



Solar Plexus Chakra: the Joker

Laughing with Emotional Ecstasy & Tragedy

The major solar plexus chakra is located in the center of the upper abdomen above the stomach, navel and waist. Emotional exchange is a key to deeper understanding and it is directed by the wise solar plexus chakra. When you honestly share your emotions back and forth there is an opening that can only be described as relief.

Location:

The Solar Plexus Chakra is in the center of the upper abdomen above the stomach, navel and waist. It is in the second octave of the spine.

Connectors:

The chakra connectors are rooted deep into the right and left kidneys. If a kidney is removed, the connectors still remain anchored into the echo of that kidney, and they remain tied into the place where the kidney used to be. The influence of the kidneys and their associated adrenal glands, work with the element of water in the body, ensuring the ebb and flow of the fluids that give the interior emotional climate of the body tidal movement.

What it does:

The job of the solar plexus chakra is to share and experience emotional life and content. It is the place where emotions are expressed, contained and processed to make possible the experience and use of emotional connection with oneself and other people, places and things. Exerting self-control and giving into or overcoming desires are always in relationship to people, places and things.

Influenced by the moon and the amount of water consumed, the fluid and emotional contents of the body are deeply connected. We are delicately floating between the intensity of emotional life and the waters of the body. If the giving and taking of emotional input is blocked, difficulty or inability to hear or feel other people's



anger, fear, frustration and confusion will be a result. This is the parent that laughs at the fearful or crying child, the husband who does not get up from watching TV when his wife stubs her toe, and the teacher who humiliates the less intellectually inclined student.

A blockage here makes it impossible for such people to relate appropriately with others, and they might say something like: "I don't know what you feel." Sometimes emotions can trickle out in a drip, drip, drip that will eventually wear down the strongest spirit and poison the most loving environment. Exhausting and draining when withheld, passion and pain back up and cause imbalance throughout the chakra. Emotional content must be expressed like any other fluid naturally excreted by the body. The watery charm of emotion is that it is ordinary and everyday, that everyone has them and that when you don't express your feelings you are missing the boat.

Function Current:

Defining and delivering the potent essence of the personal emotional climate is the primary job of the function current. Knowing what is being felt and then plumbing the depths of that feeling is part of attaining emotional clarity. When doing this, self-censoring is dangerous as it weakens the honest emotion and can even lead to a dysfunctional current. Still being unconcerned with how that feeling will land in someone else while a baseline, lacks skillfulness and a sense of compassion.

Developing sensitivity and concern for others' reactions to your emotional experience is the challenge of the function current. Becoming emotionally mature involves learning how to soften the intense message and yet to feel the feeling completely. Human beings must feel thoroughly, but they must also be responsible for their feelings. Statements like "I can't help it if you're upset, it's just how I feel" may not be a grand display of emotional intelligence. But a selfish indulgence instead. Additionally, over sharing to get your feelings "off your chest" is not serving the dignity of the function current but is instead misdirected and can be self-indulgent. This kind of selfish behavior indicates an issue lodged in the function current. Magnanimous actions,



for the good of all concerned also emanate from here. This current holds emotional intelligence and responsibility for the power of the emotional life.

Purpose Current:

An innate understanding of the great tribal or clan connections between people and how emotional content stimulates growth and evolution is the purpose current's work. If blocked, you have the person who goes to "Schindler's List" and comes away untouched; he's the guy who just doesn't get it. The gift of the solar plexus purpose current is about really grasping why we have, experience and communicate emotions. It offers a sense of why we communicate with people and why we need to deliver at least a rudimentary understanding of the emotions we feel.

The solar plexus is all about putting our emotions out and receiving them back from the world, taking the risk, making the leap, grabbing the opportunity to speak, to yell, to say whatever it is that must be emoted and felt. Thrashing as we fight with what we feel, all the way to going down deep below the initial struggle into the warmth of connection with another feeling, living, breathing being. How well you are received and how completely your emotions are understood is a factor of the interior oceanic tides that surge and move in relationship with the pull of the planets and the moon in the night sky and the anatomical alignment of the major solar plexus chakra.

Wisdom Current:

The sum total of your soul's emotional content over every lifetime, all the times a person has given birth, died and fallen in love and the emotions of those experiences are held in this wisdom current. So is numbness and sorrow. If blocked, our emotional content will be more homogenous, and we will only be able to distinguish or experience one or two emotions at a time, anger and love, for example.

Fragmented parts of the developing ego structure are often the owner of an emotion and memory of a trauma. Holding fragments apart from the whole is exhausting and just doing this is a feat in and unto itself. Most of us want to share our life with someone we feel passionate about. But when this current is blocked you will have great



difficulty making a lasting bond with another person to form the type of intimacy that becomes a partnership and a life that is full of joyous sharing. This blockage not only causes the person to work hard to make connections with others, but it creates tremendous stressors and makes it very hard to rise above the challenges presented by your life.