

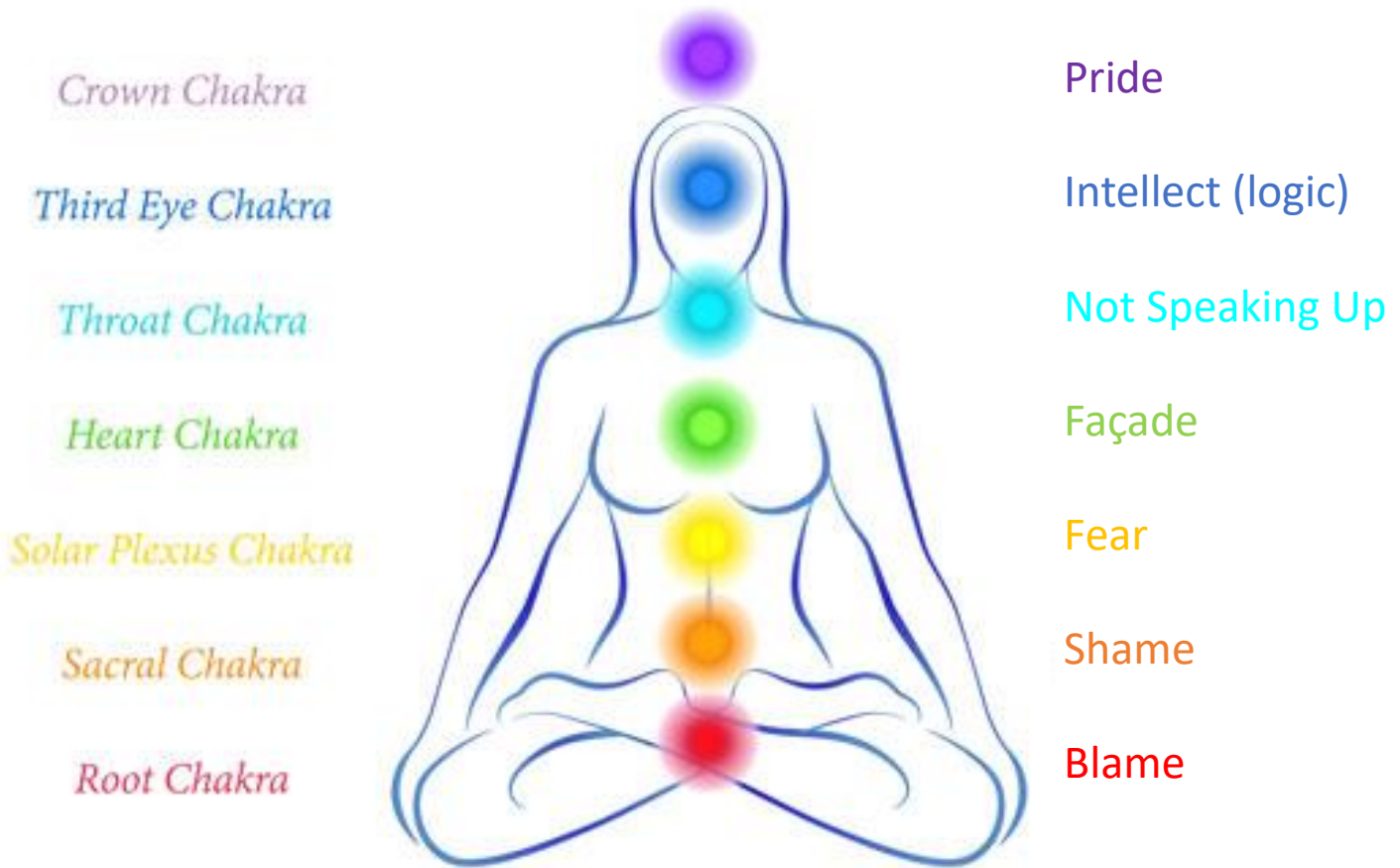


SOLAR PLEXUS CHAKRA

STICKY CHAKRAS

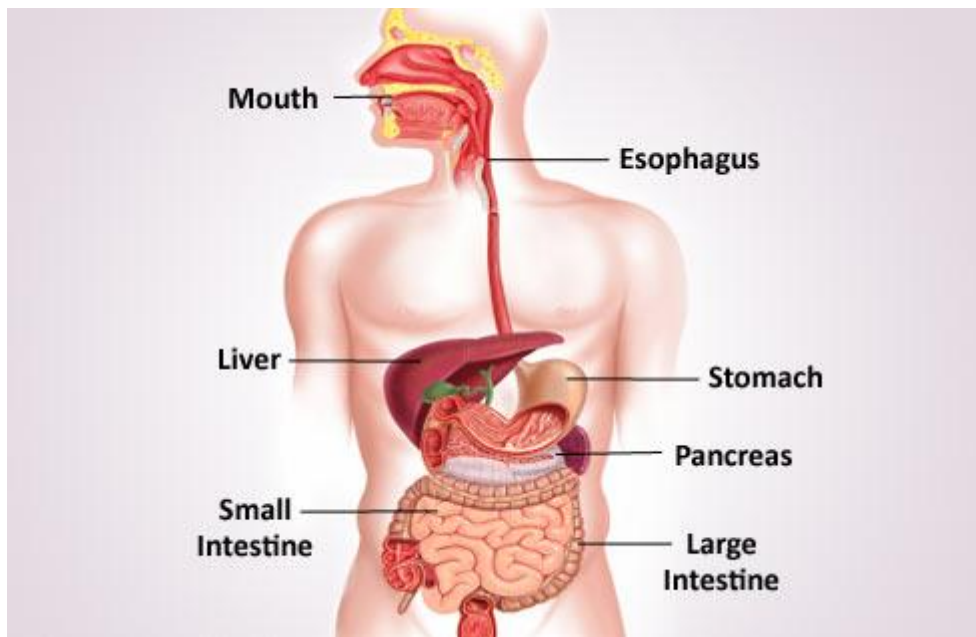
The diagram below indicates the “glue” that keeps the energy system stuck in the dysfunctional patterns. Remember, the solvent that begins to loosen up the specific glues is OBSERVATION. As we observe our self without judgment we can become more conscious of the “Not I’s” and effectively release the glue so we can step into the healthy archetype

THE GLUE



IMAGERY & SOLAR PLEXUS

Use the picture of the digestive tract below to envision these vital parts of your body as healthy. See your liver as dark red, clean and strong, effectively cleansing your blood and eliminating toxins, send love and light to your liver. Imagine your stomach using the appropriate acids to break down the foods and see a healthy delivery system through the intestines. See the pancreas nestled there behind the stomach secreting the appropriate amount of enzymes into the small intestine to aid digestion and see it releasing the optimal amount of hormones, insulin and glucagon into the bloodstream. Before you finish intensify the process by radiating the frequency of gratitude for your digestive system and see it bathed in bright yellow and golden light of peace and thankfulness



RECLAIMING YOUR AUTHORITY

After listening to week 3 audio on becoming the authority in your life take a moment to identify where you have given your power away by making others an authority over you. Consider: doctors, lawyers, experts on food and the body, religious authority figures, social authority, parental authority, spousal authority. Try using the words below to unplug from those you have given authority to.

Dad and Mom, I love you and I thank you for your protection and advice. I understand you were doing the best you could with what you have been given. I now release you from being the authority in my life and any power I have given over to you to limit my understanding of the world and of my true identity.

Doctor, thank you for sharing your opinions and conclusions based on your understanding of traditional medicine and health. I now release you from being the authority over my healing and reclaim any power I have given you to determine the outcome of my healing.

Dear religious authority, thank you for your desire to connect me to God in the best way you knew how according to your customs and traditions. Please forgive me for any expectations I held regarding your ability to connect me through your focus on external principles. I now release you and choose to connect to the divine source directly regardless of whether it is in alignment with your theories or not.

