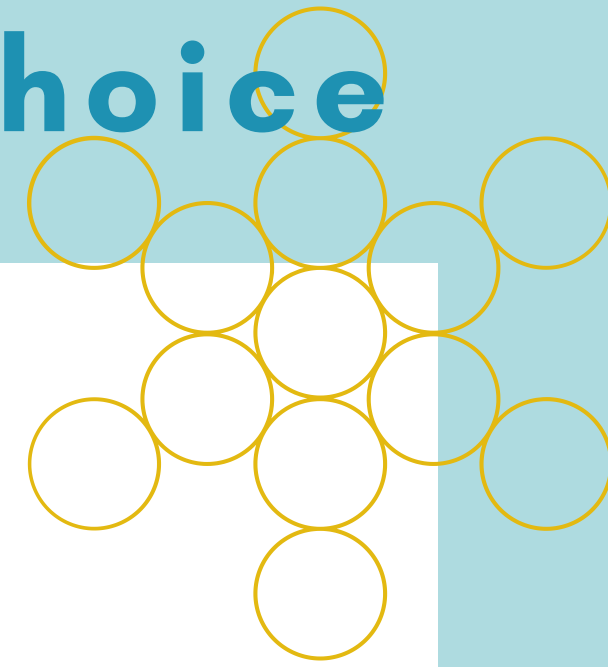




Solar Plexus Energetics PART 2

Cultivating Personal Power: Energy & Choice



- Power = Energy + Choice

--> Your ability to Choose

--> How you use your energy

The Solar Plexus Chakra

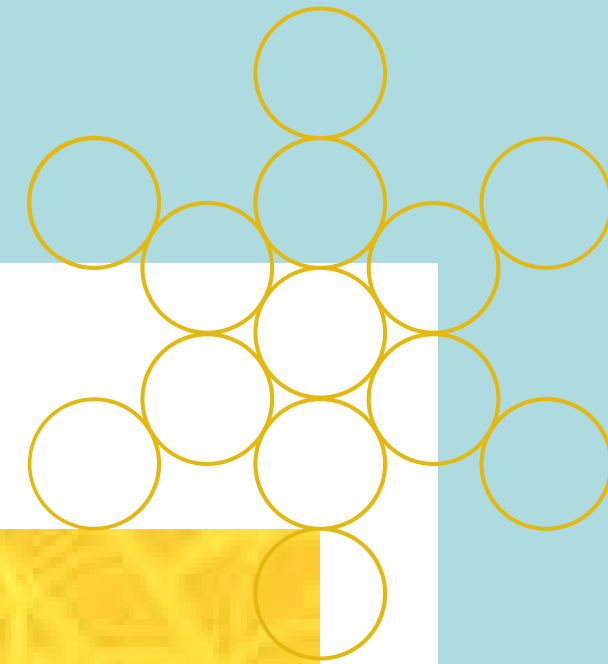
Cultivating Personal Power: Energy/Frequency

- Energy Hygiene to support your inner alignment.
- Keep clean on the inside
- Clear the build up of toxins in your field



