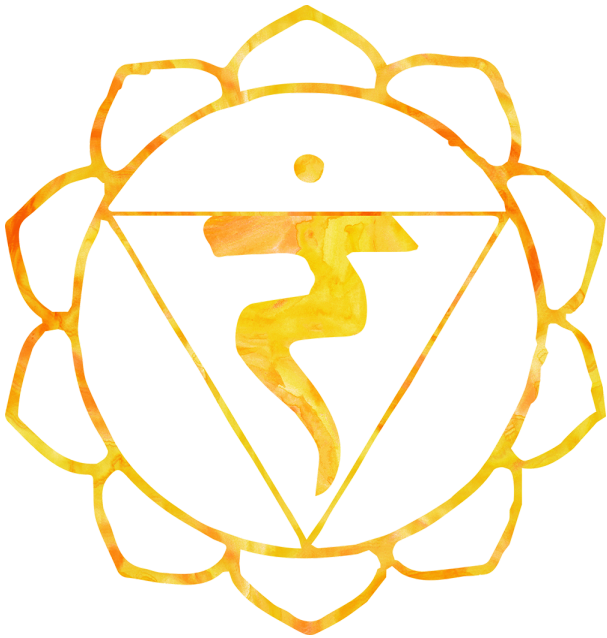


Manipura

Solar Plexus Chakra



Manipura is the “city of gems,” where our true power lives. It is from this energetic center that we generate our energy, produce our own heat + live in the contours of our power. Also known as the solar plexus, where Ogun [Yoruba god of iron, warriors + the sun] lives, manipura is where the stability of our root and the passion we’ve nurtured in the sacral meet to ancestorfest, here is where our deepest desires materialize. It is here that we feel into our power, and learn to move from our power. When our physical form channels the knowing of your higher Self, your power to create, your power to exist, this becomes the site where warriors take root who in turn support your soul’s journey. In modernity, where capitalism + white supremacy rule, we are taught to understand power as something that another being can take or possess from us, we are taught to experience ourselves as powerless, be driven by fear, and the perversion that we can control others. Basta. Our sun has had too many days of darkness, these are our

moments to shine. The solar plexus is calling you to return to your energetic truth: YOU ARE LIGHT, YOU ARE ABUNDANCE, YOU RADIATE. Allow yourself to radiate for all the ancestors that shine within you, allow yourself to embrace an understanding of your power, allow yourself to be the sun of your life.

Chronology

7-14 years

Rites of Passage: Puberty; blessed by fire

Developmental Stage: Creative and curious; ruled by will-power

Spiritual Correspondences

Color: Yellow

Element: Fire

Symbol: Inverted triangle

Seed Sound: Ram

Planets: Mars ♂

Deities

Africa: Ra, Hathor [Egyptian], Ogun, Shango [Yoruba]

Akkadian/Sumeria: Shamash

India: Surya, Agni, Lakini, Rudra, Kali

Mexica + Mayan: Huītzilōpōchtli, Kinich Ahau

Europe: Sol, Apollo, Bright

Mythology: Myths relating to the inner and external sun

Psychological Correspondences

“I will”

Feel and express emotion easily

Laughter

Joy

Happiness

Passion

Empowered

Independent

Rage, anger

Sadness

Blockages, Wounds + Imbalances

Unfeeling

Uncaring

Quick-tempered

Flaring up

Violence

Disempowered

Codependency

Despair

Depression

From our ancestors + experiences:

created + blessed by xóchicoatl of [la mala yerba](#)

2020

Manipura

Solar Plexus Chakra

Conflict
Accepted

Rejected

Physical Correspondences

Gland: Pancreas

Nerve Plexus: Celiac plexus

Body Parts: All digestive organs: stomach, small intestine, liver, gallbladder, spleen

Fire Energy Triad: Eyes, solar plexus, and thighs

Expression: Full of energy and vitality

Disturbance: Hypoactive

Physical Manifestations

Digestive Disorders, Ulcers, Blood Sugar Problems, Chronic Fatigue, Hypertension, Liver Problems, Gallbladder Problems

Traumas to the Solar Plexus:

Authoritarianism, Domineering Relationships, Excessive + Unrealistic Responsibilities, Shaming, Physical and Emotional abuse

From our ancestors + experiences:

Healing Therapies

- Being in an empowering relationship to self
- Being in empowering relations
- Independent adventures
- Alone time
- Ancestor foods!
- Cooking for self + others
- Laughter + laugh therapy
- Get sweaty! Dance, dance + move your body
- Embodying movement
- Sweat lodge
- Breath of fire
- Bhastrika Breath
- 'toning' using a specific vowel sound, drawing it out in a tone of voice you feel comfortable using
- Talking circles, including

Foods: ferments! starch, grains [brown rice, rye], legumes, sunflower seeds, sesame seeds, hot peppers

Oils: rosemary, geranium, peppermint, black pepper, ginger, sandalwood, ylang ylang, cedar, juniper, citrus [lemon, lemongrass, oranges, mandarin, grapefruit, etc]

Minerals: citrine, tiger's eye, topaz, orange calcite, pyrite, shungite

From our ancestors + experiences:

Plant Comrades

Warm

Anise

Basil

Cayenne

Cumin

Chives

Cinnamon

Warriors

Angelica Root

Calamus Root

Damiana

Ginger

Sarsaparilla

Wormwood

From our ancestors + experiences:

Manipura

Solar Plexus Chakra

Cloves
Coriander
Dill
Fennel
Garlic
Ginger
Horseradish
Mustard
Nasturtium
Parsley
Prickly Ash
Rosemary
Star anise
Thyme
Watercress

Energizing
CITRUSES!
Grapefruit
Kumquat
Lemon
Lemongrass
Lime
Mandarian
Orange (sweet or bitter)
Pomelo

Prayers + Affirmations

- I am strong + supported
- I am confident
- I am one with my power
- I am in my power when...
- I am free from power struggles, those within myself + with others
- I act from courage
- I let my light shine

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