

TREASURE



Solar Plexus Energetics
PART I

Part 1:

Video Transcript

Welcome back to Stage 3 Equilibrate, which is all about staying in your power so that you get to enjoy the fruits of your labour and savour the success of your efforts. By now, it should be clear what power is. Power means living by truth – a truth that is aligned with spiritual being rather than coming from a fragmented sense of self. And this inner spiritual power is what truly brings deep fulfilment. It's also what enables maximum evolutionary growth. In this module, I'd like to focus on energetics – how you can keep your auric field, or your energy body, clean, vibrant, and healthy, – so that you get to radiate your gorgeous, beautiful power and shine bright like the sun.

Earlier, you learnt about the Map of Consciousness and the frequency scale that David Hawkins created. In his research, he measured the energetic frequency levels of consciousness that pertain to a variety of emotions. You learnt that Force is reactive, whereas Power is pro-active. What this means is that force arises from lower consciousness levels such as shame, fear, anger, and pride, whereas Power arises from higher consciousness levels such as neutrality, will or willingness, reason, and love. We see Force manifesting in the world as divisive, limited, destructive, and polarizing behaviour. On the other hand, Power manifests in the world in unifying ways, ways that are motivated by the desire for the well-being of humanity. The gist of his research is that true power is lasting and life-affirming, whereas force is temporary and illusive.

Now, let's bring it back to you. You as a powerful being, who gets to make a greater impact because you stand in the clarity of your path. This power is the power to stand in the truth of who you are, to recognise that you are a sovereign being. You have the ability to formulate your own true sense of identity fearlessly and unapologetically. Your contribution matters, and in fact Hawkins' research proves this.

In "Power vs Force," Hawkins explains that the power of a few at very high levels counterbalances the weaknesses of the masses. 1 person vibrating at the resonance of 300 has the ability to counteract 90,000 people who are vibrating at a lower frequency of less than 200. Even more remarkable, 1 person vibrating at the resonance of 500 has greater power as he or she can counterbalance 750,000 people vibrating at a lower frequency. And if you can elevate your frequency to 700, you effectively counterbalance 70 million people vibrating at a low frequency. That is just incredible to know, that upleveling your consciousness, your frequency, not only empowers you to manifest from a place of true power, but it also uplifts humanity as a collective.

Essentially, when you vibrate at 200 and above, you help raise the consciousness of the planet by influencing the morphogenic fields that connect everything. Every action or decision that you make from a place of power – that is, it affirms life –, ends up supporting ALL life, including your own, because the ripple effect you create returns to you. This is why it is vital that we make conscious choices about what we think and how we act, as every

decision contributes vibrationally to the collective field. Now, you can see here that Force is below the "Courage Line," whereas Power is above the "Courage Line." So courage, at level 200, is the decisive factor, and the choice to be courageous, to come from your heart, is all important.

When we think about the heart, we usually think of the area around our chest, where the Heart chakra can be found. The word 'courage' has its roots in French, in 'coeur,' the word for Heart. However, what we're talking about here is not just a feeling from the heart, we're also talking about the ability to take action. Where Power is energy and choice - the ability to choose how we use our energy. And when it comes to taking action from a place of courage, there is another chakra that plays a significant role. In fact, the more you wish to accomplish, the more life force, the more energy, you need to have or take in from this center. You need this power to realise your dreams and take action, because you will need to move through and past blockages, to meet challenges and transform inertia into action. And the Solar Plexus chakra is where the body's energy powerhouse resides.

The solar plexus chakra, or *Manipura* in Sanskrit, is located at the navel, in the upper belly at the diaphragm. The literal meaning of *Manipura* is 'City of Gems,' where 'Mani' means 'gem' and 'Pura' means 'city.' So Manipura means 'lustrous gem of the city.' In Yogic language, the gem or TREASURE within you is your self-esteem and will power, and this chakra is the source of our confidence and self-esteem. This energy center is associated with your sense of purpose, personal identity, individual will, digestion,

and metabolism. A healthy solar plexus chakra means that you get to act from the center of your personal power. You have a healthy personality, a healthy ego and identity, which empowers you with personal freedom and authentic choice. Balancing this chakra makes your true self shine brightly like the sun.