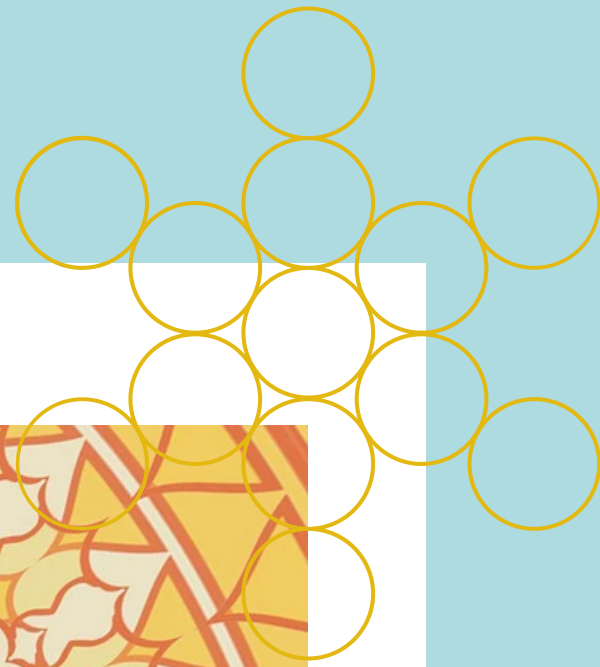
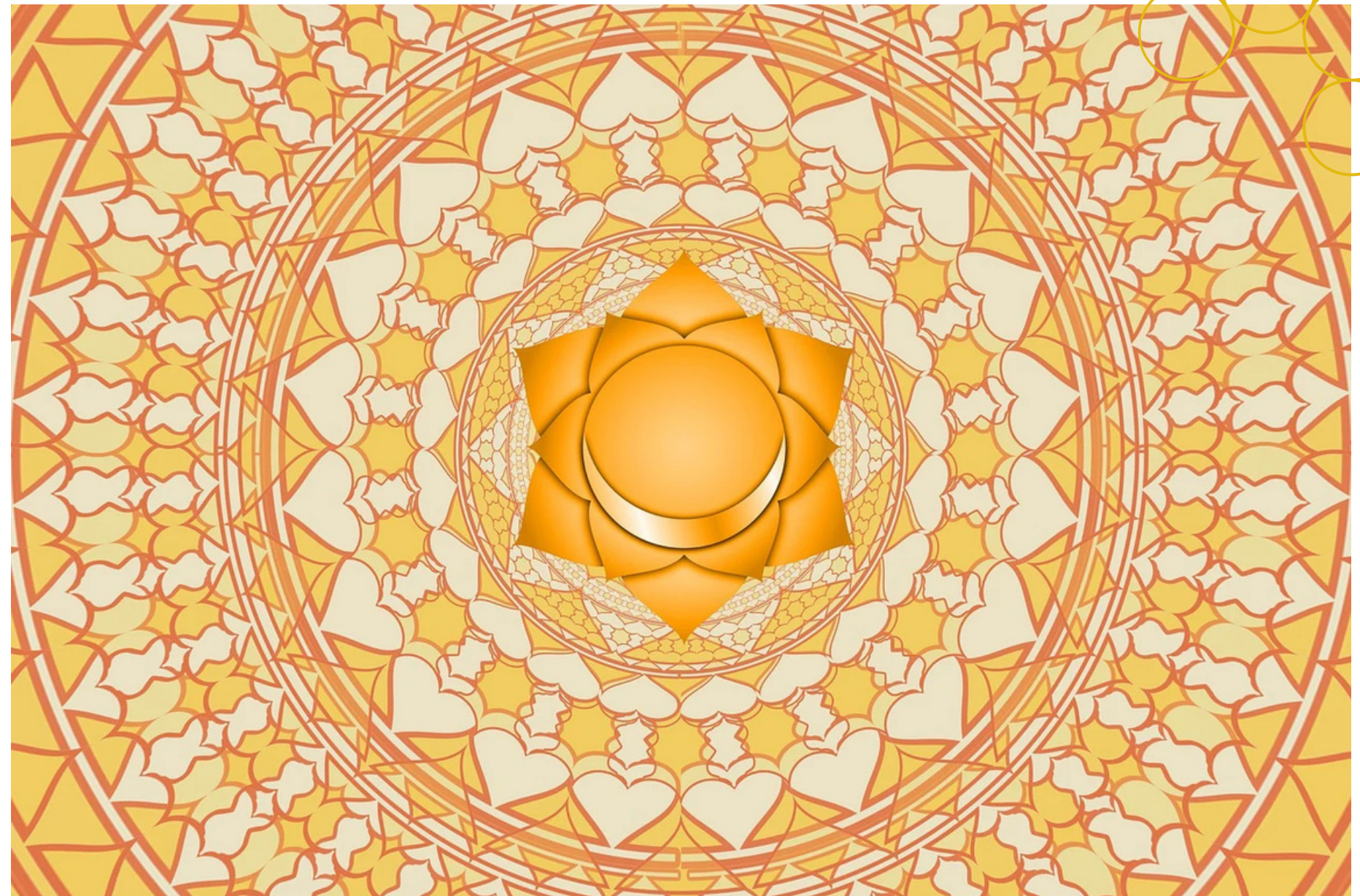
Solar Plexus Box Breathing

- Improves circulation, eliminates waste
- Strengthens your Solar Plexus chakra
- Box Breathing: Breathe in for 4 counts, Hold for 4, Exhale for 4, and Hold for 4.



