

# Crystals for the Solar Plexus

The Solar Plexus Chakra represents your core, yourself. Located in the middle of the abdomen it governs matters regarding personal power. While power can take many forms, the Solar Plexus is concerned with inner strength, not physical strength. Consequently, it is common to feel stomach aches when you feel uncertain and powerless in a particular situation, or have no will to deal with the problem at hand.

Confidence, self-esteem, willpower - all of these generate from your core. They are all matters that pertain to your strength as an individual. While the Heart Chakra governs your emotions, many energy practitioners and martial artists feel that your energy level and personal character are represented by the Solar Plexus. It is for this reason that Yoga, Tai Chi, Qigong, and other practices which integrate physical exercises with energy awareness place so much emphasis on strengthening your core. All of the chakras have a particular focus and together they blend into a representation of your innermost self. That said, the Solar Plexus is one of the most important chakras to take care of. If you don't have the will or inner strength to deal with the situations life gives you, your other chakras will not receive the energetic support they need to function and help you either. If you aren't strong and secure in yourself you will be more easily swayed by others to do things you normally wouldn't do. And if you can't be sure of whom you are (strengths, limitations, beliefs, etc.); you will be in no position to help or heal others.

[Amber](#) - Although technically not a crystal, Amber is one of the best minerals to use for the Solar Plexus. Its powers of purification easily help physical, mental, emotional and spiritual blockages in this chakra, and the feelings of warmth it gives off support a positive mental attitude.

[Citrine](#) - One of the best known crystals, Citrine is excellent for strengthening any mental work you need to do by promoting clarity, focus, and will power. It also provides inspiration for ideas and aides with all academic pursuits.

[Gold](#) - Gold is another mineral which soothes and restores the Solar Plexus. Its energies boost confidence and self-esteem in whatever form it takes (nugget, flakes, jewelry etc.).

[Golden Topaz](#) - Not to be confused with Imperial Topaz, Golden Topaz is recognized by its golden hues as the name implies. By opening your awareness to your inner wisdom it helps align your will and desires to a higher purpose.

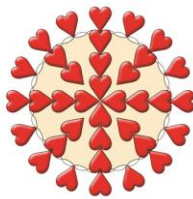
[Pyrite](#) - Also known as Fool's Gold, Pyrite amplifies the energy of the Solar Plexus. As it is particularly helpful for balancing and enhancing masculine energy, it stabilizes confidence and encourages the user to take action.

[Tiger's Eye](#) - Tiger's Eye is a fantastic stone for courage and strength. Not only does it help you to overcome fears and persevere through obstacles in your path, but it provides grounding and protection to keep you safe and centered throughout the day.

[Yellow Calcite / Honey Calcite](#) - With its gentle energy Yellow Calcite helps eliminate negative thoughts and self-defeating behaviors. It provides steady support to complete long term goals and projects.

[Yellow Jasper](#) - A grounding crystal that enhances the strength of the physical body, Yellow Jasper can ease tension within the body. Considered to be a cleansing and protective stone, it is a tremendous help for travelers.

- Rachel Niemczyk



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