

Third Chakra /Solar Plexus

Color- Golden Yellow

Essence- Seed of I Am Here-ness

Mantra Affirmation- I Am Here

Bija Mantra- RAM

Position- Above the navel and below the ribs at the center of the torso.

Recap:

Once you realize you 'Belong', and have created a safe space for you to **belong** on the earth plane through activation of the first chakra, you can then authentically negotiate your Here I Am-ness in the second chakra, through your availability to *belonging* first. From here your ability to embody an activated third chakra comes naturally.

Aspects include:

In the third chakra you resonate as **I Am Here!** This is no meager 'i am here'. This is you embodying **I Am Here** in your full power, authority, and authenticity. This is the you that is aligned with your authentic sense of belonging in the world. This is the you who is choosing to be here consciously, not what resides by 'accident', or what someone else told you are or have to be, but what is true to you in your heart of hearts. This is you contributing to the greater good by embodying your true calling. The third chakra displays what it is you are *choosing to*

be consciously, not what you are choosing to be unconsciously.

This chakra speaks to what is true in your heart of hearts. This chakra invites you to keep peeling and peeling down through the layers so you can get down into the real true basic authentic seeds of Self.

Considerations:

Are you allowing your honest I Am Here a voice, a body, a spirit to move and be seen in by your Self and others? Some of you will know deep down what the honest answer is. Others may need help or time to feel into this one. Do you allow others to shine in their I Am Here-ness? Or do you find your self being critical?

Do you even know how to tell if your I Am Here is, well- Here?! Consider a few examples to find out. Is where you find your current I Am Here, an accident? For example: You apply for the job of your dreams but another other job comes along first so you take it. Truth is, you really didn't want this job at all. You took it out of fear you wouldn't get the job you really wanted.

Or is your I Am Here portraying what someone else told you- you are? IE: I don't know why I'm working at the hardware store. I hate nails and saws. I just took the job because I needed a job and my friend said I would be good at it. Or: My roommate told me I am more organized when I am on ritalin than off of it, so I'm gonna stay on it. Who is really making the decision here?

Perhaps you know what your true I Am Here is, but you pretend like (a victim) it's too hard to go for by creating endless reasons why you can't. So you give up and enter the status quo. The good news is, your I Am Here is always there. Know that you can ignite and explore it at any age. It's never too late!