



- Solar Plexus Chakra -



*Wellness with
Nat*

Inspired by Herbs

Solar Plexus Chakra

Sanskrit name: Manipura

Colour: Yellow

Element: Fire

Location: Middle of the tummy

Physical Association: Digestive system, liver, adrenals, pancreas

Sense: Sight

Crystals: Citrine

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How to drink herbal tea to activate your Solar Plexus and open up to receiving

Enjoy the benefits of tea by programming your mind and body with affirmations so that each time you drink the tea it is activating your solar plexus.

After you have prepared your tea, take a moment to follow these simple steps. This will enable you to program the positive affirmations into your mind and body:

1. Find a comfortable space to sit with your tea.
2. Hold the cup in both hands close to your chest and take a breath to connect to the tea.
3. Focus on your senses.
 - inhale and smell the aroma of the tea
 - feel the temperature of the cup in your hands
 - see the ginger or lemon in the cup
 - hear the sounds around you, and
 - take another breath
4. Recite your chosen affirmation aloud or in your mind
5. Take a sip and feel the tea move down to your solar plexus and continue to repeat the affirmation.

Each time you have a cup of the tea, follow this ritual and your solar plexus will be recharged.

Affirmations

- ∞ I will achieve success
- ∞ I honour myself
- ∞ I am strong and courageous
- ∞ I am energised
- ∞ I digest life with ease



Solar Plexus herbal tea

Above: with added ginger



Left: Enjoy with ice for a refreshing summer ice tea