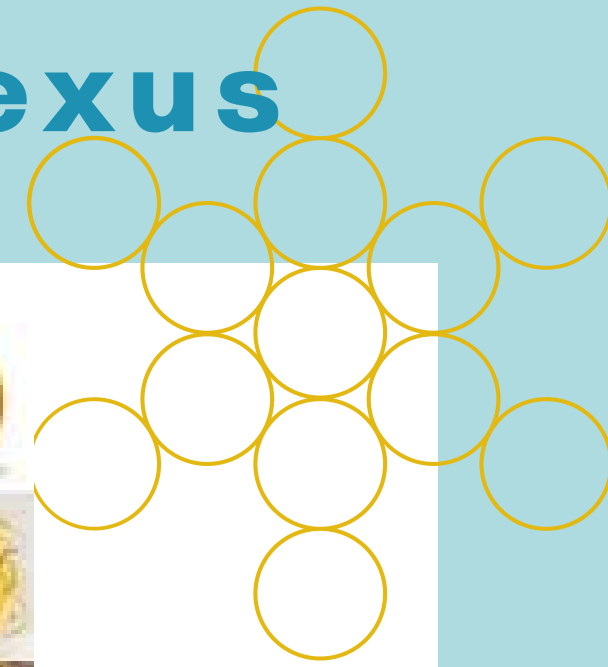
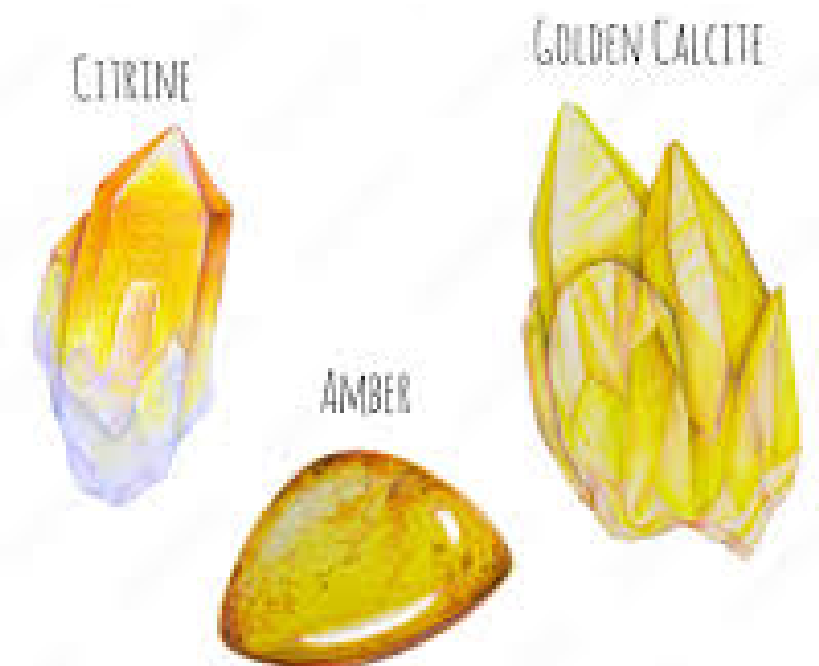
Solar Plexus Activation

- Combines visualisation with affirmations, as well as the activation of your voice
- Allow this transmission to strengthen your solar plexus chakra and activate your inner light.

