

THE ANATOMY OF THE BONES OF THE SOLAR PLEXUS

The solar plexus contains our lower organs, our diaphragm and our thoracic vertebra. This is our power space and stimulating this area stimulates our prana/energy. When we are low energy it is this space that needs to be worked. If we are expending too much energy it's this space we need to soothe.

Review this PDF, paying special attention to the bolded references. Refer to the Anatomy Coloring Book pages 25, 26 & 28 and color in the bolded bones. If you have an older or revised addition the pages may be different.

The geography of the bones of the solar plexus

Take an arched up cat pose with a long tail and a hanging head. Find the large bump at the base of your neck. This is cervical vertebra #7. Take your hands down one vertebra and you are in the **thoracic spine**. Find thoracic vertebra #1 and keep flowing down the thoracic spine until you feel **thoracic vertebra #12**. This is the vertebra where the diaphragm and the psoas muscle attach.

Place your hands on your **floating ribs** and breathe deeply in and out of your belly. Feel the floating ribs expand as they breathe in and come in toward one another as they breathe out.