

3rd Chakra

"I CAN"

Blocked Chakra

Fear of Loneliness

Low Self-Esteem

Poor Digestion

Insecure

Too Open

Aggression & Angry

Dominating &

Controlling

Workaholic

Arrogant & Judgmental

Type A Personality

(need to be right)

Balanced

Balanced Ego & Self-

Esteem

Self Respect

Personal Power &

Confidence

Sontaneity

Reliable & Responsible

Physical Problems In

Liver

Lungs

Gallbladder

Nervous System

Stomach (eg Ulcers)

Pancreas

Diabetes

Digestive eating

discorders

Chronic Fatigue

Muscles (eg. Spasms

and/or pain)

Hypoglycemic

Issues

Self-Esteem

Power

Respect

Autonomy

Traumas

Fear of Punishment

Emotional Manipulation

Too much or too little

Responsibility

Will was taken away

SOLAR
PLEXUS (FIRE)

Balanced Healing

Strategies

Work on healing
shame issues

Practice martial arts
and -or vigorous
exercise to increase
personal power * self-
esteem

Deep relaxation &
meditation to connect
to emotional body
Take risks (small ones
at first) if chakra is
blocked

Connect with friends
that you would like to
keep in your life to
help build lasting
friendships

Develops 18 months - 4 years + new
cycle begins 59 - 62 years old

Aromatherapy Oils

Sandalwood

Lavender

Anise

Flower Essences

Agrimony

Walnut

Holly

Centaury

Affirmations

I have the power to do what I will to
do

I act on what I feel.

I accept myself for who I am

Crystals

Amethyst

Non-Crystals

Amber

Topaz

Black Obsidian

Angelic Assistance

Michael & Faith