

Chavita 3

The third chakra is known as the solar plexus and is situated in the upper abdomen. It is closely aligned with the pancreas and relates to the autonomic functions related to digestion. The energetic function represents processing feelings and events that one has to digest both physically and emotionally. Our ability to take it all in (absorb), assimilate (process) and excrete (let go).

What thought forms do you give permission to leave?

This Chakra governs the organs of digestion including the stomach, pancreas, small intestine, liver, gallbladder and lumbar spine.

Energetic disturbances relate to difficulty digesting and processing the world, which can encompass cravings, addictions, poor digestion, allergies and food intolerances. Fear of loneliness, insecurity and low self-esteem may prevail. There may be a leaning towards irritability, anger and aggression.

Harmonizing this energy centre brings an ease to processing life and letting go of all that does not serve your highest good. This facilitates confidence, elevated self-esteem and self-respect.

Reflect upon the four profiles below to see which one relates to you more specifically.

1. **Isolation** - When the third chakra is feeling barren, our experience may be focused on isolation when the inner desire is for connections and relationships. Opening up and being with others may still make us feel alone or not part of the group. It is certain that you do not feel understood. You feel different from everyone and hesitate to embrace life. This results in unhappiness, indifference, lethargy and inactiveness.

This conflict may be due to too much or too little responsibility and most certainly, fear of punishment or emotional manipulation. Moving forward, this is an invitation to embrace your individuality rather than defend it.

2. **Pent-Up Emotions** - You suppress and /or bottle up your emotions. There is a tendency to get frustrated, irritated or angry very quickly, especially if you don't get your way. Getting stuck in anger is common instead of digesting the experience and moving on (stomach ulcers). You control your emotions but may lose it. You are a silent sufferer that tends to satisfy the needs of others at a cost to you. This requires practice in learning to say no and trusting that it does not lead to rejection.
3. **Discontent and Wanting More** - You have a persistent feeling of dissatisfaction, frustration and a hunger for more. You feel that you may not be getting your share in

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life. What you have is not ever enough. The image you project is that of calmness and contentment. You expect more out of life and yearn for more knowledge, wisdom, depth, wealth, power, possessions, fun and all the good things.

Perhaps you have lost your possessions in the past, or lost relationship and experienced unstable emotions. You handled this by making yourself emotionally unavailable to others. The void or hunger promotes emotional eating, workaholism, addictions of any kind, etc.

Practice gratitude and realize that you already have more than enough. In doing so, accept your abundance unconditionally.

4. **Hunger for Good Feelings** - there is a constant feeling of inner dissatisfaction, deep discontentment or frustration. You crave good feelings. You want to be cared for, to feel that somebody loves you. You are restless and unrested, always looking for something to feed the emotional hunger. Feeling cheated out of a sense of well-being, you protect your boundaries and the things that bring you joy.

Recognize your own needs and nurture yourself emotionally. Realize that true happiness can only come from within. To find the love you seek, you must first find the love within yourself. Open your heart so that all your needs may be met.

Considerations:

Use visualization, vibrational sound and breath work to dissipate the congested energies so that nourishment may be welcomed. Pay attention to emotional eating that may show up in the food choices or the portion sizes. Stop long enough to mindfully be with these feelings and emotions so that you may see them for what/who they are and give them permission to leave.

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“I give myself permission…”

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