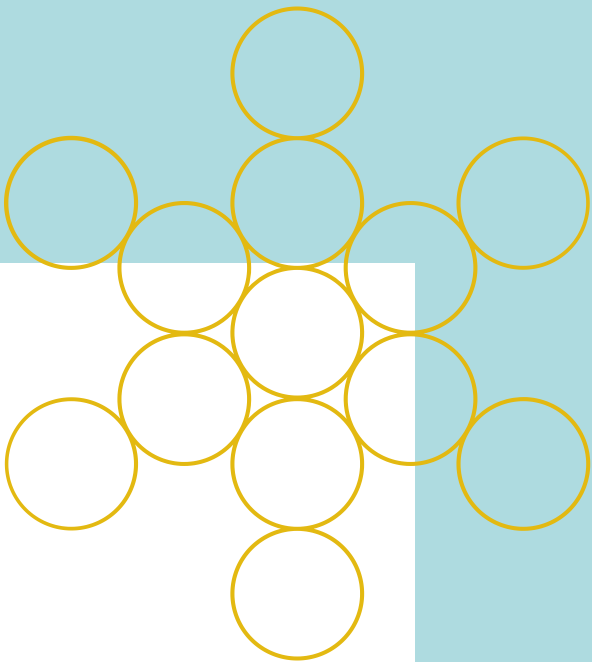




Solar Plexus Energetics PART 1

Your Personal Power



Map of Consciousness

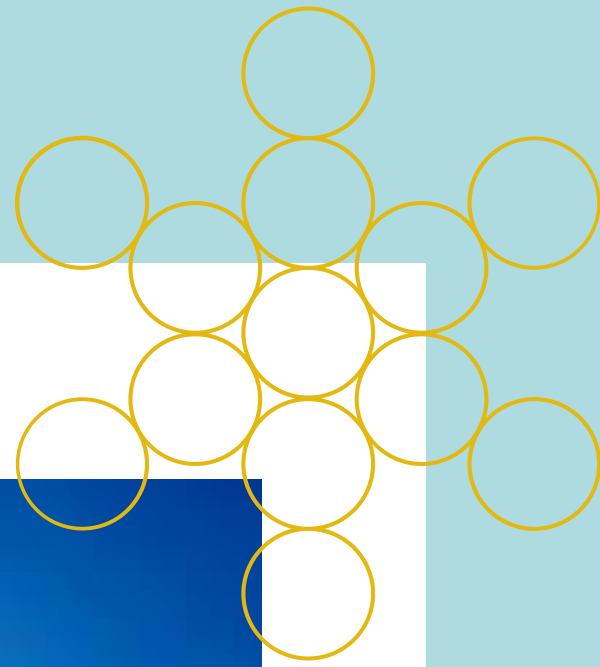
Developed By David R. Hawkins

	Name of Level	Energetic Log	Predominant Emotional State	View of Life	God-view	Process
Spiritual Paradigm	Enlightenment	700-1000	Ineffable	Is	Self	Pure Consciousness
	Peace	600	Bliss	Perfect	All-Being	Illumination
	Joy	540	Serenity	Complete	One	Transfiguration
	Love	500	Reverence	Benign	Loving	Revelation
Reason & Integrity	Reason	400	Understanding	Meaningful	Wise	Abstraction
	Acceptance	350	Forgiveness	Harmonious	Merciful	Transcendence
	Willingness	310	Optimism	Hopeful	Inspiring	Intention
	Neutrality	250	Trust	Satisfactory	Enabling	Release
Survival Paradigm	Courage	200	Affirmation	Feasible	Permitting	Empowerment
	Pride	175	Scorn	Demanding	Indifferent	Inflation
	Anger	150	Hate	Antagonistic	Vengeful	Aggression
	Desire	125	Craving	Disappointing	Denying	Enslavement
	Fear	100	Anxiety	Frightening	Punitive	Withdrawal
	Grief	75	Regret	Tragic	Disdainful	Despondency
	Apathy	50	Despair	Hopeless	Condemning	Abdication
	Guilt	30	Blame	Evil	Vindictive	Destruction
	Shame	20	Humiliation	Miserable	Despising	Elimination

