

SOLAR PLEXUS

INHABITING THE SOLAR PLEXUS

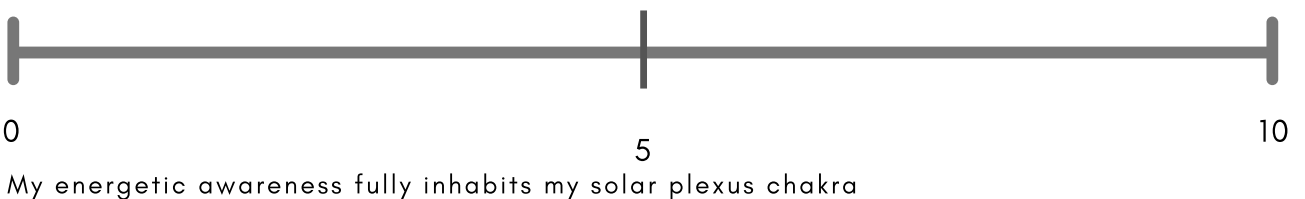
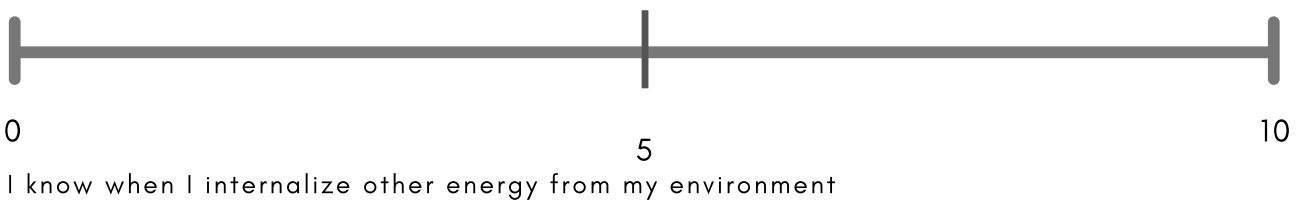
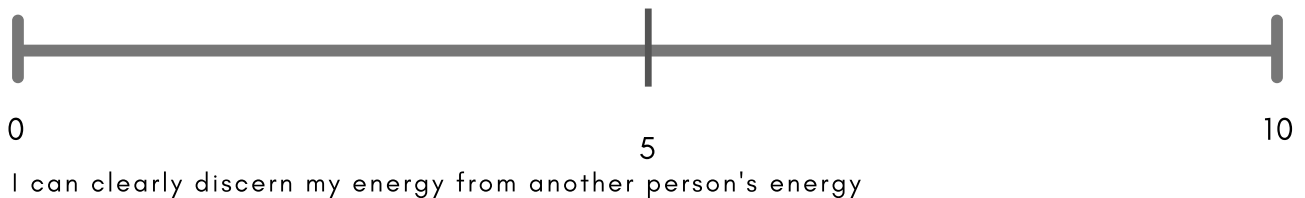
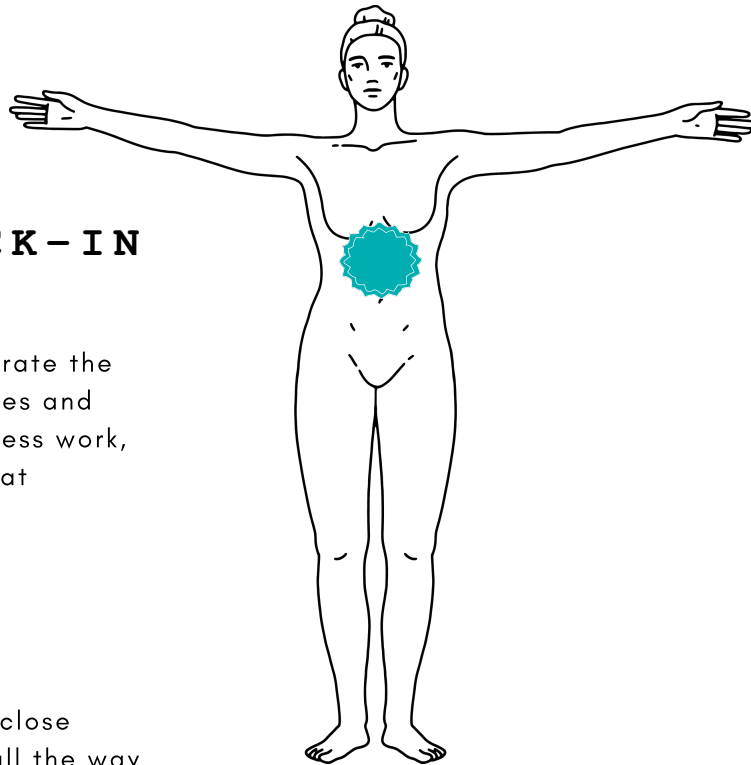
PRE CHECK-IN

