



- Solar Plexus Chakra Meals



Wellness with Nat

Inspired by Herbs

Solar Plexus Chakra

Sanskrit name: Manipura

Colour: Yellow

Element: Fire

Location: Middle of the stomach

Physical Association: Digestive system, liver, adrenals, pancreas

Sense: Sight

Crystals: Citrine

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How to eat mindfully to activate your Solar Plexus and open up to receiving

To enjoy the benefits of mindful eating for the solar plexus you can focus on the yellow colours on the plate and mentally connect with your solar plexus chakra.

You can also program your mind and body with affirmations to boost your personal power and self confidence:

1. Start to connect with your food while you are preparing and plating it by being conscious of what you are doing.
2. Sit down to eat your meal without the TV on or your smart phone nearby. Having other people around is ok, try and tune them out for a moment.
3. Now focus on your senses:
 - see the colour and textures of the food
 - smell the delicious aromas and feel them invoke memories or feelings of pleasure
 - notice your mouth salivating in anticipation of the first mouthful
 - feel the knife delicately slice through the food
 - hear the sounds around you, and
 - take another breath, close your eyes and savour the taste and sensations of the first mouthful.
4. Recite your chosen affirmation aloud or in your mind
5. Each mouthful feel the food move down to your solar plexus and continue to repeat the affirmation.

Affirmations

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



Above: Camomile and Honey Cookies with the Solar Plexus tea



Left: Empowering Pork