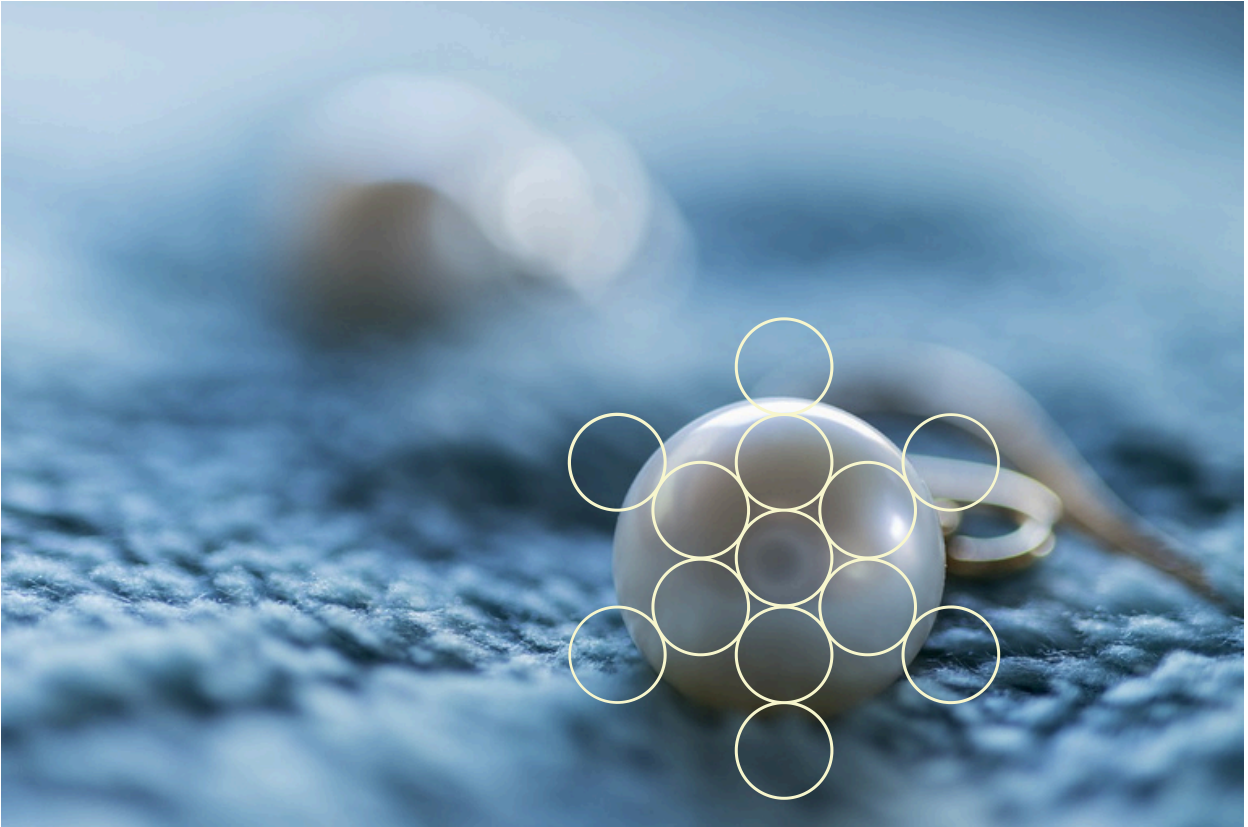


TREASURE



Solar Plexus Energetics
PART 2

Part 2:

Video Transcript

Welcome back to Solar Plexus Energetics. We will now move into 3 more practices to strengthen your Solar Plexus chakra. These practices come back to the idea that Power equals Energy and Choice, and I will briefly introduce them here before you listen to the guided recordings. So for the first practice, Solar Plexus Box Breathing, we're going to build on the fundamentals of the energy hygiene practices from the previous module, and add in some mindset and creative visualisation work.

As a recap, energy hygiene supports your inner alignment. In this case, it supports the cultivation of a healthy, strong, and aligned solar plexus. We'll be doing a breathwork cum visualisation practice to help you clean your inside and clear the build up of toxins in your field, whilst simultaneously strengthening this chakra with energy, or consciousness. When consciousness moves freely in your Manipura center, you become empowered by transformative energy, and this is what will enable you to take aligned action. And obviously, the more energy you have, the more you can engage to contribute positively to the awakening of humanity.

Solar Plexus Box Breathing:

Box breathing is a type of breathwork that improves venous circulation by keeping your blood and organs more oxygenated. It also increases blood flow in the capillaries, which are the smallest blood vessels in the human body, and are responsible for transporting nutrients and wastes to and from your body's tissues. So, with box breathing, you gain the

ability to literally cleanse your body from the inside out. This technique is simple and easy to learn, it is called Box Breathing because there are 4 parts to it, like the 4 sides of a box. It involves taking slow, deep breaths in and out through the nose, whilst counting to four for each inhale, hold, exhale and hold. So you will breathe in, hold the breath, breathe out, then hold the breath again, each time to a count of 4. We will combine it with creative visualisation, where with each breath, you will imagine spinning golden light radiating from your solar plexus. This can help you to focus, feel more relaxed, and at the same time strengthen your chakra.

Then with the second guided practice, I'll be taking you through an activation that combines visualisation with affirmations, as well as the activation of your voice. This practice supports you in tapping into the energy centre of your power. Let the words and music resonate through your whole being, and allow this transmission to strengthen your solar plexus chakra and activate your inner light.

These 2 guided practices will be accompanied by music specially attuned to strengthen the Solar Plexus chakra. I will include the links to these music videos, so you can play them in the background when you wish to enhance or cultivate this chakra. Other simple activities you can add to develop a healthy manipura chakra is to wear yellow, eat yellow coloured foods, or items that nourish your digestive system, such as prebiotic and probiotic rich foods like kefir or sauerkraut. Mango lassi comes to mind because mangoes are a vibrant yellow orange, and yoghurt contains plenty of good bacteria for the gut.

You can also use essential oils or crystals that correspond to this chakra. Essential oils include cedar wood, bergamot, rosemary, and chamomile. And as for crystals, some popular ones to help strengthen this chakra include citrine, yellow calcite, tiger's eye, amber, and yellow jasper. Most of these stones are characterized by yellow or golden hues, which resonate with the energy of the solar plexus chakra, and the qualities of personal power and vitality.

Play around and see what appeals and resonates. Because this is all about reclaiming your personal power, take the opportunity to practice choosing for yourself, in ways that create feelings of personal power and authenticity. Even the smallest daily decisions can aid in the alignment of your solar plexus chakra.

And finally, movement helps to activate and strengthen your solar plexus chakra, and so I have included 2 yoga practices that you can choose from. One is a shorter 10 minute practice that is easy to fit into a busy day, and the other is 45 minutes long, which is good for days when you really want to invest time and energy to cultivate your manipura chakra. As always, use your discernment and personal choice as you go about these practices. Enjoy this week's activities, and I wish you joy, fun, and creativity as you play.

