

HEALING TOUCH NEWS

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Solar Plexus

The Sanskrit name for the Solar Plexus (third) chakra is Manipura - "lustrous gem." It resonates to yellow, like the sun, and is depicted symbolically as fire - a transformational element essential to turn metal ores into beautiful objects.

The third chakra relates to our personal power. Its location is between the navel and the sternum or breast bone.

Challenges

The sacred truth of the third chakra is "honor oneself." It is how we stand on our own and take care of ourselves. A third chakra reflection: Do you respect yourself? Can you decide to make changes in your life and then stick to your commitment?

Resources:

[The Book of Chakra Healing](#), Liz Simpson

[Anatomy of the Spirit](#), Caroline Myss



June News

Summer Solstice Special

Schedule a one-hour session and receive a second for yourself, a friend, family member at half-price

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