Before you incorporate the Chakredy® Remedies and directional awareness work, mark where you're at

SCALE

0=Least/Not even close

10=Greatest/Yes all the way



SOLAR PLEXUS CHAKRA DOMINANCE

WHAT DOES IT MEAN?

When you test as solar plexus dominant, you likely perceive the world from your gut. This can be experienced as a vulnerability AND a strength. **You have a heightened ability to perceive energy at the solar plexus. You are solar plexus chakra intuitive!** You can walk into a room and immediately feel the energy of your environment and everyone in it. Anticipating the way others may feel or respond to situations can easily create anxiety for you. When you navigate the world through this lens, you are much more likely to internalize the energy of others. Learning to work with this sensitivity is important to your health.

STRENGTH = SENSING ENERGY OF OTHERS + ENVIRONMENT

You have the incredible sensitivity to sense at a gut level what people may be feeling and what is going on in your external environment

CHALLENGE = INTERNALIZING OTHER ENERGY

When you can easily feel other energy, your challenge is to discern what is yours and what is NOT yours.

SOLAR PLEXUS CHAKRA ASPECTS

Some energetic aspects connected with the solar plexus chakra include:

- Inspiration
- Confidence
- Empowerment
- Energy
- Self care
- Discernment

STRENGTHS

What are some of your strengths at the solar plexus level?

CHALLENGES

What are some of your challenges at the solar plexus level?



SOLAR PLEXUS CHAKRA

INTENTIONS

INTENTIONS FOR CLEARING:

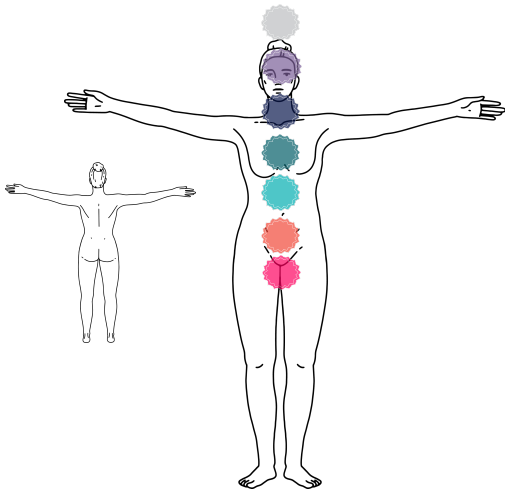
What would you like to let go of at the solar plexus center?

INTENTIONS FOR REPATTERNING:

What would you like to reclaim and repattern at the solar plexus?

DIRECTIONAL ASPECTS

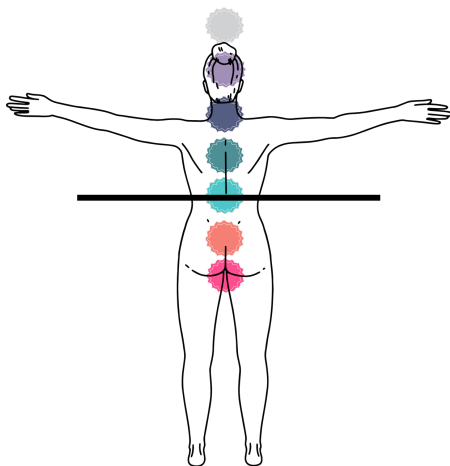
THE 6 ENERGETIC LINES OF COMMUNICATION



FRONTAL PLANE

This plane divides the body into:

