



# MANIPURA CHAKRA

**Meaning: “Sparkling Jewel”**

**Colour: Yellow**

**Physical: Abdominals, Stomach, Liver, Spleen, Pancreas, Lumbar Spine, Obliques**

**Governs: Confidence, Self Esteem, Personal Power, Relationship with the Ego, How we are seen by others, and our personal role in society**

**Bija Mantra: RAM**

## **When this Chakra is UN balanced:**

Digestive and intestinal disorders, indigestion, food allergies, eating disorders, poor metabolism, diabetes, obesity, eczema, acne, and other stress-related skin conditions.

## **Energetic/emotional/experiential:**

When this Chakra is under-active, there is a feeling of powerlessness and lack of control. It may present as a withdrawal from social situations and relationships, a fear of power, or an inability to change your habits. When it is overactive, you become power hungry and results driven, no person can stand in your way. The ego takes over and this imbalance presents as blind desire, vanity, pride, and a constant craving for recognition and praise. When your Third Chakra is overactive you begin to become dishonest to make yourself look better, and you push other people away by monopolizing the conversation. When you give energy to people you physically and mentally deplete yourself, and receive no energy in return.

## **When this Chakra is IN Balance:**

When Manipura is flowing, balanced and grounded by a steady connection to both your root Chakra and your Heart Chakra, you embody integrity, authenticity, and non-attachment. While you are passionate about what you do, you are able to share your energy without depleting it. Balance here looks like awareness – you know your limits and you know how to challenge yourself without going too far. You challenge yourself at the right time and with the right intentions. You are able to create and break habits easily, and experiment with what works for you. You are in control of your life without being attached to any specific outcome and you are strong in your sense of self!