And indeed, this chakra's associated colour is yellow, hence its links to the element of fire and, more broadly, the sun. The seed mantra for the solar plexus chakra is 'Ram,' which means 'that which is radiant,' and this sound is said to enrich the whole body with vitality. Its symbol is that of a downward pointing triangle, which represents the ability to attract energy from the cosmos and radiate energy, will, and power outward. Now, the sun is our planet's most powerful source of energy, and it's here to remind you that you, too, are a source of energy. In fact, your body holds enough electrons to fuel a city for years—that's the power you carry within. The idea here is that we live in a heliocentric universe: the planets revolve around the sun, and with a strong solar plexus chakra, you command your reality by being solidly at the center of your universe. The sun symbolises true power, and this is encapsulated by a beautiful quote from Hafiz:

"Even after all this time, the sun never says to the earth, 'You owe me.' Look what happens with a love like that. It lights the whole sky." Energy is what fuels your creativity, your drive, and your growth, and thus energy is the core of all creation, like the sun. And just like this life-giving orb of light, embracing your energy isn't about doing more. The sun doesn't necessarily rush around doing things;

rather, being in your power is about being more and moving in harmony with your true self. When you start to dial in and focus on the currents of energy moving through you, you are starting to access the full expression of your personal power. When you're in tune with your own frequency and flow, you're no longer bound by the traditional, rigid paths to success that don't serve you. Instead, you're empowered to design a reality that aligns with who you are at the core. And in order to do this, it's important to understand that true power starts from self-love.

Let's take a look at what an underactive, or an under developed solar plexus chakra, looks like. Physically, because the solar plexus is located where metabolism and digestion takes place, there can be ailments in one's digestive fire. Examples of such indications are an improper processing of nutrients, problems with elimination like constipation, there are be symptoms like Irritable Bowel Syndrome, ulcers in the digestive tract, and even eating disorders. There can be issues with the pancreas, or diseases of the liver or colon.

What it looks like in terms of relationships and energy dynamics are: enmeshment or co-dependency, herd or victim mentality, which all stem from low self-esteem and a lack of belief in oneself. Due to low confidence, there can be challenges in self-expression. This can also manifest in a lack of courage, a fear of disapproval from others and thus a suppression of one's true needs. A certain passivity can arise, resulting in feelings of stagnation or inertia. There is ultimately a lack of inner authority, which leads to taking on other

people's perception whilst overriding your own. This reliance on others' thoughts, feelings and beliefs to dictate what is correct is a result of an imbalance, where a person's sense of self is weak or lacking.

By now, you can see how the development of a healthy ego is necessary for a person to interact confidently and accomplish tasks or projects with a certain degree of self-efficacy. This chakra develops in both men and women around the formative years of adolescence to early adulthood, which is usually the time when we are in school and working to establish our identity. Typically, we form our sense of self based on our academic achievements, the friends we have, the approval from our teachers and other adult authority figures. When healthy, we get to shine radiantly. But when imbalanced, we can withdraw and dim our light.

Unfortunately, there has been a lot of confusion and distortion about the concept of ego, and thus this center suffers a bad rap. The ego is often seen as an obstacle to enlightenment in some spiritual circles, but this is a misunderstanding that is perpetuated by toxic narratives which seek to polarise spirit and ego. Such narratives claim that the ego is bad, that it needs to be killed or eliminated, because it is the opposite of spirit and oneness. However, the ego forms a necessary part of individualized existence. If one does not have a healthy dose of belief in oneself, then very little gets done. Incidentally, this is the chakra that I had the most struggle with, because in my spiritual pursuits, I was drawn into the idealisation of ego death and having no self. It was later on that I realised that the point is not to get rid of the ego,

we simply stop identifying with it as our sole sense of self. We recognise that we are more than just our bodies and our mind, and that the key is to integrate, to bring into wholeness, our Spirit, our Soul Self, and our ego.

Let's not forget that we also live in a toxic patriarchal world that is dominated by force, and this force seeks to oppress us by taking away personal power. It constantly feeds us a narrative of fear, hoping to keep us helpless and powerless. As a result, your empowerment centre is likely full of conditionings about what you have been told. These accumulate as heavy and dense energies which constrict and block or shut your life force energy. It is what prevents you from fully expanding and becoming truly sovereign. Traumas to our sense of personal power stem from encounters with societal forces that push us to the brink of breakdown. These traumas involve abusive and oppressive authority figures, environments that suppress our individuality, and suffocating encounters with power dynamics and controlling societies.

Strengthening the solar plexus chakra was the missing piece in my personal development, because my family of origin was physically, emotionally, and psychologically abusive. Growing up, my sense of personal power was stripped from me, often violently and by force. In school, I learnt to hide in order to protect myself from potential judgment and rejection. I also learnt that standing up for myself would more often than not incur the wrath of my adult caretakers, so I learnt to tiptoe around and stay under the radar. I felt that I was physically weak and unable to resist these stronger forces, and

thus I formed the limiting belief that I had no power. But it was a painful existence because living with this disconnect from my true self chipped away at me.