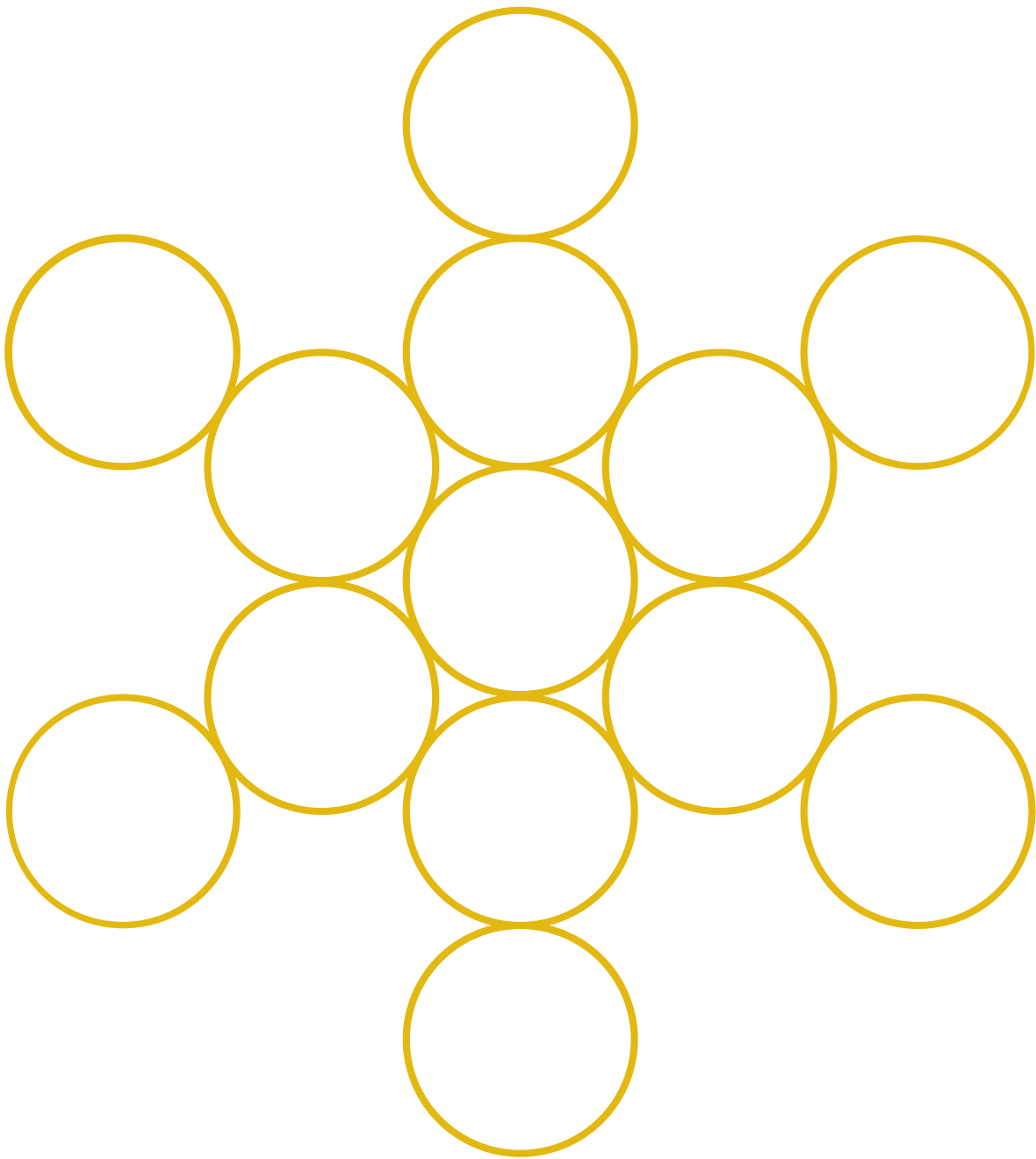
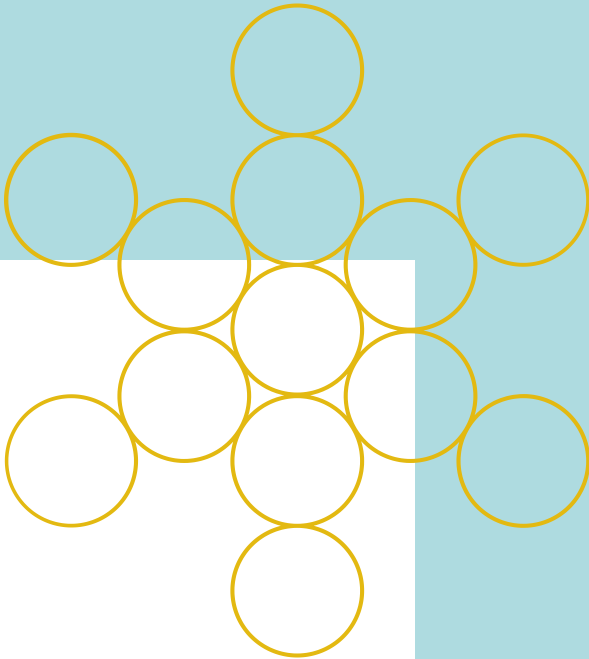