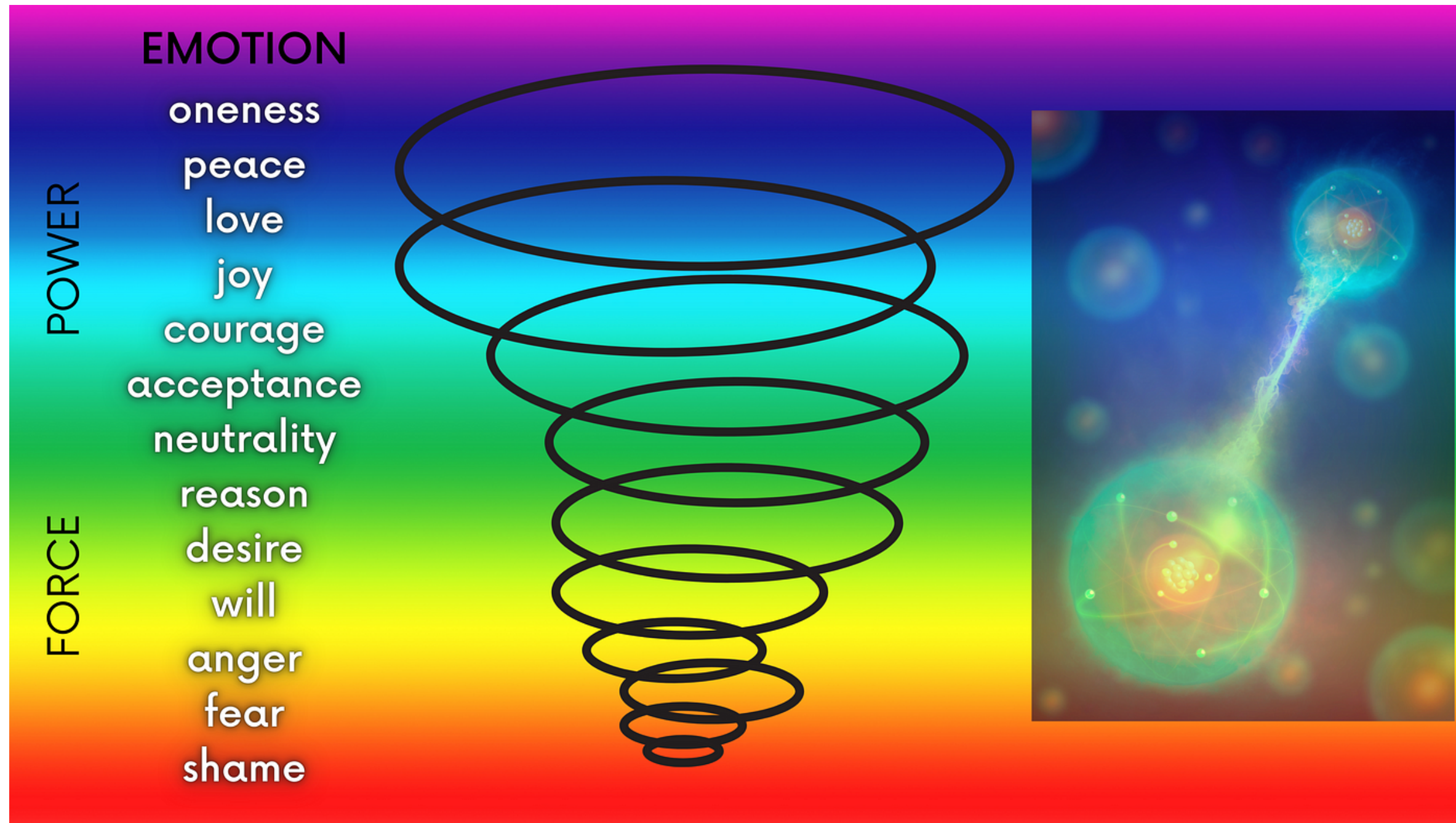
- Force is re-active (e.g. shame, fear, anger, and pride)
- Power is pro-active (neutrality, will or willingness, reason, love)

Your Personal Power

You are a powerful
Being!



