

The Solar Plexus Chakra



Western Colour: Yellow

Traditional Colour: Red

Bija Mantra: Ram
(pronounced with a short 'a' and a nasal 'ng' sound, rhyming with 'nun').

The solar plexus is conveniently considered as a single chakra, but is, as the word 'plexus' suggests a fusion of many different energies. This concentration of energy is the third centre along the spine. Midway between the lower end of the ribcage and the navel, this centre also corresponds to the lumbar vertebrae in the spine. The physical attributes of the solar plexus chakra fall into three main areas: the digestion, the nervous system and the immune system. Traditional texts never linked endocrine glands to the chakras, but the pancreas is often linked to the Solar Plexus chakra.

The process of digestion and assimilation of nutrients is vital to sustain life. The organs linked to the solar plexus are the stomach, liver, gallbladder, pancreas, plus the duodenum and small intestine. For digestion and the assimilation of food to be successful all these organs have to work in harmony. The solar plexus chakra is often referred to as the fuse-box of the body. It contains large concentrations of nerve tissue that, if disrupted, can affect the nervous system throughout the body.

The immune system stores information about what the body has encountered. Problems with this identification process often show up when the body thinks that harmless or even beneficial substances are dangerous and instigates defensive reactions or when the body harbours an infection for a long time because it fails to recognise its presence and so fails fight it at all. When the body fails to recognise its own enzymes, hormones or neurotransmitters or sometimes there is an inability to recognise minerals and vitamins that should be absorbed by the small intestine. These problems surface as a deficiencies but do not respond to increased intake because lack is not the problem but a failure to recognise the substance

The solar plexus chakra is put under great pressure by the way we live today. Its physical functions are strained by the types of food we eat, the pace of life and the new toxins in our environment. It is not surprising that many of the diseases in our society today are a sign of some dysfunction in the solar plexus chakra.

Issues concerning personal power are part of the solar plexus function. Fear can escalate into terror or subside into anxiety in any area of life. If people in authority use that dominant position to force us into habit patterns that take our personal power from us, the solar plexus chakra becomes effectively blocked. Failure to accede to this dominance is often met by criticism and punishment. Subsequently we may feel shame for this lack of compliance or skill. Shame prevents us from working with this chakra at the emotional level, driving us into interacting with the world primarily through our thoughts. When the solar plexus chakra is functioning well, we are able to accept happiness in our lives. We can appreciate joy in the simplest of situations.

The solar plexus chakra working at the mental level is one of the most powerful tools we have at our disposal to create our circumstances, our own heaven or hell. It has been recognised by sages and philosophers for thousands of years that personal belief systems, the thoughts by which we recognise and understand how the world appears to work, are of critical importance.

Our body-mind catalogues and files away experiences and information for reference and retrieval as required and be able to identify things clearly and accurately, to label them correctly, to file in the right place and to cross-index where necessary. Confusion and fear often arise from false identification. Incorrect filing also creates confusion, learning problems and difficulties in retrieval (remembering).

If we are forced into certain learning situations before we are mature enough to cope, blocks around those issues occur and we develop negative belief systems about them. Beliefs will affect how we interact with the world around us and create disharmony in that relationship. Stresses build up and unless action is taken to correct the inaccurate beliefs it usually results in physical, emotional and mental difficulties linked to the solar plexus chakra.

If we are unable to clearly identify events our capacity to judge, weigh up alternatives and make decisions is very limited. Inability to learn or to study may be the result of forced or inappropriate learning situations in early life. Stresses once created here will be remembered by the body-mind every time a similar situation arises. If the stress around the events can be released, new learning strategies can emerge.

The solar plexus chakra at the spiritual level applies its energies to define the boundaries of the self – the individual. The challenge at this level is to gain wisdom of the true nature of the self beyond the everyday level of persona. It is not possible to define who you are unless you can also identify who and what you are not. When you know who you really are, you can then begin to understand your place in the world. A major sign of progress along the path to wisdom is when there is an acceptance that the world does not owe you anything, that you are no more important than anything else in creation.

Imbalances in the Solar Plexus Chakra: Skin problems, inability to digest food, poor absorption of nutrients, difficulties with the stomach, liver, spleen, gallbladder, pancreas, small intestine; immune system difficulties, allergies, intolerances; restless, nervousness, fearful, worries, confusion, poor memory, indecision; perfectionism, discontent.