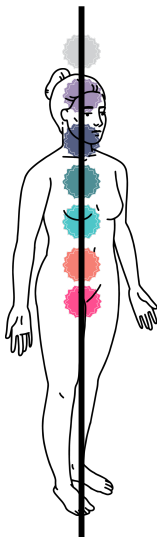
FRONT
BACK



TRANSVERSE PLANE

This plane divides the body into:

TOP
BOTTOM



SAGITTAL PLANE

This plane divides the body into:

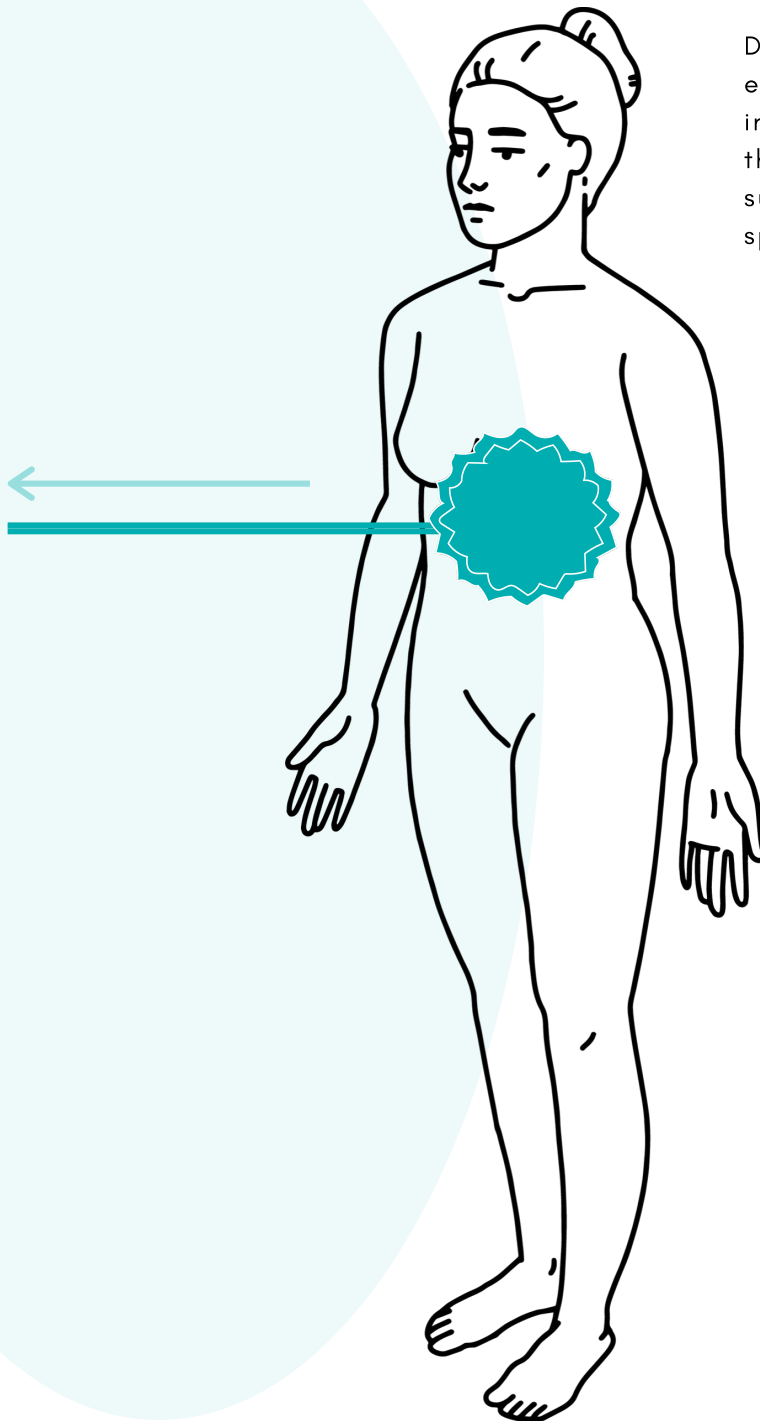
LEFT
RIGHT

FRONT

LINE 1: CLEARING

INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing for release? Get as specific as possible.