Your Personal Power

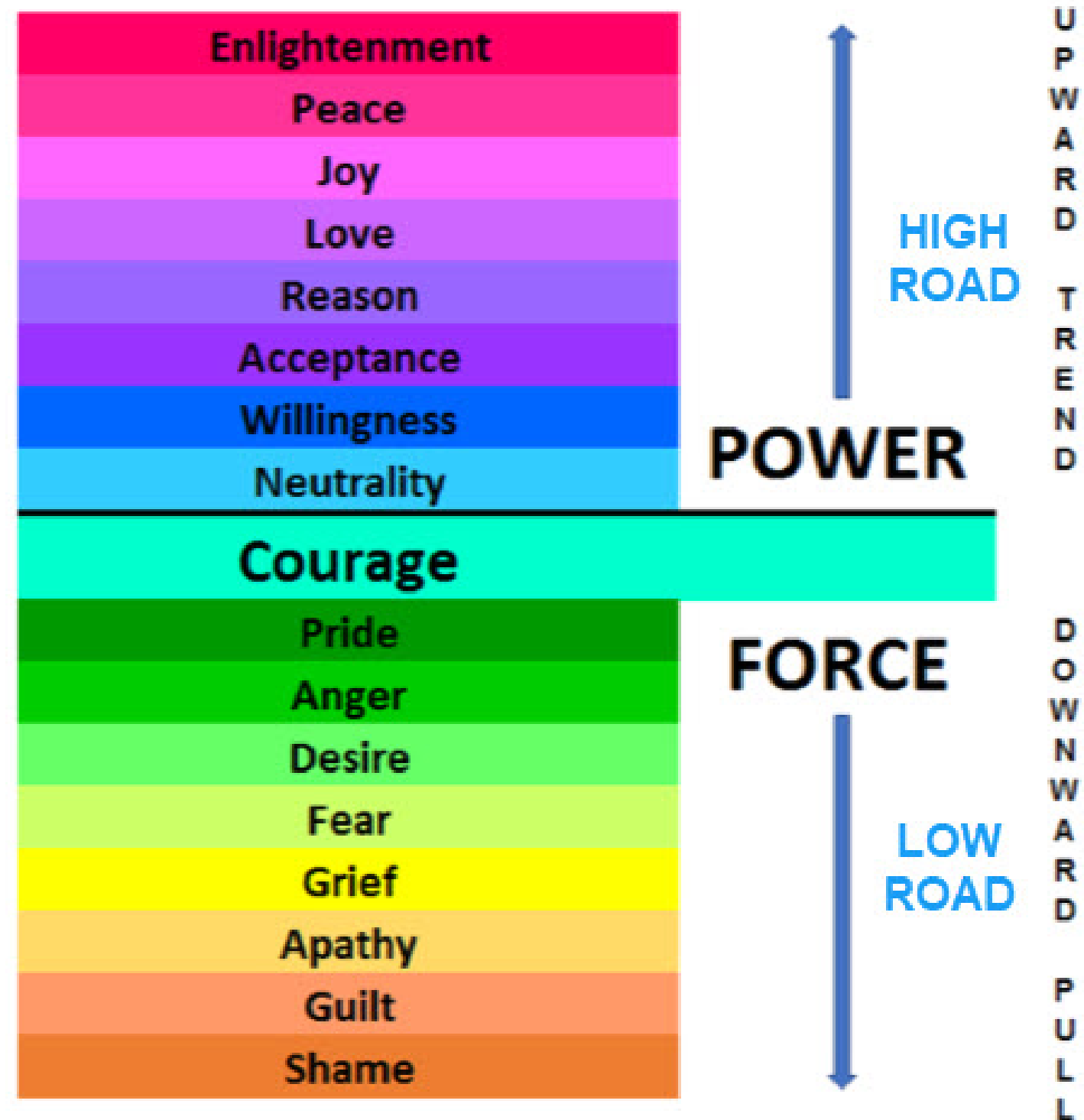
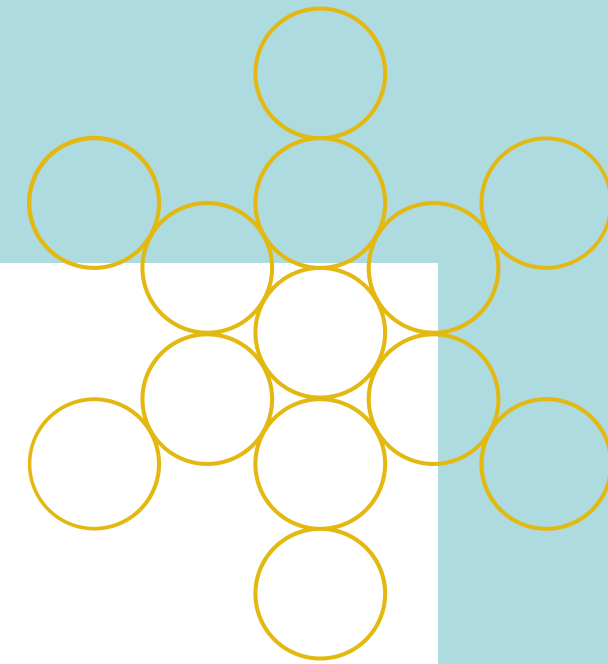


1 person @ 300 =
90,000 at <200

1 person @ 500 =
750,000 at
<200

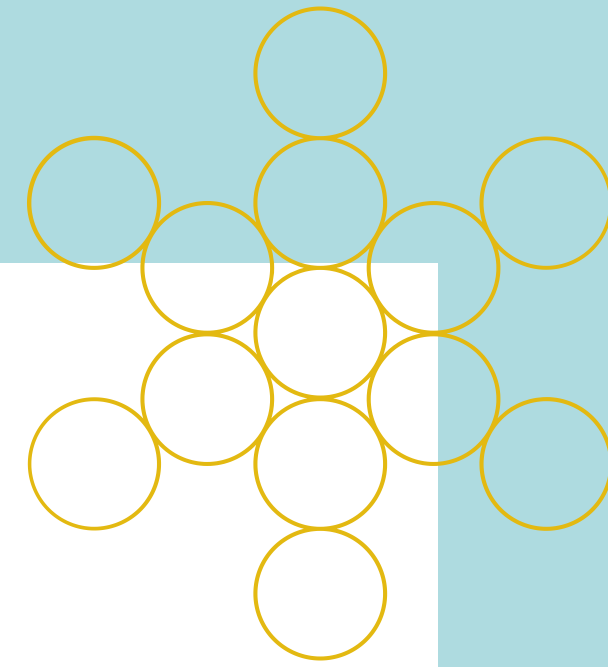
1 person @ 700 =
70 million at
<200

Your Personal Power



Level 200:
The Choice to be Courageous

Cultivating Personal Power



- Power = Energy + Choice

--> Your ability to Choose

--> How you use your energy

The Solar Plexus Chakra

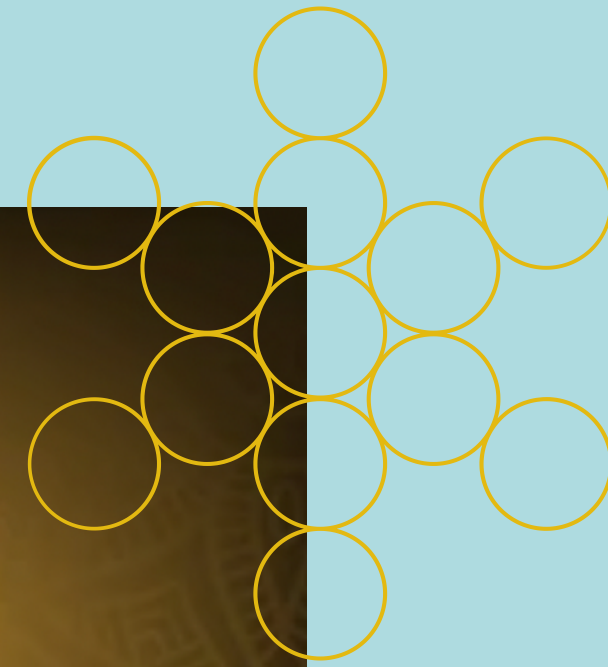
Cultivating Personal Power



The Solar Plexus Chakra

- Mani: gem
- Pura: City
- The gem or TREASURE within you is your self-esteem and will power
- sense of purpose, personal identity, individual will, digestion, and metabolism