Activities to Strengthen Your Solar Plexus

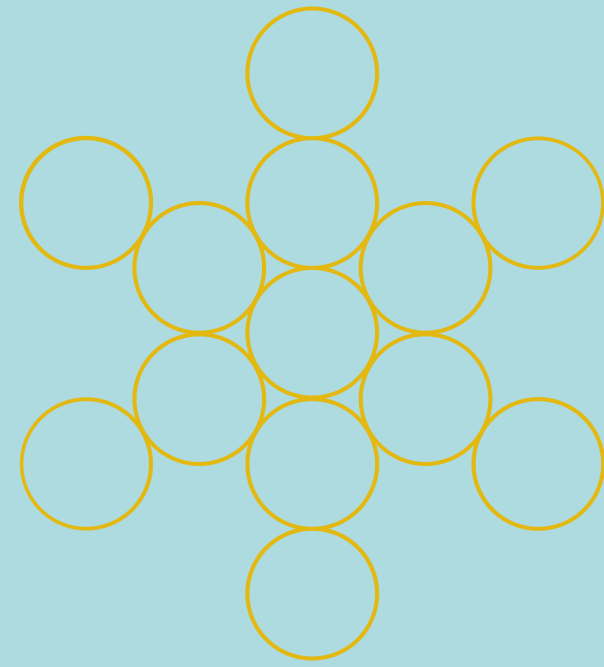
- Music (528 Hertz)
- Wear Yellow
- Eat Foods rich in prebiotics & probiotics
- Essential oils e.g. cedar wood, bergamot, rosemary, and chamomile
- Crystals e.g. citrine, yellow calcite, tiger's eye, amber, and yellow jasper



