

The Power of the Solar Plexus Energy Center



The color is yellow. The sound is Oh is an go. The solar plexus is the power center of the body. Located from your navel up to the V of the ribs. It's where we claim ourselves and begin to direct our energy toward what works for us.

This is the space of the ego on the right and the soul on the left. Our soul's truth is meant to be in alignment with our outer world ego center. The soul and the ego circle dance one another like the strands of DNA. This is the first space in the body that we connect with spirit. This is a human/spiritual center.

The emotion found here is the combination of pessimism and optimism. The element is fire.

Physically, our diaphragm is located in this space along with the lower organs, liver, spleen, gall bladder, stomach, kidneys and upper intestines. The spine rises up from the almost stationary tail, sacrum, lumbar spine and the thoracic spine begins to turn. We learn from the body that twists open this space.



This the space of prana, chi, the fire in the belly. The practice of opening, strengthening and igniting agni the fire in the belly is important to the health of this space. Without the fire we won't get hungry or create a passionate life.