Cultivating Personal Power



SOLAR PLEXUS CHAKRA

Sanskrit Name: Manipura

It rules our personal power, will, and autonomy, as well as our metabolism. When healthy, this chakra brings us energy, effectiveness, spontaneity, and non-dominating power.



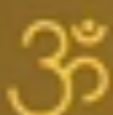
Color
Yellow



Element
Fire



Location
**Below
the chest**



Mantra
Ram



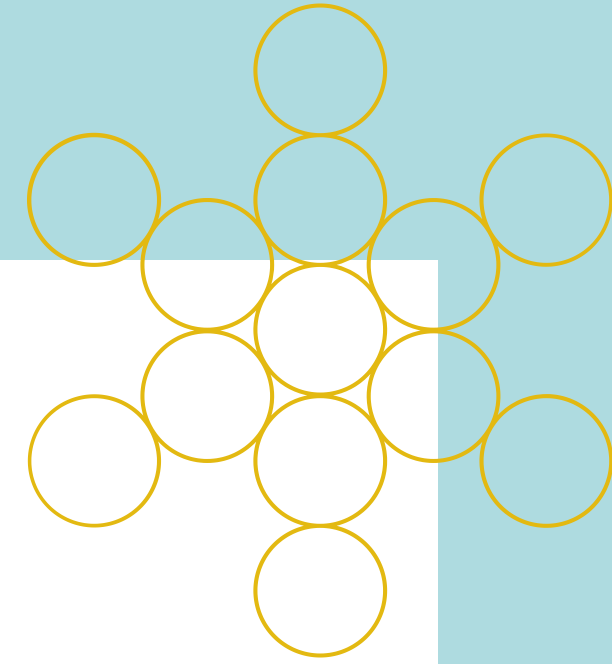
3rd Chakra

I express my emotions freely and respectfully
I realize my talents joyfully! v



Symbol

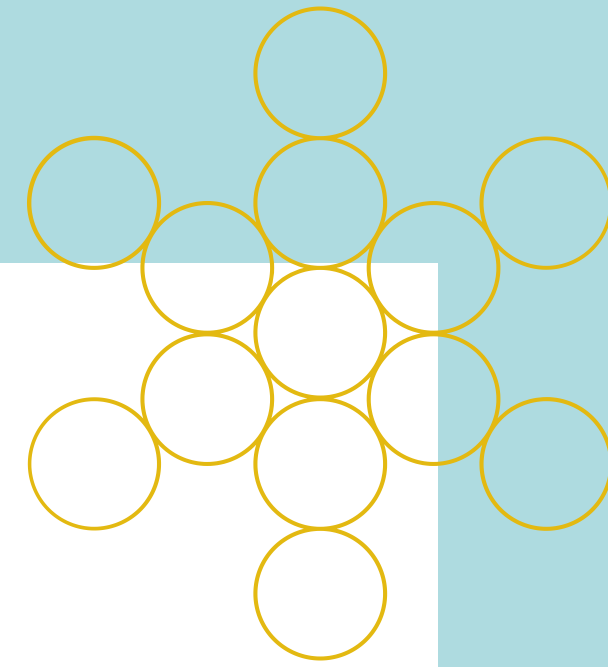
Ten Petal with circle containing a down word-pointing triangle



“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.”

Hafiz

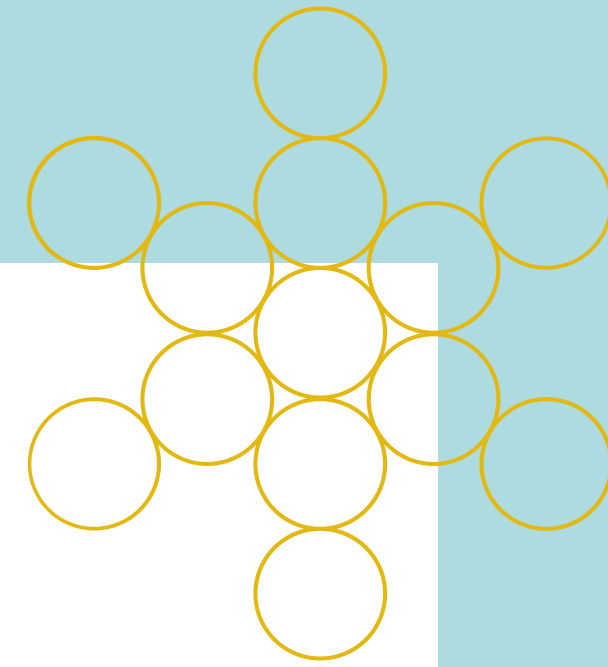
Cultivating Personal Power



Blocked Solar Plexus

- Improper processing of nutrients
- Constipation
- Irritable bowel syndrome (IBS)
- Eating disorders
- Ulcers
- Issues with the pancreas
- Disease of the Liver or colon

