**Chakra Three Overview**

Location: Solar Plexus, just above navel.

**Life Skill:** The Principle of Cause & Effect

**Color:** Yellow Crystal: Citrine

**Element:** Fire

**Body:** Stomach, Pancreas, Spleen, Adrenals, Upper Intestines, Gallbladder, Liver, Navel, Middle Spine

**Oils**: Fennel & Juniper layered on bottom archway of feet; Harmony right above the navel

**Age Developed:** 2 1/2 – 4 1/2

**Activated:** 16-17

**Re-activated:** 35-42, 70-77

**Key words and phrases to use with meditation/journaling**

Front: Individual identity, developing self esteem, and how we feel about ourselves. Stores & implements bias, judgments, prejudices about ourselves and others.

Affects thinking processes, intuition and attitudes linking the mind and body. How do things work? How do people react to me? How powerful am I?

 Immediate relationships and environment affect our opinions about ourselves & others esp. in regard to personal power. Do I respect myself? What is my quality of life, capacity to succeed in business, relationships, healing, intuitive process? Do I make healthy choices/decisions? Do I trust my gut?

Do I have low self-esteem?

 Attract relationships to reflect and re-enforce that?

 Hard time "digesting" life?

Do I draw energy from Mom or from Source? Highly criticized as child? Still?

 Do I have a critical parent raging inside?

Am I fully grounded?

Connected to my true identity through my experiences of work, relationship and life styles?

Am I fulfilling my highest purpose?

Am I connected to my source?

Back Side: Intellectual patterns, knowledge of things seen and unseen.

Drive for achievement open?

Here we can heal judgments, falsehoods & incorrect assumptions and allow our drive for success to work for, not against us.

 Metabolic center of body, affects our general energy level and drive.

What are my beliefs regarding success, will and drive; my relationship to the external world?

What is my level of prejudice?

 Fear?

 Tolerance for violence, war?

 Do I have spiritual doubt?

3rd Auric Level: Commonly called the mental body. Contains our own unique inborn and acquired intellectual abilities and gifts.

 Determines how we mentally process and model judgments and prejudice.

Mental auric body actually expands outward from third chakra to link with the mental bodies of others.

 Associated with contracts/data needed to complete higher purpose/daily functions.