

3rd Chakra Chart



Solar Plexus | Maṇipūra

Color	Yellow. Sunny (solar).
Element	Fire. As in “fire in the belly.”
Body associations	Stomach and small intestine, digestion (including appetite), liver, kidney, gallbladder, pancreas
Seed sound (bija mantra)	Ram.
Verb	I can.
Sense	Sight.
Endocrine gland	Pancreas.
Focus	Personal power and self-acceptance. Integrity.
Hindu Symbolism	Yellow lotus with ten petals.
Christian Sacrament	Confirmation. Becoming responsible for the quality of person one is. Coming of age, making and honoring one’s commitments.
Jewish Sefirot in the Kabbalah	Hod and Nezah. Hod is the energy of the majesty of the Divine and Nezah symbolizes the endurance of the Divine. Together they are the source of prophecy — one’s “gut instinct.”
Healing thought	Honor oneself.



ROOT TO RISE
YOGA TEACHING METHOD