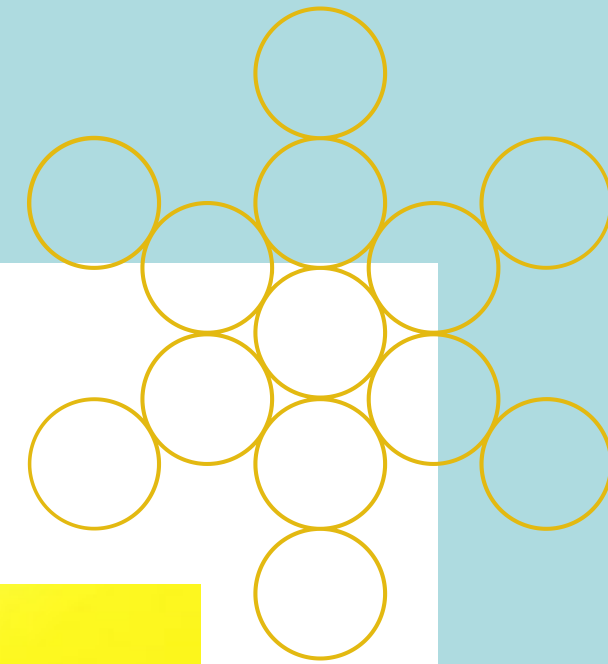
Cultivating Personal Power



Blocked Solar Plexus

- Enmeshment or Co-dependency
- Herd Mentality
- Victim Mentality
- Restrictions on/Difficulties in skillful self-expression
- Poor self-esteem, Confusion about self-identity
- Lack of Courage
- Feelings of Stagnation or Inertia
- Lack of Inner Authority

Cultivating Personal Power



THE SOLAR PLEXUS CHAKRA



MEANING

Mani – Shinning Jewel
Pura – City

LOCATION

4th chakra located three
fingers above the navel.

ELEMENT Fire

COLOUR Yellow

MANTRA Ram

DOMINANT IN

 **Female:**
Between 12 to 18 years

 **Male:**
Between 14 to 21 years

FUNCTIONS

Will expression, Intellectual abilities,
accountability, personal power,
ideas generations and plans into
reality, conveying wisdom.

IMBALANCED SYMPTOMS

Poor digestion, gas, nausea, diabetes,
respiratory problems, arthritis,
abdomen ache, nerve pain and
problem in losing and gaining weight.

Cultivating Personal Power



Misconceptions about the Solar Plexus

- Spirit vs Ego
- The ego forms a necessary part of individualized existence



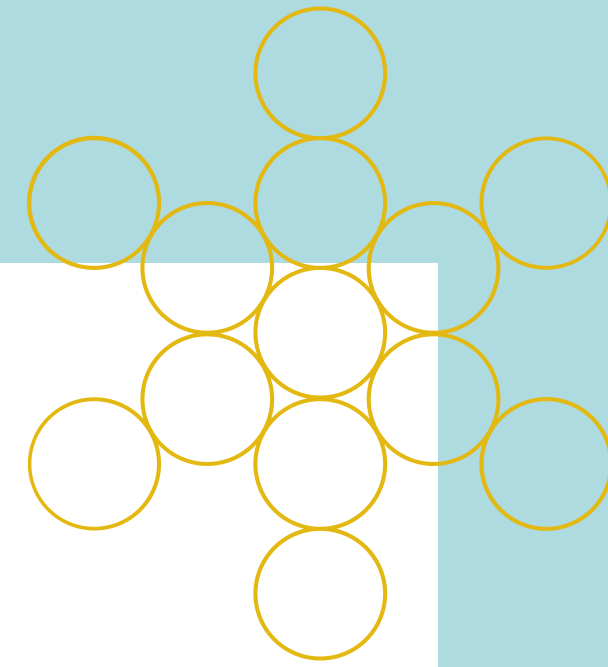
Cultivating Personal Power



Misconceptions about the Solar Plexus

- Toxic patriarchy strives to keep us powerless by feeding us narratives of fear
- These accumulate as heavy and dense energies