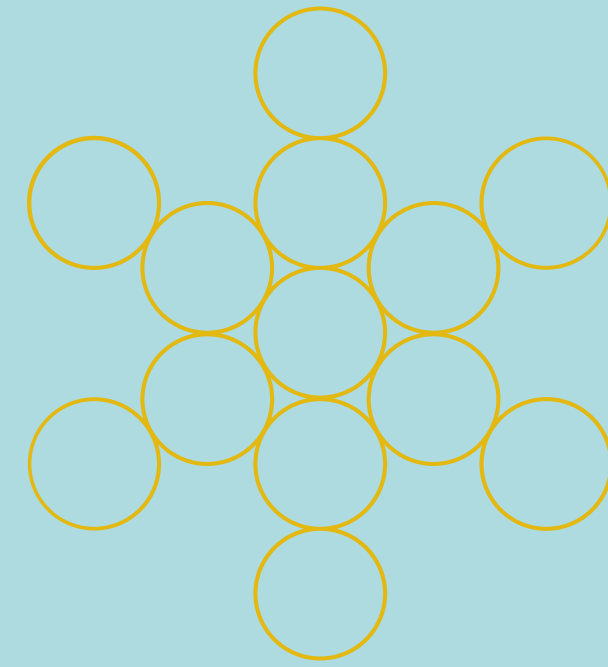
Cultivating Personal Power



Solar Plexus Box Breathing



Solar Plexus Activation



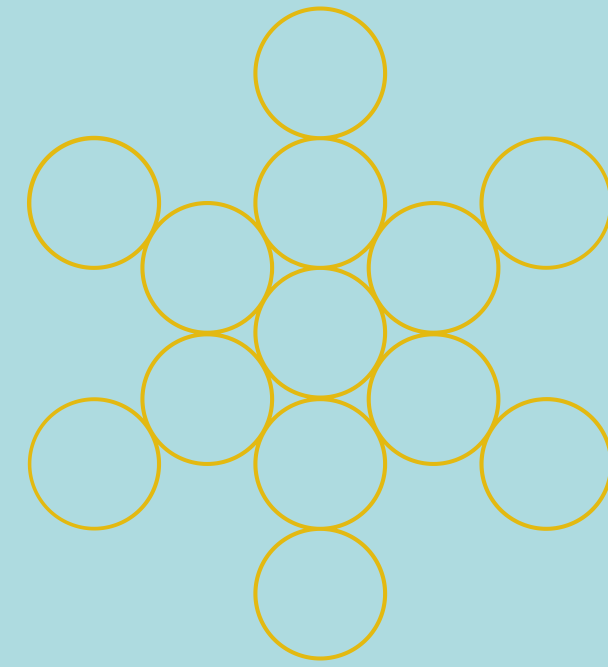
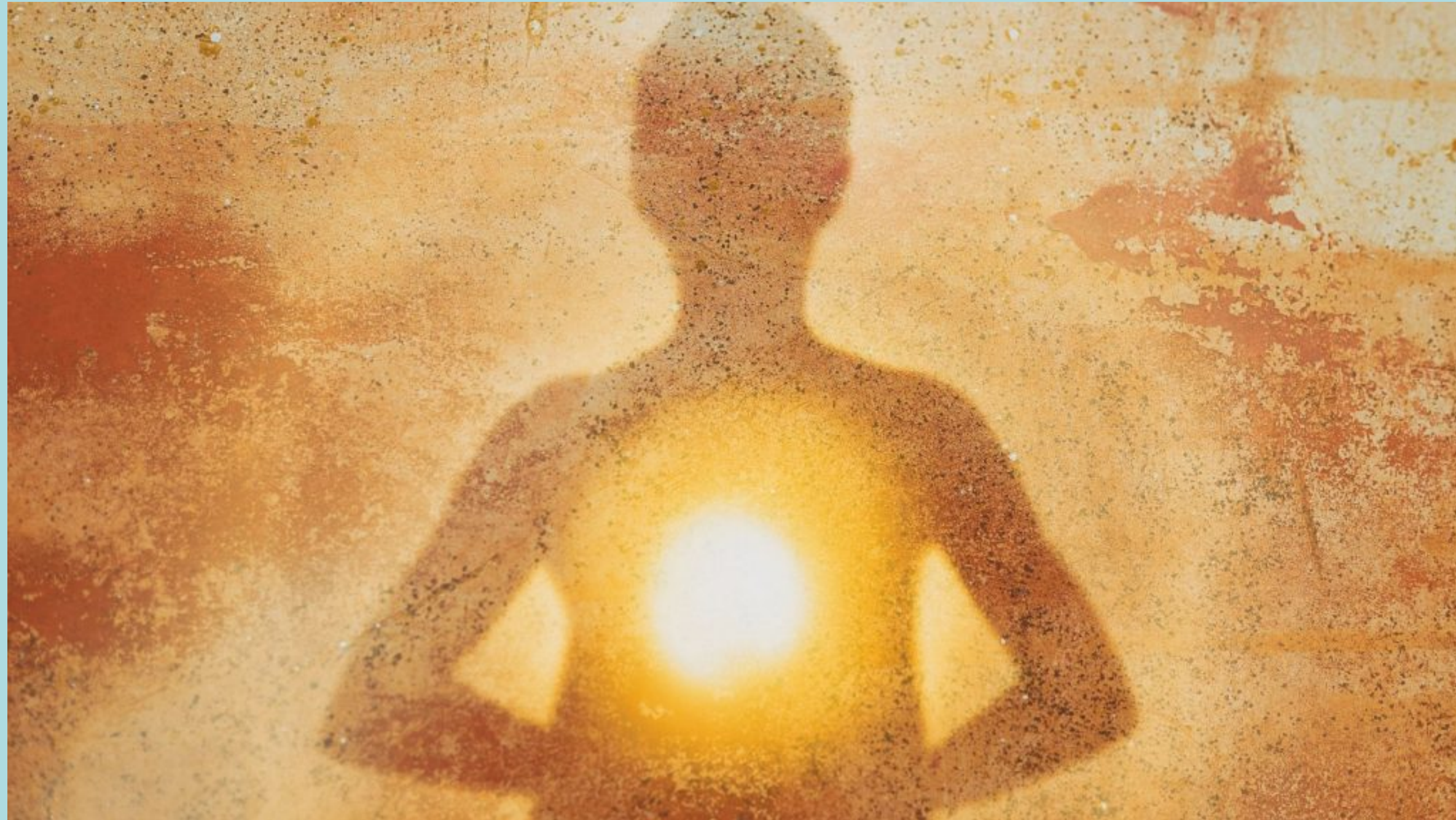
Equilibrating for Continued Success