Dear offender, I now forgive myself for allowing you to take away my dignity, my power, my attention and my self love. You no longer determine whether or not I am lovable, worthy or capable of creating my life. You are dismissed from having any authority over my personal power.

Other people you could consider releasing:

- Siblings
- Children
- Caretakers
- Friends
- Grandparents
- Media
- Mentors
- Teachers

FINDING THE QUEEN

Use the blanks below to list some of the fear you may have about these specific themes in your life.

Example: Relationships: I fear my partner will leave me. Money: I fear we will run out or be homeless I fear.....

Relationship with partner: _____

Relationship with children: _____

Money: _____

Having my ideal body: _____

My health: _____

What are some of the behaviors I demonstrate to prevent some of the things in the above exercise from happening?

Relationship with partner: _____

Relationship with children: _____

Money: _____

Having my ideal body: _____

My health: _____

Now, use the sense of imagination to envision who you would be or what you would do differently if you no longer had the fear listed in the first exercise.

Relationship with partner: _____

Relationship with children: _____

Money: _____

Having my ideal body: _____

My health: _____

SOLAR PLEXUS AFFIRMATIONS

With gratitude I fully reclaim my authority to discern what is best for my life and use my powers to create in alignment with my highest and greatest good.

I have the courage to move beyond any fear of what others think and trust that I know what is best for my life and trust the direction I am being divinely led.

I accept and recognize a balance between what I do to serve others and what I have done in the past based on what I perceived was expected of me.

I serve harmoniously with my spirit in the absence of fear or shame. I have whatever I need to fully develop into my full potential.

I have whatever I need to fully develop into my full potential. I support others and allow myself to be supported by others.

I quickly recognize and transform my fears into challenges.

I have the power and passion to overcome every challenge.

I take full accountability for the life I have created and the life I am creating.

With gratitude I thank God/Universe for providing me the exact experiences my soul needs to develop into my full potential.