Cultivating Personal Power



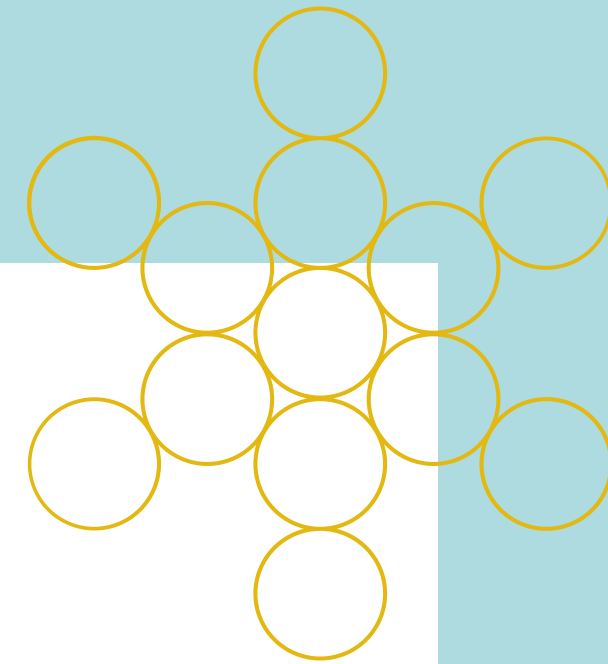
Solar Plexus Energetics



Importance of the Solar Plexus for Success

- Self-esteem
- Self worth
- Self Confidence

Solar Plexus Energetics



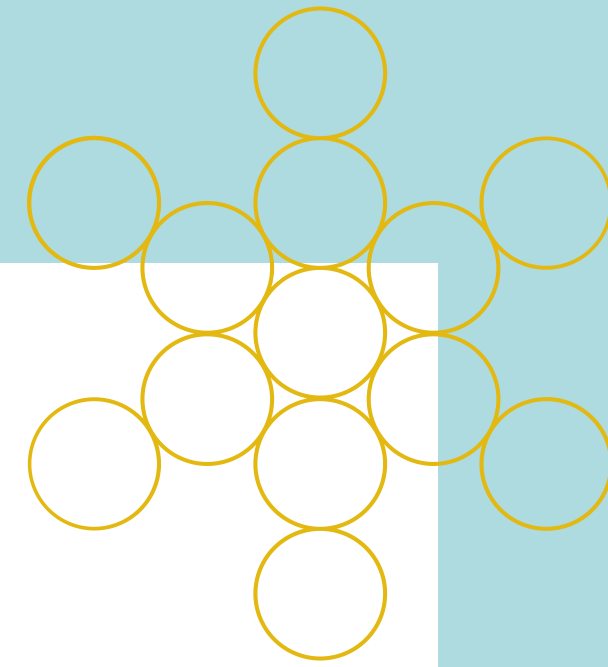
Power vs Force

Self love, self acceptance and acknowledgement of your own worth are qualities that are building blocks of this chakras. Every time you criticize or judge yourself you deplete and weaken this chakra. Self-doubt dims your light and douses your personal power.

Solar Plexus Energetics



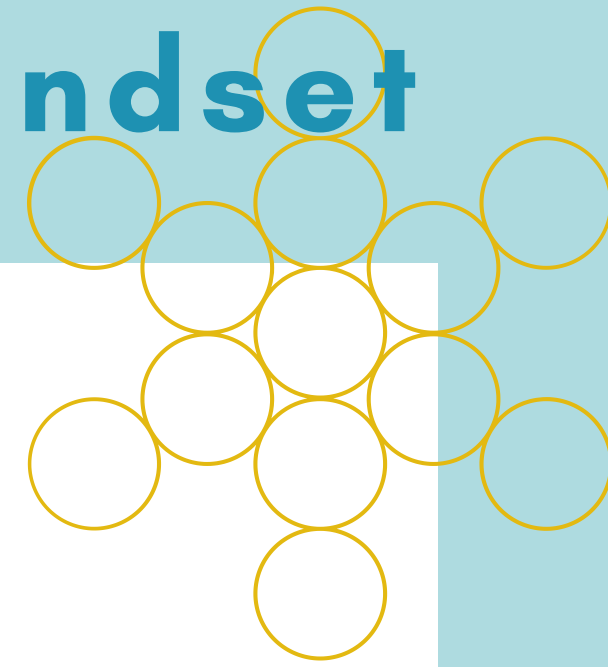
Equilibrating for Continued Success



“Often it’s the deepest pain which empowers
you to grow into your highest self.”

