



SOLAR PLEXUS CHAKRA

If you have arrived here than you have connected with being solar plexus dominant and this is such a great thing because it's going to be super insightful let's talk about what it means first to be solar plexus dominant what that suggests from the chakra T terms is that you primarily navigate the world through the lens of the solar plexus that you tend to have a heightened sensitivity at this Energy Center which by the way is connected in with sensitivity so you are highly sensitive at the gut-level which means that you experienced a lot of energy through this part of your body.

We're going to talk about how to support censoring at this Energy Center so one of the primary energy is of the solar plexus from the chakra work is centered Nest being centered at your Center and the solar plexus govern so much it's located at the upper part of the abdomen and it's a house to so many different organ energies and so many different aspects of connection with self and it is most definitely tied in with the guts and being highly sensitive at the solar plexus can translate into physical level gut sensitivity as well so because the physical body and the energy bodies are of course connected so let's talk about how to be engaged and be living at the center of the solar plexus so when you were living at the center of the solar plexus you are present at the solar plexus and when your present here it is very easy very easy it's so effortless to be a solar plexus sensitive and to feel everybody else's energy it's much more he's filled to be centered here and be able to perceive and have awareness around energetics around you Dynamics around you and what's going on in your own internal environment without the tendency to really take it all on and in when there is when you don't have the awareness or ability to be centered at the solar plexus it's really easy to leave your body to go into other people's energy and to close yourself off to receiving energy from the portal that is just the sea universal access point not can affect your overall energy levels your overall Vitality life force.

When you are depleted by everything around you and struggle with the ability to really be centered and yourself so I'm being centered in yourself doesn't mean being self-centered so dang centered in yourself we're going to talk about what that suggests centeredness is the primary energy that we are working with and in order to be centered we're going to talk about connecting and with six lines of energy and needs are directional lines of energy that extend out from the solar plexus and they extend out from the front the back the top the bottom the left and the right and the energy moves outward along these lines so the energy as it moves out this can be your energy radiating out into the world can also be where your energy leaves your body or where your energy gets depleted that it travels along these directional lines and the solar plexus



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salt remedy helps to support clearing to support releasing letting go of and it tends to stir things up and disrupt things so that they can Surface and then be released which of course can be uncomfortable but discomfort is part of life and getting really engaged and curious about your own energy when you're uncomfortable is going to help you get more comfortable with being uncomfortable and being uncomfortable supports growth and I mean that from not from a place so you know that you should put yourself in situations or keep yourself in patterns where that aren't supportive that are toxic painful but that we can we can show up do the work be uncomfortable and being gauge without discomfort as part of the healing process because he lying is definitely uncomfortable lot of the time it healing is not just attaining desired outcome it's going through this this process this shining that can be part of releasing and letting go.

Salts I recommend that as you connect with this practice of following the lines of energy out that you use the salt prior to that practice and you can just use the recommendations or a few salt crystals two to three times a day it's whatever you feel intuitively drawn to do depending upon the size of the salt crystal you can J1 you can do three whatever you feel connected in with you that and then go ahead and go through this practice and I'm going to take you through it fairly quickly so please feel free to pause and return to the parts as you like there are lots of resources provided below I encourage you to connect and with those as you go through this material they will help you establish a baseline so that you can get an idea of where you're at and not is helpful in measuring Shaq's quantifying progress and seeing what changes because all of this energy stuff can seem pretty vague when we don't have the language or the contacts or the ability to get really specific around okay what is this how do I tan jelly connect with it and how has that shifted for me so it's very helpful to have that structure and organization when you are working with energy so that you can articulate shifts and it's just like everything else.

It's like learning a language as we begin to develop vocabulary and contacts for energetic connecting with these directional lines so first I want you to just drop into your solar plexus so connecting with it from this place of the physical body so rather than trying to access the solar plexus from the mind and trying to visualize what it might look like what color it's connected with how it's moving really drop into being in that space how can you bring your energy into that space and it might be helpful to breathe into that space or to place your hands over the solar plexus and physically connect with that space but could not connect with us space and then you are going to follow the line of energy that extends from the solar plexus out in front of you.



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The front Frontline of energy and this is line. As were connecting outward where your energy would move as part of radiating out the front of your solar plexus it's also how it's one of the ways in which energy can travel and leave your solar plexus and a way that is not supportive of you where you may leak energy or where you met project energy from so connected and we thought and notice what equality of this energetic directional line is does it feel like it's really supported does it feel rigid does it feel grass pee does it feel chaotic and out-of-control is it hardly even connect with a line because it feels like it's just these chemicals that are going in a million directions out in front of you trying to assess situations and anticipate everybody's energetic response are you wondering how I knew that about you because I am a solar plexus sensitive to people that's how so it's really challenging when you are dominant at this part of your energy center because you can feel so much you can feel every one you can feel everything around you and you feel it viscerally at the gut and not be so painful.

