

Chakra Three

>To get in touch with your third chakra , you can practice the following activities:

1. Write an affirmation that begins with "I can" and repeat it to yourself everyday.
2. Name a risk you would like to take
3. Make a list of goals and a plan to make them happen
4. Decide what you don't like in your life and change it.

>The asanas we can practice to strengthen our solar plexus are any asanas relating to the core. Twists also stimulate the third chakra. Twists are designed to maintain the spine's natural range of motion. They cleanse the organs, aid in digestion and release blood filled with waste and toxins. When released, oxygen-rich blood flows in and heals and revitalizes the organs.

Here is a sample Intermediate Chakra three yoga class:

Begin in Sukasana and teach the Kalabhati breath, the breath of fire
Twist in sukasana
Cow-faced pose with a twist
Seated forward bend
Reverse table
Table top
Firebird with knee to elbow
Low plank
Downward-facing dog back to plank X 3
Uttanasana
Crescent lunge with prayer twist (both sides)
Chair pose with twist (both sides)
Triangle
Revolved triangle
Revolved half moon
Goddess squat
Crow
Ball into boat pose three times
Eagle crunches
#4 stretch
Reclined twist
Savasana

Summary:

Location: Located in the solar plexus, over the adrenal glands

Color: yellow

Right: To act and be an individual

Element: Fire

Issue: Self-esteem/power

Primary fears: Fear of rejection, criticism, looking foolish, failing to meet one's responsibilities, all fears related to physical appearances such as obesity, aging and baldness

Primary strengths: Self-esteem, self-respect, self-discipline, ambition, ability to handle a crisis, courage to take risks, generosity, ethics, and strength of character

Sacred Truth: Honor oneself

Illnesses: Arthritis, gastric ulcers, colon/intestinal problems, indigestion, eating disorders, liver dysfunction, and hepatitis, *diabetes, colon CX,*