Karen Salmansohn

Equilibrating for Continued Success: Mindset



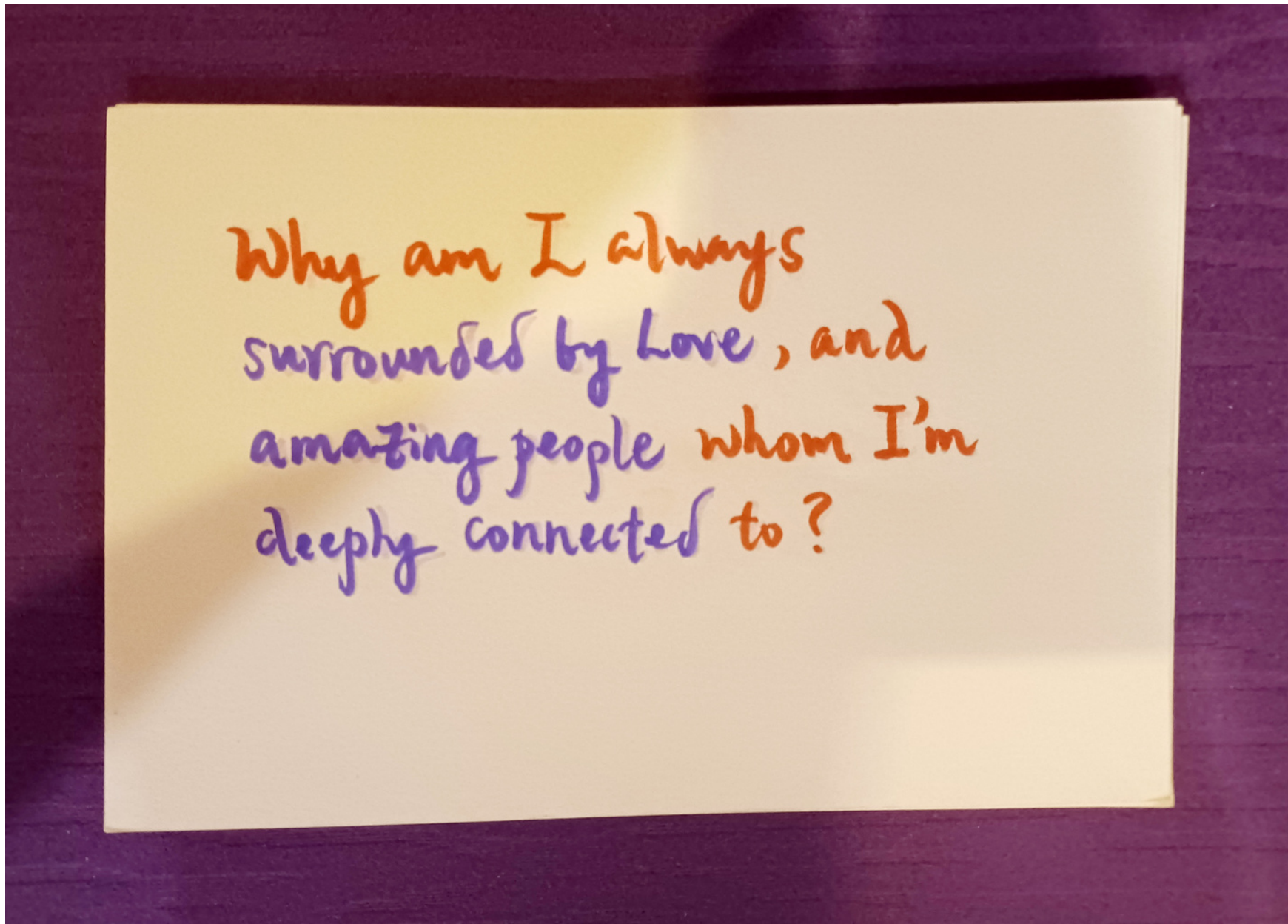
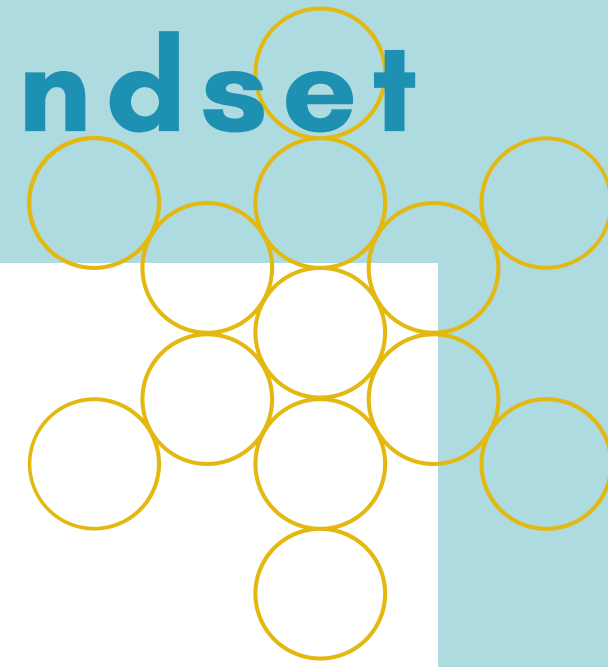
- What limiting belief has surfaced for you lately?
- How has it blocked you from rising to the next level of your journey?
- What is the new belief that you are ready to replace it with?
- How will this new belief support you in your elevation?

Equilibrating for Continued Success: Mindset

- 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?



Equilibrating for Continued Success: Mindset

A photograph of a piece of cream-colored paper with handwritten text in orange and purple ink, resting on a dark purple textured surface. The text is a question about being surrounded by love and amazing people.

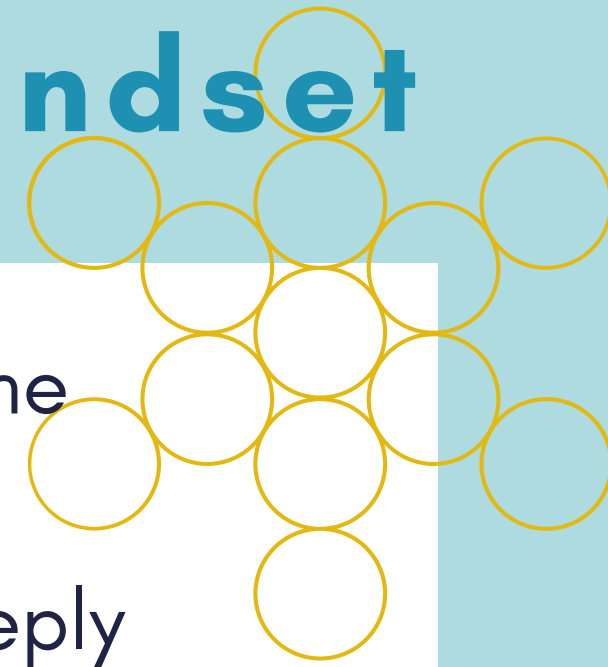
Why am I always
surrounded by Love, and
amazing people whom I'm
deeply connected to?

