

CHAKRA NUMBER THREE: THE SOLAR PLEXUS CHAKRA

FUNCTION ASSOCIATED WITH THIS CHAKRA:

POWER

ENERGY

WILL

HUMOR

CORRESPONDENCES

Meaning	Lustrous Gem
Location	Solar Plexus, upper abdomen
Inner State	Laughter, joy
Glands Associated	Pancreas, adrenal glands
Malfunction	Ulcers, diabetes, low blood sugar



PRINCIPLES OF BREATHING

1. Your rate of breathing and your state of mind are inseparable.
2. The slower the rate of breathing, the more control you have over your mind.
3. The mind follows the breath, and the body follows the mind.

LONG CONSCIOUS DEEP BREATHING

Long conscious deep breathing will calm and harmonize the mind, and balance the emotions.

As you inhale silently say in your mind	As you exhale silently say in your mind
Health	Disease
Strength	Weakness
Energy	Fatigue
Faith	Fear
Peace	Tension

Ratio of breaths: 1 : 3 : 2

Example: 3 seconds of inhaling, 9 seconds pausing and holding the breath, and 6 seconds of exhaling.

BREATH AND INTUITION

When you breath less than 8 times per minute, you stimulate the secretion of your pituitary gland. Not only is the pituitary gland the master gland of the body, but it is also the gateway and control panel for your intuition. The more your pituitary secretes, the more active and accessible your intuition becomes.

CHAKRA 3 EXERCISE

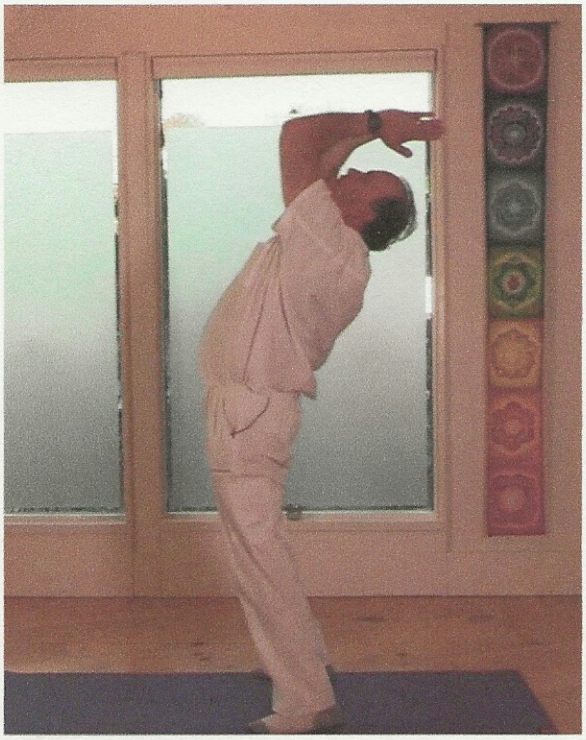
THE WOODCHOPPER

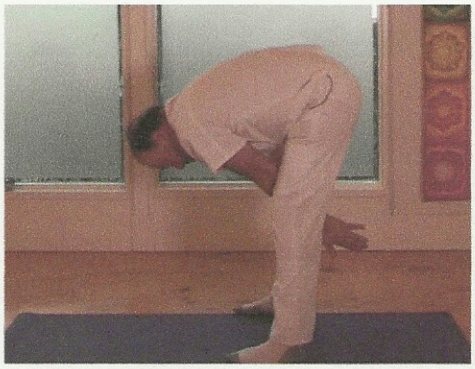
This really helps in releasing anger.

Stand with feet shoulder length apart and firmly on the ground. With your hands joined, raised them above your head and arch your back slightly.

Making an "aaahhh" sound, swing your arms down until your hands go between and through your legs. The movement should be smooth, rapid and forceful.

Repeat as you feel your energy go through your upper torso.





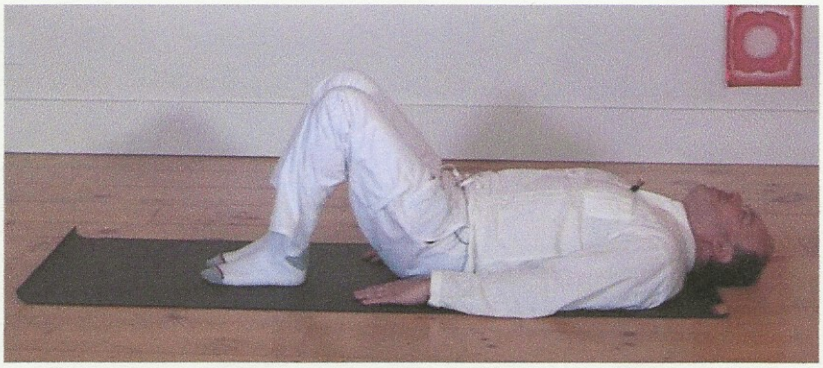
CHAKRA 3 EXERCISE

NAVEL SLIDE STRETCH

This exercise entails that you lie on the yoga matt on your back with yours knees bent. Try to hold onto your ankles. If this is difficult, put your hands flat on the matt.

On the inhale, bring your abdomen up. Arch your back as you do so.

And exhale back down. Make sure the breath is in alignment with your movement and you focus your attention on the third chakra during the exercise.





CHAKRA 3 EXERCISE

BREATH OF FIRE

This is a rapid diaphragmatic breathing (2 breaths per second) exercise.

Benefits:

- Increases lung capacity so you can easily breath slower and deeper
- Strengthens your nervous system
- Purifies your blood stream
- Energize, stimulate and wake you up!
- Increase your vitality
- Gives you a calm and serene disposition

Breath of fire is one continuous breath. It is considered to be one breath.

Note: Breathing less than 4 times per minute puts you in a meditative state and increases your inner intuitive guidance.

1. Sit or stand in an upright, comfortable position with back straight
2. Using the muscles of your abdomen, snap in your diaphragm, causing an exhale to shoot through your nostrils. Keep your mouth closed.
3. Relax the abdomen. Air will naturally go into the nose and chest causing an inhale.
4. Then snap the diaphragm again and then relax causing another exhale and inhale



