



SOLAR PLEXUS CHAKRA

Chakras and Your Organic Sphere (Life)

Humanity is created perfect in the image of his/her creator.

The belief that the living body of man and the living body of the earth were constructed in the same way through each random access.

Mans access being the back bone the vertebral column which controlled the equilibrium of his movements and his functions along this access were several vibratory centres which echoed the primordial sound of life through the universe.

There are 114 chakra energy spheres in our body, but we have only discovered the knowledge that we have nine main chakras seven that circulate along the spine of the physical body while two are outside the body.

Each of the seven main chakra energy spheres have a corresponding number, name, colour and specific area of the spine from the sacrum to the crown binding on health focus.

The 8th chakra known as the Weda Cootcha is the name of the creator or great spirit which means the source of the sacred, resides within a luminous energy sphere it hovers above the head like a spinning sun it is our connection with the great spirit a place where God dwells within us. The 9th chakra on the other hand is the source of spirit itself it is where we reside in spirit.

There is only one 9th chakra where as each one of us has an individual 8th chakra or soul. There is only one spirit and we are all one within spirit. When we die the 8th chakra expands into a luminous egg and envelopes the other seven chakras in the vessel of light.

After a period of atonement and purification the 8th chakra manufactures another body it is done again and again over so many lifetimes. It leads us to our biological parents and to the best life not the easiest to acquire the experiences we need to grow spiritually.

The traumatic memories of our previous lifetimes are transferred into our next body as imprints in our luminous energy field. The 8th chakra corresponds to the christian concept of the soul which is personal infinite.

The 9th chakra corresponds to spirit which is impersonal and infinite. The 8th chakra manifests within time the Egyptians call it the ka. The 9th chakra is present in the timeless now a point without time unfettered to history it is

imminent and transcendent never dying and never having been born. The Egyptians refer to it as the koo.

The chakras rotate clockwise in the same direction that the spiral arms and the galaxy revolve. Each chakra has a unique frequency that we perceive as one of the seven colours of the rainbow.

The amazon shamans believe that when you clear all your chakras you acquire a rainbow body. Each centre then vibrates at its natural frequency and you radiate the seven colours of the rainbow.

Chakras are well known with the growth of popularity in yoga and meditation healing sessions which originated in India but the references to the chakras were found among the Hopi, the Inca, and the Maya as well as other indigenous cultures around the world. They are mentioned in the Vedas an ancient sacred text of spiritual knowledge dating from 1500 to 1000 BC.

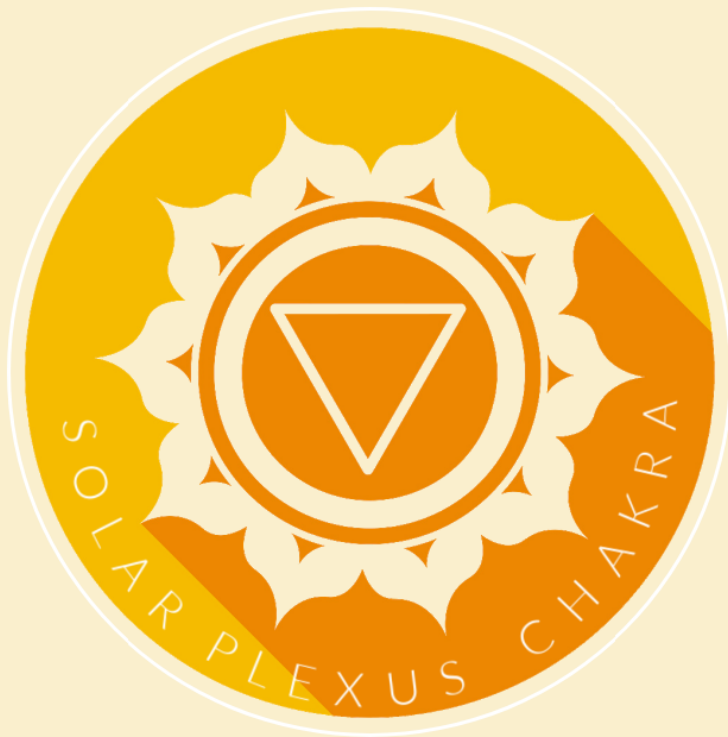
Chakra (*chakra* in Sanskrit) means “wheel” and refers to energy fields in your body. They are known as spinning discs of energy that should stay open and aligned, as they correspond to bundles of nerves, major organs, and areas of our energetic body that affect our emotional and physical wellbeing.

How you relate to each chakra energy sphere and their frequencies, is how you will come to understand yourself, to connect with more clarity of yourself for the first time (if you have not already). For many it takes years and through life experience you will have gained all knowledge and knowing why things happen in all aspects of your life.

Throughout your journey you will have learned how to resolve them without the stress and all issues behind them. Once you realise your symptoms, you can start corresponding with what your body is telling you what it needs in order for your health and wellbeing to thrive. I was always taught that you should eat all foods via the rainbow because each chakra has that specific colour for that very reason to regenerate and resolve any issue at hand of each chakra.

SOLAR PLEXUS CHAKRA

Manipura ~ I DO



ELEMENT : Fire

COLOUR : Yellow

FREQUENCY : 528 Hz

NOTE : C

BODY : Stomach, Abdomen, Liver, Pancreas and Spleen

PRIMARY INSTINCT : Power

PSYCHOLOGIC : Courage, Expression of the World

GLANDS : Pancreas

REGULATES : Storing and releasing energy

SEEDS : Autonomy, Individuation, Selfless Service, Fulfilment of Dreams, Longevity

LOCATION : The Upper Abdomen (stomach region)

MEANING : I DO

MANTRA : RAM SOUND : OH

The Solar Plexus Chakra represents and is of equilibrium that clarifies your ability to be and remain confident, your relationship with yourself, in control, embellishing your personal power, self esteem, self worth and know you are worthy and you are free from shame.

The Solar Plexus Chakra is situated in the upper abdomen of your stomach quadrants. Everything runs like clock work when your Solar Plexus energy sphere is balanced. You know your power and utilise it in healthy ways. When you awaken the power of this chakra, you experience fearlessness and a resolve that cannot be deterred by adversity and trust your gut you do not feel the need for other's validation.

The Solar Plexus chakra is the power centre of the luminous energy system. Its power can be used creatively to manifest our aspirations in the world, but when it is used destructively it can express our primary libido which manifest as neurotic symptoms including shame and guilt.

The unbalanced expressions are gastrointestinal disorders these blocked expressions create ulcers, heartburn, eating disorders such as anorexia, and indigestion, sorrow, pride, ego inflation, neurotic symptoms, low energy, a victim mentality, temper tantrums and shame.

These issues can be resolved by the wellbeing of yellow foods including yellow peppers, yellow lentils, yellow squash and oats. If you feel you have a more serious issue, please consult your doctor.





AFFIRMATION

I Am Eternal Light, Gratitude and Enthusiasm

ESSENTIAL OILS

Feel Confident, Breathe Harmony to your Senses

Vetiver, Juniper Berry, Lemon, Frankincense, Chamomile, Aniseed

CRYSTALS

Assists you with Courage, Strength, Energy, Vitality, Abundance,
Personal Power, Confidence, Ego, and Joy

Citrine, Yellow Jasper, Topaz, Pyrite, Rutilated Quartz

MANTRA

I AM POWERFUL

