

Third Chakra (Manipura – Lustrous gem) Correspondence Chart

Sanskrit Name	Manipura
Meaning	Lustrous gem
Location	Solar plexus, between naval and base of sternum
Element	Fire
Purpose	Transformation
Issues	Power; Energy; Activity; Autonomy; Individuation; Will; Self-esteem; Proactivity; Metabolism; Ease; Humor; Control; Authority; Aggression; Warrior; Warmth
Goals	Vitality; Strength of will; Sense of purpose; Effectiveness
Identity	Ego identity
Demon	Shame
Malfunctions	<p>Deficiency: Low energy or chronic fatigue; Weak will; Easily manipulated; Poor self-discipline and follow-through; Low self-esteem; Cold – emotionally and/or physically; Poor digestion</p> <p>Attraction or addiction to stimulating substances; Submissive approach to life; Victim mentality; Blaming of others; Passive; Unreliable</p> <p>Excess: Over aggressive; Dominating; Controlling; Inability to slow down; Need to be right, have the last word; Manipulative, power hungry, deceitful; Addiction to sedatives; Temper tantrums, violent outbursts; Stubbornness; Driving ambition (type A personality); Competitive; Arrogant; Hyperactive</p> <p>Physical: Eating disorders; Digestive disorders; ulcers; Hypoglycemia; Diabetes; Muscle spasms, muscular disorders; Chronic fatigue; Hypertension; Disorders of stomach, pancreas, gall bladder, liver</p>
Balanced Characteristics	Responsible; reliable; Balanced, effective will; Good self-esteem; Balanced ego-strength; warmth in personality; Confidence, Spontaneity; Playfulness; Sense of humor; Appropriate self-discipline; Sense of one's personal power; Able to meet challenges

Third Chakra (Manipura – Lustrous gem) Correspondence Chart

Color	Yellow
Planet	Mars (also related to the sun)
Foods	Complex carbohydrates
Basic Rights	To act and be an individual
Stones	Topaz, Amber
Animals	Ram, Lion
Operating Principle	Combustion
Archetype	Magician, Warrior
Yoga Path	Karma Yoga
Asanas	Parivrtta Trikonasana, Marichyasana II, Ustrasana, Chakrasana, Navasana, Jathara Parivartanasana, Paschimottanasana, Purvottanasana, Balasana *Twists, back arches and forward bends help assist the solar plexus chakra*
Seed Sound	Ram
Affirmations	I move toward my goals smoothly and enjoyably. I honor the power within me. I accomplish tasks easily and effortlessly. The fire within me burns through all blocks and fears. I can do whatever I will to do.
Healing Practices	Risk taking (deficiency); Grounding and emotional contact; Deep relaxation and stress control (excess); Vigorous exercise (running, aerobics, etc.); Martial arts; Sit-ups; Psychotherapy: Build ego-strength; release or contain anger; work on shame issues; strengthen the will; encourage autonomy

Third Chakra (*Manipura* – *Lustrous gem*) Correspondence Chart

--	--