



# SOLAR PLEXUS CHAKRA

*Manipura*

**Self-Esteem, Confidence, Inner Power**

- **Location:** Upper Abdomen
- **Color:** Yellow
- **Element:** Fire
- **Seed Sound:** RAM
- **Gland:** Pancreas
- **Affirmation:** *I do*

**Balanced:**

Empowered, Confident,  
Courageous

**Unbalanced:**

Doubtful, Insecure,  
Seeking Continuous Approval

**Essential Oils:**

Lavender, Sandalwood, Rosemary, Lemon, Chamomile

**Crystals & Stones:**



Citrine



Tiger's Eye



Pyrite



Yellow Jasper



Amber

**Yoga Poses:**



Bow Pose  
*Dhanurasana*



Plank Pose  
*Kumbhakasana / Phalakasana*



Crescent Pose  
*Anjaneyasana*



Downward-Facing Dog  
*Adho Mukha Svanasana*



Revolved Triangle  
*Parivrtta Trikonasana*