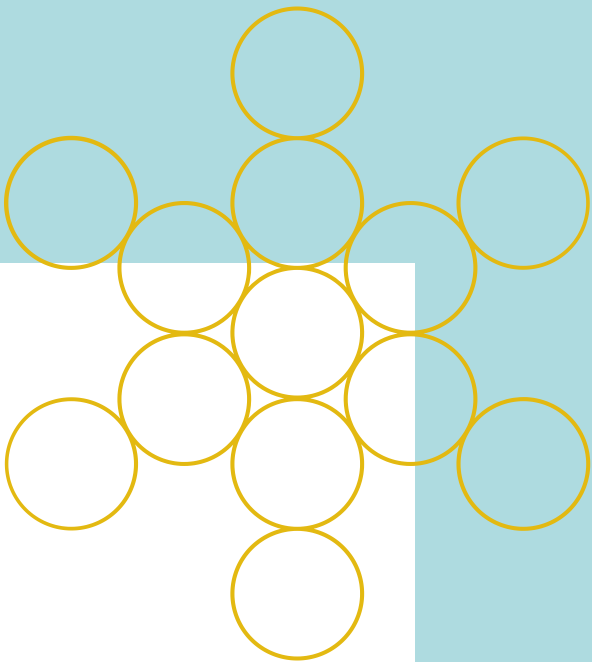
“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.”