Over the years, I unlearned some of these damaging childhood beliefs, and came to see that owning my personal power is vitally important to achieving true fulfilment and success in life. Because here's the thing: if you don't believe that you are worthy, and you can't see yourself having success, freedom, or anything else you desire, then you probably won't have them. There's a phenomenon known as adapted preferences, which refers to the tendency to deny what you want but think you cannot have. For instance, studies have shown that those from poor or disadvantaged backgrounds tend to express a narrow range of desires and interests, as a mechanism of self-protection, or to protect themselves from the anguish of experiencing failure. This was where I was many years ago. Now, narrowing our desires may help us not to feel so dissatisfied with life, but it also prevents us from accessing and enjoying the boundless opportunities that are available to all of us. If you don't believe you can or deserve to, and so stop yourself from actively desiring something, chances are you may not actively seek and get it. To be awake to greater possibilities in your life, you first have to believe in yourself. And that's what a healthy solar plexus chakra can assist us with, as it signals a healthy self worth and confidence.

Here is where we come back to the concepts in 'Power vs Force.' In order to build a resilient and strong solar plexus chakra, qualities like self-love

and self acceptance are vital. In contrast, low vibrational emotions like shame or guilt, when you criticise or judge yourself, these deplete and weaken this chakra. This includes all the subconscious programs you've taken on, that tell you that you are unlovable, flawed, that you are simply not good enough, that you are weak or worthless, etc. So we have to overcome these insidious programming that are aimed at keeping you small and powerless.

What this module is going to focus on are simple, easy to do practices that elevate your frequency. We'll first work on Mindset Mastery, then move on to energetic elevation. By shifting the energy, you will position yourself in a higher vibrational state, where there is more self-love and acceptance. At the same time, you already have the practices from Stages 1 and 2 to help you be aware of the negative thought patterns in your mind, and you can continue to use them to rewire your brain and reframe situations in your life. Over time, as you cultivate more energy and vitality in your solar plexus chakra, you will experience increasing levels of motivation, willpower, and purpose. This will in turn fuel and stoke the fire of your self-worth. You will develop a greater sense of personal efficacy, a belief that "You can do this!" As a result, you'll be able to take charge of your personal power, and make decisions that are right and true for you. This is how the TREASURE of your Manipura chakra serves to help you shine your light more brightly and fully.

To circle back to what we covered in Stage 1 Excavate, I'd like to highlight the importance of owning, and appreciating, your wounds. That "often

it's the deepest pain which empowers you to grow into your highest self." Because of experiences in your life that have suppressed your personal power and dimmed your light, you understand what it's like to stay small and unhappy. This is why you now have the motivation to change your life and up level. In fact, according to Hawkins, in order for you to elevate your frequency, your desire first has to be intense. You cannot simply wish or want it, you have to really, really desire this transformation. This is why we get to feel gratitude - a high vibrational emotion - for the struggles and challenges we have faced. Then comes the discipline to take action, as well as the willingness to surrender your personal will to a Higher Power.

So let's start off with some mindset work. Here is the first set of questions I'd like you to ask yourself. Use them as an opportunity to dipstick, to see where you are currently at: What limiting belief has surfaced for you lately? Think back on recent days, or weeks, and a challenge you may have encountered in your interaction with perhaps a close friend or a family member. You may have struggled with a work issue, that frustrated or annoyed you, and a thought about yourself popped up, such as "I'm never going to get this right," or "This is just so silly of me," or "I don't deserve to have what I want." Take a moment, and press pause if you need, to write down this limiting belief.

Next, ask yourself, How has it blocked you from rising to the next level of your journey? How has this limiting belief put a glass ceiling, or an invisible barrier, that prevented you from taking action? Perhaps you decided that because "I'm never going

to get this right," to stop preparing for a new project, or maybe you made a choice to narrow down your options to something that would feel safer and be less disappointing. If there was a limiting belief around a relationship, perhaps you made a decision to stop communicating your needs because you believe that "This is just so silly of me, I should stop wishing that the situation will change. I'm just going to take things as they are because nothing is going to improve." Again, take some time to really dig deep and see what arises. Be honest and transparent here, no one is going to judge you, and just remember that we all go through periods where our inner critic goes all out to bash us down.

When you are done, you can move on to the next question to reframe and re-pattern your thoughts: What is the new belief that you are ready to replace it with? For instance, if the limiting belief was "I don't deserve to have what I want," and you therefore stopped yourself from asking a loved one that you would like to go on a date, or you stopped short of filling in an application for a job that excites you, what new, empowering belief can you take on? It could be the opposite of your limiting belief, such as "I am worthy of having anything I desire." Or, if that feels too much of a stretch, you could adopt a new belief that counteracts the inertia that the limiting belief caused.

For instance, you could tell yourself, "I'm ready and willing to experiment, I am just going to play around and see what happens." That one shift in your thoughts could be the catalyst that nudges you to take action without any pressure or high expectations. So take a minute or two to consider

what new belief you can, and are ready to, replace the original belief with. Press pause if you need to, then come back to this video as we anchor in this new belief by asking the next question: How will this new belief support you in your elevation?

