

## Earth's Chakras: #3 SOLAR PLEXUS

Location: Uluru & Kata Tjuta in Australia



Image by [Angelo Giordano](#) from [Pixabay](#)

### Description:

Earth's solar plexus chakra is a dual chakra, said to lie at two massive rock formations called Uluru and Kata Tjuta. (The two are about 18 miles apart.) Uluru, or Ayers Rock, is a massive sandstone monolith in the heart of the Northern Territory's arid "Red Centre". Rising several thousand feet out of the Australian desert, the rock formations play an important role in local Aboriginal groups' ancient wisdom and creation stories.

The solar plexus is another name for the house of the soul. Called Manipura in Sanskrit, the 3<sup>rd</sup> chakra is known as the center for our willpower, sense of self, and the seat of our motivation. This is also the chakra that governs our digestion, energy levels, and zest for life. It's located a few inches above the belly button, right over the stomach region. The solar plexus is an important area of energy in the body, because it has to do with our self worth and identity, and how we manifest those in the world around us.

Our intention: (if you like, place your hands above your belly)

1. To connect in with the solar-powered energy of the massive rock formations in the Australian desert.
2. To send love and gratitude to Mother Earth for nourishing our abilities to manifest our dreams.
3. To feel our own sense of mastery and zest for life!

Music:

[Magic Flow by Anugama \(16 min\)](#)