

# Solar Plexus Chakra



## About the Solar Plexus Chakra

-  The Powerhouse
-  Source of Identity & Emotions
-  Controls:
  -  Digestive Tract
  -  Liver
  -  Stomach
-  Represents Their Self-Confidence
-  Can Be Blocked By Our Control of Their Environment & By Wishing They Were Different
-  To Balance Look at Your "Shoulds" & Have Quiet Time With Your Cat



## Unbalanced Indicators

-  Skittish/Timid
-  Depressed
-  Immune Issues
-  Withdrawn
-  Digestive Issues
-  Domineering



## Colors

-  Yellow
-  Bright Yellow (*Underactive*)
-  Pale Yellow (*Overactive*)







## Crystals

-  Yellow Amber
-  Citrine
-  Yellow Topaz







## Hydrosols

-  German Chamomile
-  Peppermint
-  Calendula
-  Lavender



## Herbs

-  Chamomile
-  Calendula
-  Peppermint
-  Lavender



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