



Sacred Joy – Navel/Solar Plexus Chakra (Manipura)



How good can you handle it? The joy center – ten petals, a perfect centered triangle all illuminated by the golden yellow of brilliance and joy – allows us to manifest our dreams. Welcome to your visual

representation of pure

joy, laughter, and your inner fire! We continue to dive deep into our energy centers of consciousness as we bring awareness to each vortex that was so brilliantly and perfectly placed within our human experience.

As a reminder, chakra is a Sanskrit word meaning wheel, or vortex, and it refers to each of the seven energy centers of which our consciousness, our energy system, is composed. These chakras, or energy centers, function as pumps or valves, regulating the flow of energy through our energy system.

This is a very personal chakra center for me, as most of you know; I was diagnosed with Type 2 Diabetes a few years ago. It was my wake up call to go inside and connect powerfully with my body. The body is designed to support our life and to guide us to our perfection. What I discovered was two powerful emotions... Trust and Safety. The more I dug into how I trust or rather if I trusted I realized that at a young age I stopped trusting. I shut down my joy center and decided that I was the only one who could keep me safe. The journey to heal this chakra has been filled with truth, love, and lots of joy. I've been able to discover, claim, and live in joy.

The Navel/Solar Plexus Chakra – Chakra Three: Fire, Will, Power, Anger, Joy, and Laughter

If you wondered where your above logic meets your grounded emotions, this is the place. The Manipura chakra, or "place of gems", is where your personality is formed. 'Feeling' and 'Being' are integrated here. This is the center where your Spiritual/Divine Being is merged with your Physical/Human experience. I'm amazed by the associated body parts to this chakra:

abdomen, lower back, stomach, liver, spleen, digestive system, gall bladder, and nervous system.

It covers most of the current day dis-ease in our bodies. I've personally spent much time with this energy center. I've learned to release the anger and embrace the joy. My divinity wanted to be expressed and my human body wanted to be the vehicle but there was a dis-ease, a block to them working together in balance and harmony.

Solar Plexus Chakra Elements:

Essential Oils: Chamomile, Lemon, Thyme

Crystals: Amber, Tiger's Eye, Citrine

Color: Golden Yellow

Zodiac: Leo, Sagittarius, Virgo, Sun, Jupiter, Mars and Mercury

Sound: Mantra – RAM; Tone – E

Location: Slightly down from the belly button



ॐ Manipura Meditation/Exercise:

I urge you to spend time with your 3rd chakra. It's a place full of bright light and passion. It can add a level of joy and delight in your life like you have never known. ❶ Let's start with a deep breath that expands your lungs and lifts your heart. ❷ As you relax into this moment, imagine a light that is full of gold. The precious metal that is invaluable. See if entering your body and filling you up with self-worth and passion. ❸ Breathe that in and allow all that does not resonate with this truth to leave your body through your exhale. ❹ Repeat this mantra until you feel a shift in your body. "It is safe to allow myself to listen and trust myself."!

Chakra Balance and Cleansing Session. It's only \$25!

If you live in the Portland area, please feel free to contact me to schedule a session. It's a gentle, loving service that will leave you empowered and balanced as the energy easily flows through you.

With a Joyful Heart,
Dani

Life Coach, Reiki Master, and Energy Healer