

## Solar plexus-associated with pancreas

The Solar Plexus chakra is the third chakra. It is associated with the expression of will power, mental abilities, and personal responsibility. Its element is fire and as such, its energy is characterized by transmutation and heat. The Solar Plexus chakra is directed by the principle of power and the intellect.

The following set of questions may help to determine your chakra system .It's a self-test program. If you feel any of your chakra is imbalanced do sound meditation. Each chakra resonates with a particular frequency.

- Is your energy level good ?
- Is your metabolism/digestion good ?
- Do you accomplish what you set out to do?
- Do you feel confident?
- Do you feel comfortable being different from those around you?
- Are you intimidated by others?
- Are you reliable?
- Are you in control of your emotions and thoughts?
- Is your self-esteem too high?
- Does your gut feeling often give the right answer?
- Do you appreciate people?
- Are you judgemental?
- Are you workaholic? So much that you don't care for your loved ones!!
- Are you very demanding ?
- Are you perfectionist and can't settle with what others have done?
- Do you mistrust and always doubt others?
- Do you feel scared alone?
- Are you emotionally dependent on others like always asking for others opinion?
- Do you have any complaint of ulcers, diabetes, hypoglycaemia, pancreas, liver ,digestion , loose motion ?

Too many Yes or too many NO is where you get to know if your chakra is balanced or not. If this chakra is balanced then you are connected to your Inner Fire. Your will power gets stronger and you have a balanced digestive system. Once this chakra is balanced you will get connected with the abundant flow of universe and it's easy to manifest your dreams. In order to balance this chakra one needs to chant sound RUM by keeping your thought at the naval .You can also place the yantra picture in front of you, visualize bright yellow color around you and chant by gazing at it. Feel the vibrations at the naval.