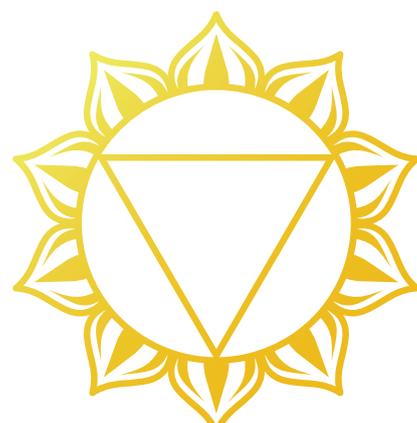
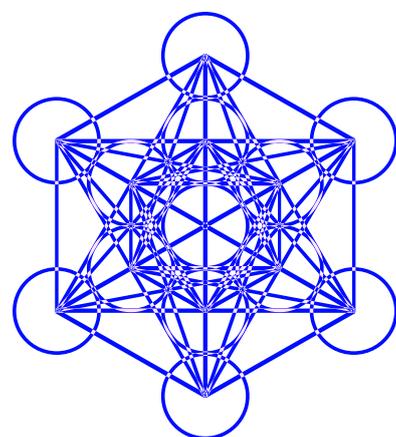


# MANIPURA

Sanskrit Name	Manipura (lustrous gem)
Common Name:	Solar Plexus
Location/Anatomy:	Pancreas, Digestion, Muscles Spine T5 - T9
Purposes:	Strength, Personal Power, Will power, Energy, Purpose
Colour:	Yellow/Gold
Element:	Fire
Principle:	Combustion
Developmental age:	18 months to 3.5 years
Orientation:	Self-definition
Demon:	Shame
Keynote:	E
Frequency:	320 Hz.
Balanced form:	Strong, centred mastery
Direction of spin:	Female clockwise/ Male anti-clockwise



*Mantra*  
RAM



## Affirmations

I love and accept myself.

I stand up for myself.

I am strong and courageous.

I am worthy of love, kindness, and respect.

I choose the best for myself.

I express myself in a powerful way.

I am proud of my achievements.

I direct my own life.

I choose healthy relationships.

I am authentic.

I appreciate my strengths, I feel my own power.

I am free to choose in any situation.

I seek opportunities for personal and spiritual growth. I honor my self.

I am at peace with myself.

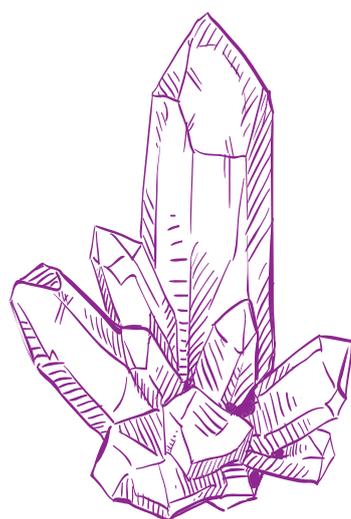
I am a grand sovereign Being of the Light

## Mudra

Adi Shakti Primal Power Mudra

The Yoni Mudra represents accessing the feminine power centre.

Hands form an almond shape with joined thumbs extended upwards. Fingers are joined at tips extended downwards.



## Crystals

Aragonite Star Cluster

Tigers Eye

Bloodstone

Golden Tourmaline

Onyx

Pyrite

Golden Labradorite

Heliodor

Chrysoprase

Amber

Charoite

Carnelian

Orange Calcite

Spirit Quartz

Chrysoberyl





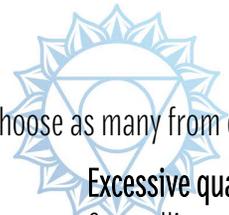
## Affirmations

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I honor my self.  
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 I appreciate my strengths, I feel my own power.  
 I am free to choose in any situation.  
 I seek opportunities for personal and spiritual growth.  
 I am at peace with myself.  
 I am a grand sovereign Being of the Light



Intention setting: Choose an affirmation or combo of 2 or 3 words that you feel you need some help to really embody. Write out the affirmation followed by the Mantra for Manipura and the colour.



Choose as many from each column that you resonate with:

### Excessive qualities

Controlling tendencies  
 Dominating energy  
 Constantly active  
 Ulcers, heartburn and reflux  
 Temperature is on the warmer side  
 Arrogant  
 Stubborn to a fault  
 Driven

### Deficient qualities

Weak-willed  
 Victim mentality  
 Passive, a people pleaser  
 Poor digestion  
 Temperature on the cooler side  
 Lacking in energy  
 Unable to accept responsibility  
 Aimless

### Balanced qualities

Assertive  
 Deliberate  
 Self-disciplined  
 Good digestion  
 Warm  
 Confident  
 Courageous  
 Purposeful

Be kind and authentic with yourself as you own each starred box. Celebrate every box you chose in the 3rd column dear one! If you have one or more stars in the first 2 columns let's feel into the symptom/s and meditate with affirmation, mantra, mudra, colour and crystal to create a fluid environment for the conscious understanding of the core of this to come to the surface.

You can choose a different excessive or deficient quality each time you do the meditations or maybe a few are related and can be focussed on easily together.

Journal after your meditation...



Now that you have some insight around this, and you've captured some of the thoughts, you will find that over the next day or so you may have dreams, random thoughts, synchronicities etc that remind you of this process. Integration time is really crucial to look at how you apply what you have found going forward.

These questions below are a good review to come back to before next week's module arrives. So read through the questions below and see how you are integrating the work on this chakra into your everyday life.

- How do you need to hold space for yourself as you work through this?
- Did you need to dismantle a meaning that you have attached to that situation/event etc?
- Now that you understand the imbalance how does it feel to sink into it for a moment?
- Do you need to renew your faith in yourself around what has emerged for you?
- How have you loved yourself in the process?
- Where did your ego come out to play?
- What resistance do you now feel, if any?
- How are you judging yourself for this - good, bad or indifferent?
- What do you need to let go of now to move forward?
- How can you feel any more deeply into the emotions that come up as you write?
- What small actions can you take or change to support yourself?
- Have you tried to divert yourself from answering these questions?



