heart chakra. The positive radiance emanating from the Manipūra Chakra also purifies the lower chakras: the sacral and root chakras, and we use our intuition in the sacral chakra and turn it into something (we CREATE).

There are Gender in aspects of creating: feminine energy in the form of ideas from intuition, and then masculine energy that makes it happen. This does not literally connect to gender, but as concepts to creativity, both energies need to be present here. This is where the alchemy happens: where we put the red tincture on our ideas (the golden chain): where we connect to our ideas and turn them into reality. The gold at the end of the rainbow! This is the true hero’s journey: where we make the magic happen!

In this chakra, first we must purify. We hold issues around authority formed between the ages of 18 months to 4 years old, and without being checked, can live our entire lives judging situations from the wounded eyes of a toddler (perhaps this is how Donald Trump sees the world?!) In this chakra we need to learn to recognize that using anger to control others actually leads to failure, and that obedience is not always best for our true purpose. When will (action) is given by others, and we follow orders without listening to our soul. The great thing about following orders is it is others fault when things go wrong, but in this

chakra we must learn to take responsibility for ourselves, to be playful and to take risks.

In this chakra, our learning is to guard against vanity and false pride and develop a positive ego and identity. If we are able to do the necessary work, passion from the sacral chakra can transform into pure selfless love, prejudice and fear of other can change to respect and understanding, envy and greed can change to goodwill and healthy moderation. With the gaining of self-confidence in this chakra, pride can change to generosity, ignorance can transform into clarity, laziness into focused, consistent effort. Once this happens, we are able to recognize when motivation is stimulated by the need for recognition or approval or competition rather than love, learning instead to let love for your passion radiate from within.



For those who are excessive (like me!), we can learn to let go of the need to be successful and enduring everything over our true needs. Often learning to endure is about doing for others, putting the self last, and trying to please externally but sabotaging the self: being inwardly passive aggressive and as a result feeling like a victim, unable to let go or truly express who we are. We will remain submissive to get love, and so resist closeness to others. Individuation is the transformational process of integrating the conscious with the personal and collective unconscious, and so this must happen to be able to connect. Until this happens, we might be constantly judging ourselves, living in fear that we will not be loved, that we will be a failure. Convinced of our incompleteness, life becomes about trying to be complete. This chakra is closely connected to the psyche, and can be literally 'felt' in the gut and so frequently give rise to stress related digestive problems.

As each lower chakra is connected to a higher one, manipura is connected to the eyebrow Centre (Ajna). The true beneficial qualities of the manipura chakra will only reach perfection together with the purification of the ajna chakra, because decisions that are based only upon the "gut feelings" of the Manipura Chakra, (the intuition of the Sacral Chakra put into action, are often intuitively correct, but can be distorted by the strong emotion of anger in this chakra or the emotions of the Sacral Chakra, and therefore be irrational. Likewise if we judge using the intellect of Ajna Chakra without the intuition from Manipura, then our choices can lack complete and integrated vision.

The Fire Element of Manipura Chakra manifests within the body as body heat. You may find if you are a cold person, that as you strengthen this chakra, your body temperature regulates itself and you will suffer less from poor circulation (I did!) This is one reason why practising the breath of fire is so powerful. This chakra is all about warrior energy! When all karmas are purified by fire, the awakening of pure consciousness occurs!