By asking this question, you are actively rewiring your brain, you are creating new neural pathways that inspire you to see possibilities where before, you may only have imagined dead ends. So go ahead, and consider all ways in which this new belief will support you in your elevation. For instance, just by taking action without attachment to the outcome, you are moving your energy and getting unstuck. That is great progress! Furthermore, you are practising, you are working your muscles, simply by trying. In other words, you are developing self-efficacy, building on your skills to do better each time you give it a go. And so on and so forth. Give this a go now, I encourage you to set a timer for 3-5 minutes and do this brain re-wiring exercise. Simply by writing, or talking this through out loud, the magic in your brain is happening, and this is what equilibrating for continued success is all about. You continue to expand and evolve in higher and more elevated ways.

As an added bonus, I'm including a couple more empowering questions here to tickle your brain muscles. You can either print out this slide, or note down these questions and place them somewhere visible, as you train your mind to think differently, to shift away from its hard-wired negativity bias, to a more creative and self-resourcing state:

What if you couldn't lose, because you learned how to always find the lesson in your loss?

What if every single mistake you had ever made in your past, could be alchemised into success in your future?

What if the harmful, painful things that happened to you could be transformed from pain into purpose?

What if your connection with God/Universe/Spirit could be restored in a way that filled your heart with love and joy?

What if the voice of self-doubt and criticism that yells at you throughout the day could go from a roar to a whisper?

What if you could experience pleasure without immense shame or guilt?

Along the same vein, I'd like to introduce you to a type of questioning that is known as lofty questions. These are essentially empowering questions that have positive affirmations or pre-suppositions embedded in them. For instance, the question, "Why am I always surrounded by Love, and amazing people whom I'm deeply connected to?" pre-supposes that you are already receiving love and deep connection, and seeks to list reasons why this is happening. So these questions stimulate your mind to think positively, and as you already know, your thoughts create your reality. So give them a go, I handwrite these questions, place them on my desk, and cycle through them to keep things fresh. Your brain is instinctively wired to answer any question that is posed, and so your mind will receive directed focus to seek out the positive in your life. It may feel strange at first, and perhaps your mind will draw a blank, but if you keep at it, I promise that things will start to shift quite magically and profoundly.

Why am I so amazingly worthy of receiving incredible abundance from the Divine universe?

Why am I always surrounded by Love, and amazing people whom I'm deeply connected to?

Why am I able to do so much in so little time, with so little, or no stress?

Why am I always surrounded by bliss and happiness, no matter what?

How is it I am joyously living a more magical, fun, abundant, and heart-inspired life, way better than I have ever imagined?

Why am I experiencing more and more magic and mystery all around me?

Why is my heart growing more open, loving, compassionate and forgiving every day?

Why does the Universe always have my back?

Why is my life always so amazing that it exceeds all my expectations?

Why am I experiencing more success in all the things I love?

Why am I living such a joyfully fun and fulfilling life?

Why am I always the person that magically changes the world around me?

Why am I always so good at learning and growing from all my experiences and being a better person as a result?

Why do my dreams and goals come to me with such ease and speed?

Why am I feeling healthier and more alive than ever before?

Why do I always do what is best for me and experience radiant health and well-being?

Why am I so brilliant, so genius, and so able to tap into Source for instant inspiration?

Just asking these questions alone, they lift up my spirits and make me smile, so give it a go right now.

Before we end, I'd like to highlight a few key psychological principles in the mindset work that we just did. You were essentially developing mental balance consciously and intentionally, to strengthen your Solar Plexus chakra. As part of human evolution, our brains developed a cognitive bias, where adverse or negative events have a more significant impact on our psychological state than positive events. What this means is that even when a negative and positive event have the same magnitude, we are hard wired to be more impacted by the negative experience. As such, to counterbalance this negativity bias, we train our minds to zoom in on the positive. Because your brain will match whatever you're thinking about, we direct it to ask lofty questions.

Now, this does not mean side stepping negative or challenging events in your life, and this is why we also did a practice of examining your limiting beliefs, and then switching or re-framing them. So in the earlier practice, you were essentially taking your brain to the gym and exercising various muscle groups. The more you practice, the fitter and stronger your mind will become! Here, we are also exercising creativity, where we are both working with the brain, and finding ways to overcome the natural resistance that the brain has. Just as this quote states, "For every failure, there's an alternative course of action. You just have to find it. When you come to a roadblock, take a detour." ~ Mary Kay Ash. Your Consciousness is your TREASURE, and the extra bonus is that you get to be successful no matter what you "do," because at the end of the day, it's all about how you think! So get ready to stand in your radiance, to release self-doubts, and to believe in yourself, because your unique self-expression is sorely needed in the world.