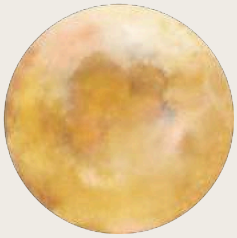
crystal musings

Solar Plexus Chakra



Color

Yellow, Gold

Mantra/Affirmation

I am authentic. I am centered. I am empowered. I am energized.

Essential Oil Recommendation

Juniper, Lemongrass, Grapefruit, Lemon, Ginger

Crystals

Citrine, Tiger's Eye, Pyrite, Amber, Yellow Topaz

Emotional/Spiritual

When in balance you feel positive, hopeful, and confident in your abilities. You have high self-esteem, you own your personal power, and are assertive in your desires.

When out of balance you may feel powerless, worthless, self- critical, fearful, shameful, rejected and self-conscious. You have an inability to move your thoughts into action.