

3rd Chakra: Personal Power

The third chakra, or energy center in the body relates to our self esteem and ability to understand our personal power. Located at the solar plexus, the third chakra affects the stomach, upper intestines, liver, and middle spine. Because it is the core of the personality, lack of strength in the third chakra relate to self-responsibility, self-esteem, fear of rejection, and oversensitivity to criticism. Strength in this area enable us to generate action, handle crisis, take risks, make us generous and committed to high ethical standards. Powerful third chakra energy enables full self understanding and acceptance; enabling us to make healthy decisions for ourselves instead of allowing for decision-making into the hands of someone else. Self-respect that we gain through power in the third chakra help us to mature in our self-understanding and how we stand on our own and take care of ourselves.

Asanas



Parsvakonasana
Side Angle Stretch



Anjaneyasana
Lunge (w/ twist)



Trikonasana
Triangle



Ardha Parsva
Trikonasana
Twisted



Parsvottanasana
Triangle Forward
Bend



Sirsasana
Headstand



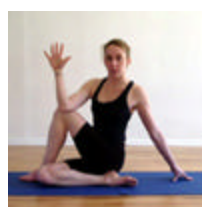
Ustrasana
Camel



Bhujangasana
Cobra



Bekasana
Frog



Ardha Matseyandrasana
Seated Twist

Application. To enervate the third chakra in your practice of hatha first mentally take yourself to that area above the navel: breath fully in a seated position. Find poses that work for you to stimulate the solar plexus, and customize your practice to your body. As you progress, begin to play with variations in the poses; hold the positions longer, and experiment with the breath. The benefits of the third chakra energy will subtly review themselves in your practice.

Photos: Alyce Hensen

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