

The Clearing Code Chakra Correlation: Solar Plexus Chakra

NAME(S)	Third chakra, <i>manipūra chakra</i>
LOCATION	About three inches above the navel, at the base of the sternum
COLOR	Yellow
MUSICAL NOTE	E
BODY AREAS AFFECTED	Digestive system, muscles, stomach, liver, diaphragm, gall bladder, lower back, trapdoor of the autonomic nervous system, spleen, <i>pancreas</i>
“BACK SIDE” SYMPTOMS	Oversensitivity to criticism, need to control, low self-esteem, stomach ulcers, digestive issues, chronic fatigue, allergies, diabetes
“FRONT SIDE” CHARACTERISTICS	Respect for self and others, personal power, flexibility, high self-esteem, spontaneity, uninhibited. “I allow my own way, and allow you yours.” “I open my mind to possibility.”
PRACTICES	• Morter March • mPower Step • B.E.S.T. Release
BREATHWORK (as explained in Chapter 8)	Solar Plexus Breath
YOGA POSES FOR GREATER INTEGRATION	• Camel Pose (<i>ustrāsana</i>) • Bow Pose (<i>dhanurāsana</i>) • Reverse Table Top (<i>purvottanāsana</i>) • Crescent Warrior (<i>anjanayāsana</i>) • Breath of Fire (<i>kapalabhati prānāyāma</i>)