Lofty Questions:

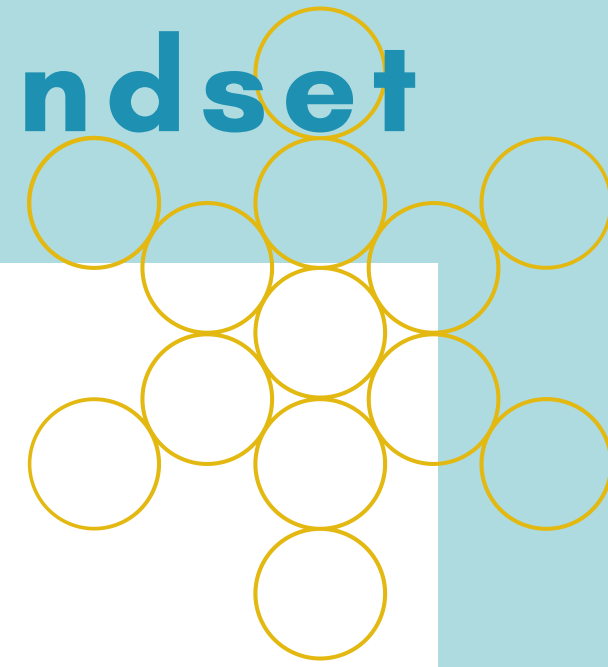
Empowering questions that have positive affirmations or pre-suppositions embedded in them, which stimulate your mind to think positively & create your reality.

Equilibrating for Continued Success: Mindset

- 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?

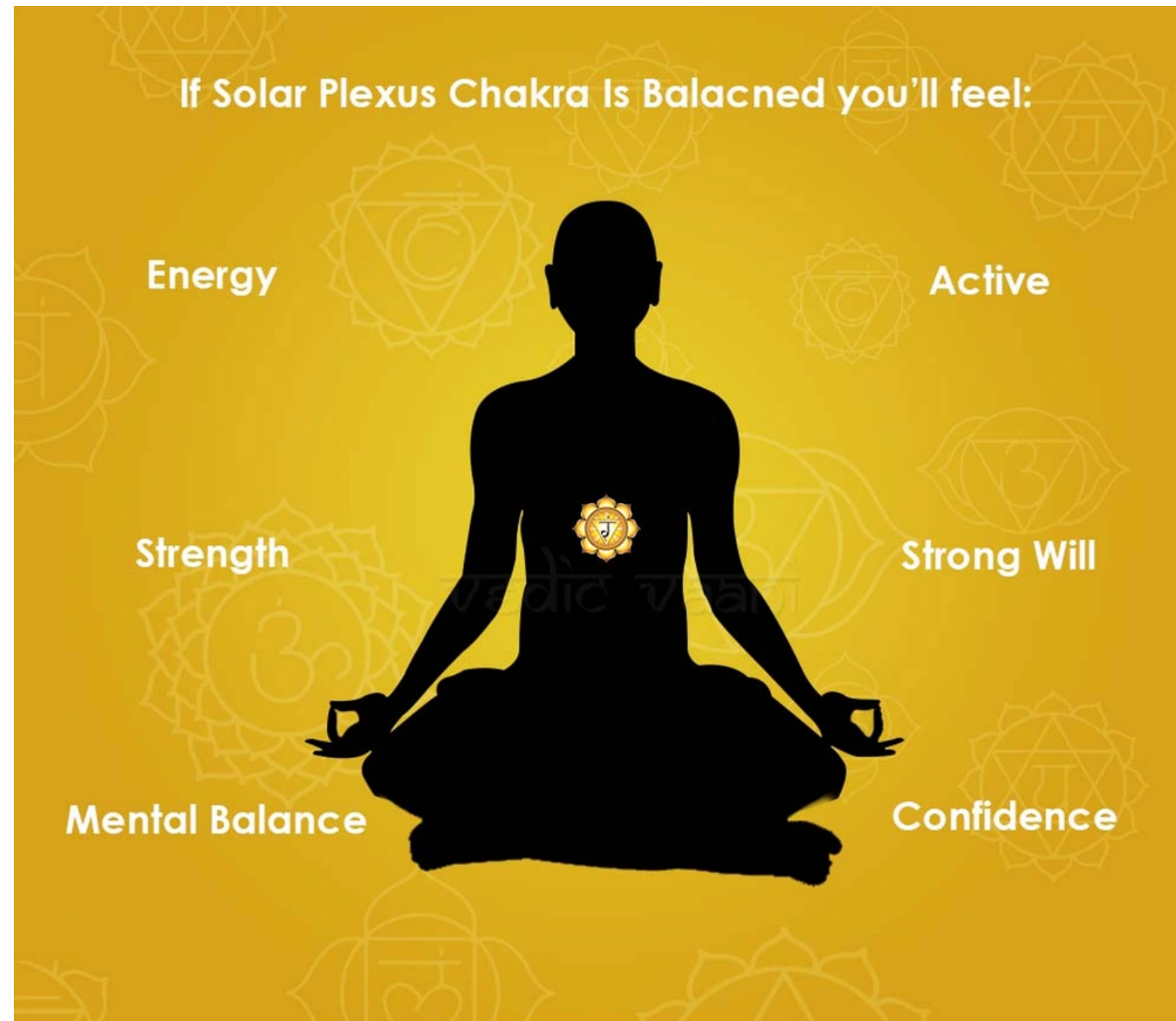


Equilibrating for Continued Success: Mindset



- 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?

Cultivating Personal Power: Mindset



- Cultivating Mental Balance

“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 unique self-expression is
sorely needed!