Practice is not to shut you off from that ability it's to help you Center yourself so that you create a natural expansion and awareness that happens in all directions and becomes multi-dimensional at this part of your body so you're able to navigate the world from this place of awareness and you're still able to sense you're still able to see you perceive all of these things around you and to perceive what may be going on energetically with one person or in a particular environment but you're not taking that you're not taking that in and internalizing that because that creates a lot of a lot of issues okay so cannot with what the energetic quality is of the energy leaving the front of your solar plexus and then I want you to take the time to write this down write down every detail that you really get specific and see if there's anything that comes up for you around barriers are blocks to releasing energy out from the front and then connect an with me back of your solar plexus and follow that line of energy followed that directional line out and see what comes through for you and this could be anything from a sensation to some type of word or image or an immediate knowing something that comes through for you around the back of the solar plexus energy and following that line outward and if you feel blocked their take note of that if you block their then sit with that and inquire into that further so the with all of the resources below there will be the opportunity to really go deeper into this inquiry and right and just allow that influx of insight to come through you and out onto paper it can be so incredibly healing and also so incredibly informative that your body has the wisdom to share so much with you.

Often times it just requires that we get really specific and that we engaged and not dialogue and



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that were open to receiving that information and response sometimes we don't know what's want to know what's happening at the back of the solar plexus because it's scary back there and maybe there are things that have created some type of Disconnect in your life or in another time and. Is hindering you from really dropping in and opening up two. Part of your energy in that connect and so whatever it is wherever you are that is information and that is powerful so go with that back to dropping into the solar plexus then you're going to connect up so following that Top Line of energy falling that extension upward noticing any intuitive information that comes through for you around that noticing anything that feels difficult to access difficult to follow if something is hard for you to connect with that is also information if you're having a hard time no connecting with this overall I would just encourage you to keep coming back and revisiting it and practicing because it's it can be very different to connect in through sensation and connecting with energy in this way when we have been trained and conditioned to do everything from the mind so this is powerful work men are going to follow the line of connection that extends down from the solar plexus so not bottom line of energy and just sit with any potential interference to your energy following this following this line of communication moving out in this way does it feel like you can release energy from this line. This bottom line that drops down and extends out from the bottom of the solar plexus and then connect with the last line of energy so the Laxton the rights were going to connect in with the center of the solar plexus following that line out the left and what are the energetic qualities of that line of energy as you move out and travel along that line how do you feel on that side of your body in relationship to the solar plexus and then what is it like for you to connect and with the right side so that extension out through the right side of the solar plexus connecting and with outline of energy that moves out through the right and then once you've done that we've been following the lines of energy as they extend out and this is the way that things travel is were releasing that they're moving out they're starting to move out shipped out from the physical body out through the layers of the energy body and then and so this is what the salt support they support that release out that movement outward and then the rollers come into play to support the next phase of healing or that other.

Other current directional current the way in which energy moves along those lines the energy has been moving and work so the rollers help for us to bring in healing frequencies to Anchor them and see who the physical body once we've made space for went when you let go when you shot him when you release when you are able to the chef things out then it makes space to bring to bring things and to bring healing energy into any current and so the Clearing House



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opens and then the reporter name happens so the rollers I see you connect and apply the rollers then you can connect him with this process of following those lines but rather than traveling outward and saying what intuitive information comes through following the lines out your connecting with what intuitive information comes through what is that quality of those energetic lines as you engage with them and reclaim and Draught in your energy along those lines so for example solar plexus is an easy one of where we can just project so much forward where energy can leave our bodies through the front so falling that front directional line and it can be scattered way out there bits and pieces of our energy just grasping at people at things whatever is around us and then it can create a lot of anxiety because we have these feelers out in the world so we can still sense that information without spilling our personal energy into our environment so if you follow that directional line out in front and you connect with your energy that's out there all you will not all you need to do for you to do nothing with that activate that line of energy and reclaim that part of yourself intentionally pull it back into you and you may just immediately feel like I'm just one that's my personal energy that's just been depleted that's just been you know that's been out there in the world that I'm not that I'm not empowered with and calling into my body that I'm just allowing it to leave and see you project forward and two almost like a major energy leak be out there are spewed out there so connect with that reclaim it dropped back into your body following that front line and then they are going to go through the rest of the lines and connect with that and see what intuitive information what Insight you gather around these different directional lines and what comes through for you is it a particular age in your life and particular memory of particular story a particular belief that you have around something that pops in when you cannot with this wine of energy and reclaiming.

Directional aspect of yourself so when we connect with these different directional aspects it's almost like engaging with if you could see I wrote that or that you are grabbing the reins that you're holding the reins and these different directions and you're engaged with them you're activating all of these directions so that there is an Integrity to these lines that you're aware of them that you're aware of the front and the back of your solar plexus that you're aware of the left and the right in the top and the bottom and that when you get an engagement with all of those directions that you are automatically Center in yourself and when you are centered at your Center when you are centered at your solar plexus then you are present in this part of your body and this is this you know this is a really important part of your energy and your body to be present in and it's where so much disconnect happens if you just even think about holding your brats are being really tight at the diaphragm and at this parts of your physical body not



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connecting and engaging and activating awareness around these different directions is so powerful to support you in not only your energetic journey and managing your energy but how you engage with those around you how you how you respond to situations so that your reflexes and she just you know have everything proud of you that you your response can be from this place of being present and centered and that presents at the solar plexus in is more than being present in the mind or through the mind that you don't have to do this through the mind that you do this directly in this part of your body and that can really help you support Jeep Connection in a way that is sustainable and I encourage you to practice this often and I hope that this is helpful for you on your solar plexus journey and know that as challenging as it can be to feel the world around you that it is an extraordinary gift and it really is such an extraordinary intuitive ability to develop so that you can live in that place of being able to sense and cultivate that sensitivity without it being depleting and without it overwhelming and that it becomes another way to really appreciate all of the gifts around you so thank you so much and I look forward to seeing you again