

I Think

SOLAR PLEXUS (3) CHAKRA

The Solar Plexus Chakra is located midway between the navel and the breastbone. It functions at the frequency of Yellow. The Solar Plexus Chakra radiates energy both from the front and from the back of the chakra.

The Solar Plexus Chakra is where we develop our positive ego. This allows us to go out into the world as an independent, confident, and worthy being ready to accomplish whatever is ours to do in this lifetime. Having a positive ego gives us the ability to be an independent being who can be in relationship or partnership with others while still being independent and not becoming co-dependent.

The skills we build at the Sacral Chakra, to have empathy and compassion and how to be interdependent within a relationship, will guide our ego development here.

The Solar Plexus Chakra is known as our center of will, because this is from where our ability to act on our own behalf stems. A good sense of our own will and the power it gives us helps us to be assertive in our own life without being under the will of someone else, and to not abuse our power by having to assert our will over others. To succeed in life, we need to have a strong will to put our plans into action. The Solar Plexus Chakra is also the center of our logical left-brained thinking. It is here that we learn to analyze, make plans, and be open to change when it is necessary.

At the Solar Plexus we not only make plans, but we develop the will to bring them into the material world.

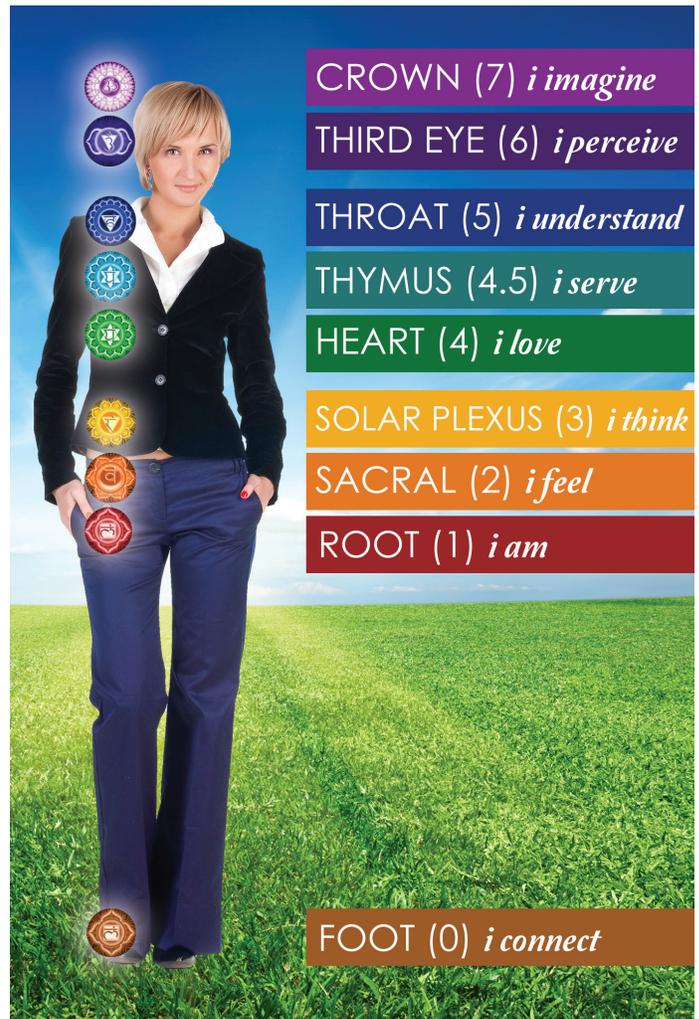
suggested usage

Bath

- Bathing in I think will strengthen the Solar Plexus Chakra, helping us realize our own power and how that power can be used to move us forward.
- Add 10 to 15 drops of I think to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to bath water. Soak 10 to 20 minutes for best results. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.
- For a foot bath, add 8 to 12 drops of I think to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.
- Soaking will detox, nurture, and heal the Solar Plexus Chakra.

Misting Spray

- Mix 12 to 15 drops in a 4 ounce cobalt blue spray bottle of distilled water. Mist around the upper abdominal area, front and back, when feeling unsure of yourself, lacking the will to take action, or when in need of left-brain support for activities like studying, planning, or other times when focus is desired. May also be used when experiencing issues that stem from your inability to take appropriate action. Shake well before use.
- Mix 6 to 8 drops in a 2 ounce cobalt spray bottle to carry with you; mist generously whenever you need to support your will and personal power. Shake well before use.



Topical

- Apply 1 to 3 drops of I think to the Solar Plexus Chakra area between the navel and breastbone and on the spine at the mid back directly across from the Solar Plexus application point in front.
- When applied to the chakra area, you are feeding vibrational frequency into the chakra providing warmth, nutrients, and strength.

availability

5ml Bottle





+ association

Color: Yellow

Physical Location: Midway between navel and breastbone

Sympathetic Gland: Pancreas

Sympathetic organs and body parts: Liver, Gallbladder, Spleen

Sympathetic body systems: Autonomic nervous system

Capacities: Personal will, ego, logical, left-brained thinking, separation, self-control, planning, analysis, change

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Bay Laurel, Lemongrass, Bergamot, Thyme ct. Thymol, Spruce, black; Juniper Berry, Tea Tree, Fir, balsam; Spikenard, Chamomile, roman; Pine, scotch; Frankincense, and Lime

chakra 3 (solar plexus) the right to act

This right is restricted by abusive authority in parents and culture. Draft resisters are arrested. Peaceful demonstrators practicing non-violence are also arrested and often abused for taking action according to their feelings and their right to survive. We are taught to obey and to follow; that actions taken had better be correct. Fear of punishment and enforcement of blind obedience, whether from parents or culture, seriously impair our personal power; the conscious right to act.

supporting blends

- **beBold:** Stirs our solar sun into taking action and exerting our will for positive change.
- **bePrepared:** Helps to support the many tasks that must be prepared for in order for our bigger plan to come to fruition.
- **Queen Esther:** A powerful example of a businessperson who used her intelligence and personal will to change the world. From her we can learn to use the many gifts, talents, and ideas we have been given to create those goals we find will positively affect our life.
- **Focus:** Helps to focus our energies and mind to not be sidetracked by distractions. Prevents mental fatigue when we have paperwork and educational materials to read and absorb.
- **Spiritual Warrior:** Demonstrates the bravery necessary to start exerting your own will in your life, and not allowing someone else to run your life.

postnatal chakra development

CHAKRA 3 (Solar Plexus): Eighteen Months to 3 Years

Chakra three comes into play with the period of attempted autonomy and development of will. The child is naturally self-centered, and wishes to establish a sense of personhood, power, and the ability to self-create. Mothers often call this the “terrible twos” or the “no” stage. The important issue here is to allow the child a sense of its own autonomy and an experience of its own power, as well as a healthy sense of limits based on respect rather than “power over” on the part of the parent.

pregnancy & children

- Children ages 2 years and up - safe when used as directed
- Pregnancy - safe when used as directed

responsible cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.

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QUALITY ASSURANCE

All oils from goDésana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological ‘soundness’ (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

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