Anais Nin

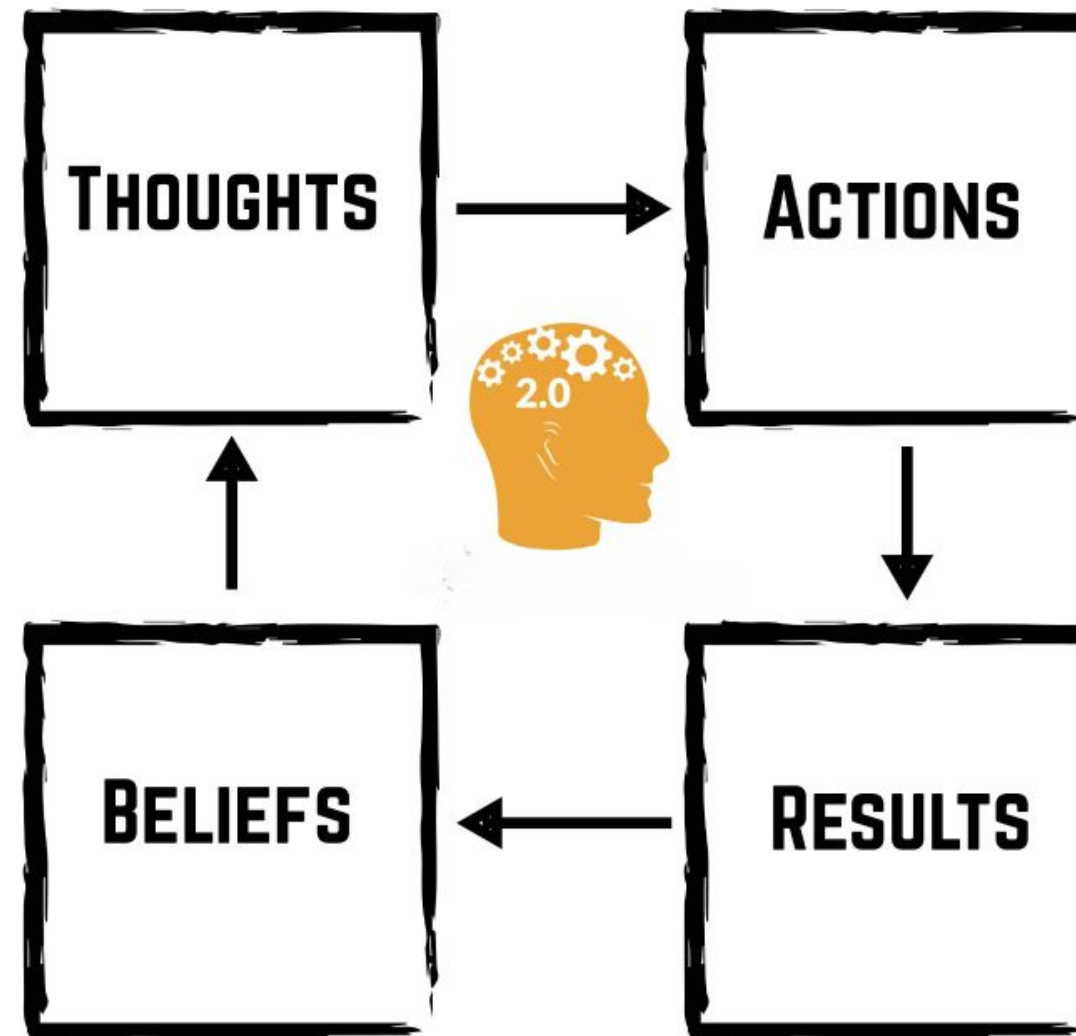
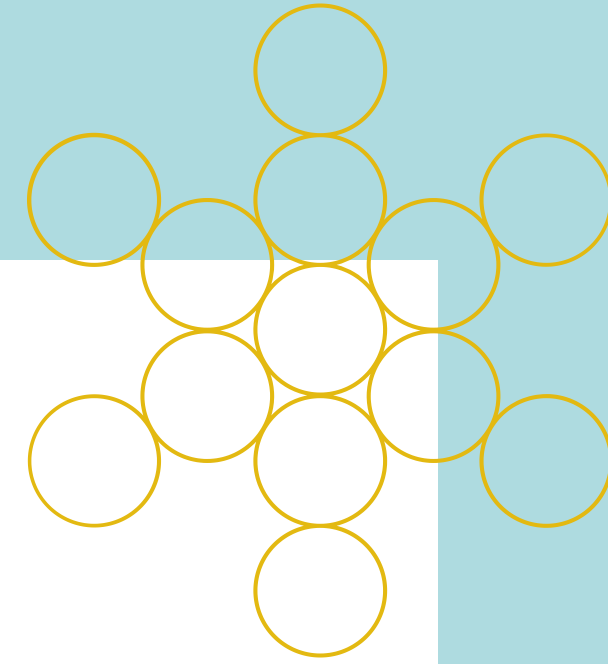
Power & TREASURE



Solar Plexus Energetics



Power



TREASURE

Your true TREASURE is your Consciousness.