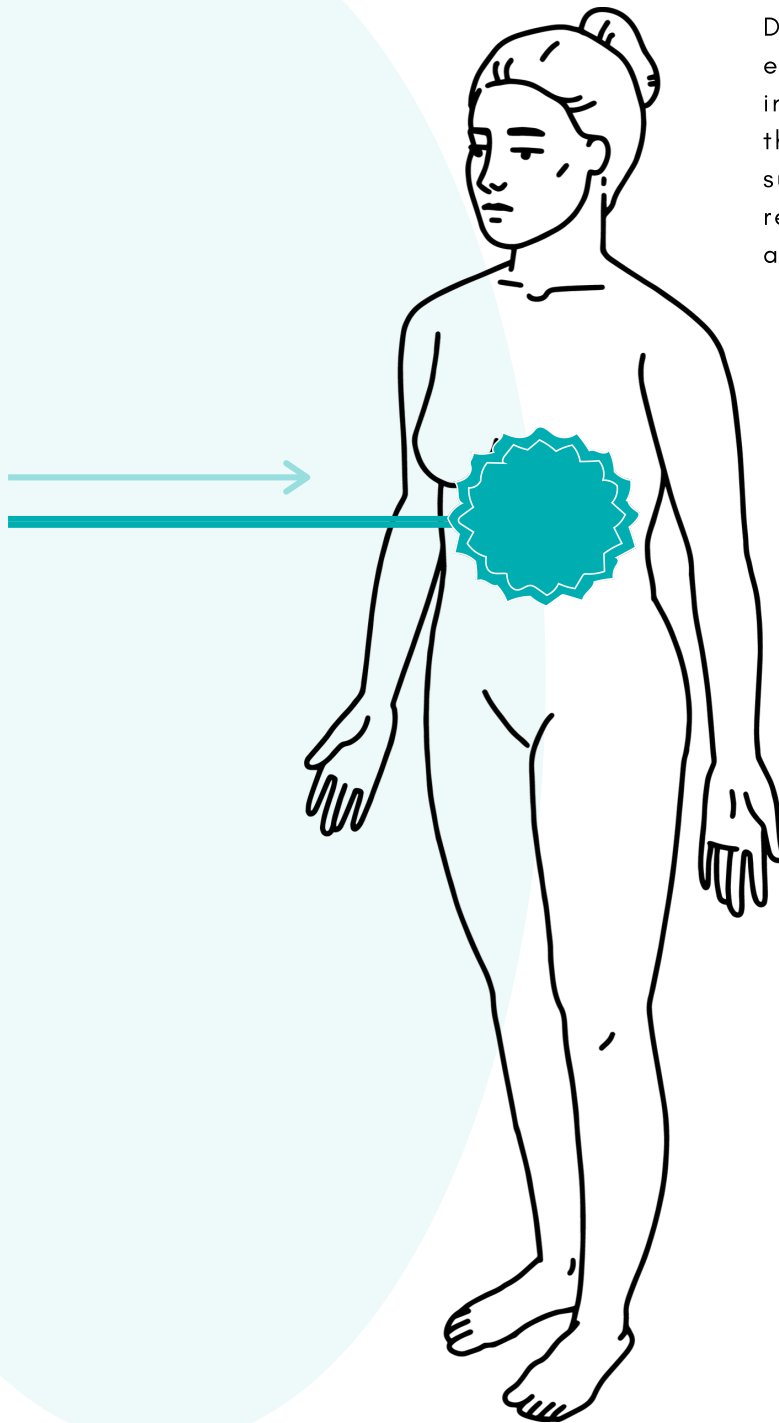


FRONT

LINE 1: REPATTERNING

INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing to be reclaimed and repatterned for healing? Get as specific as possible.

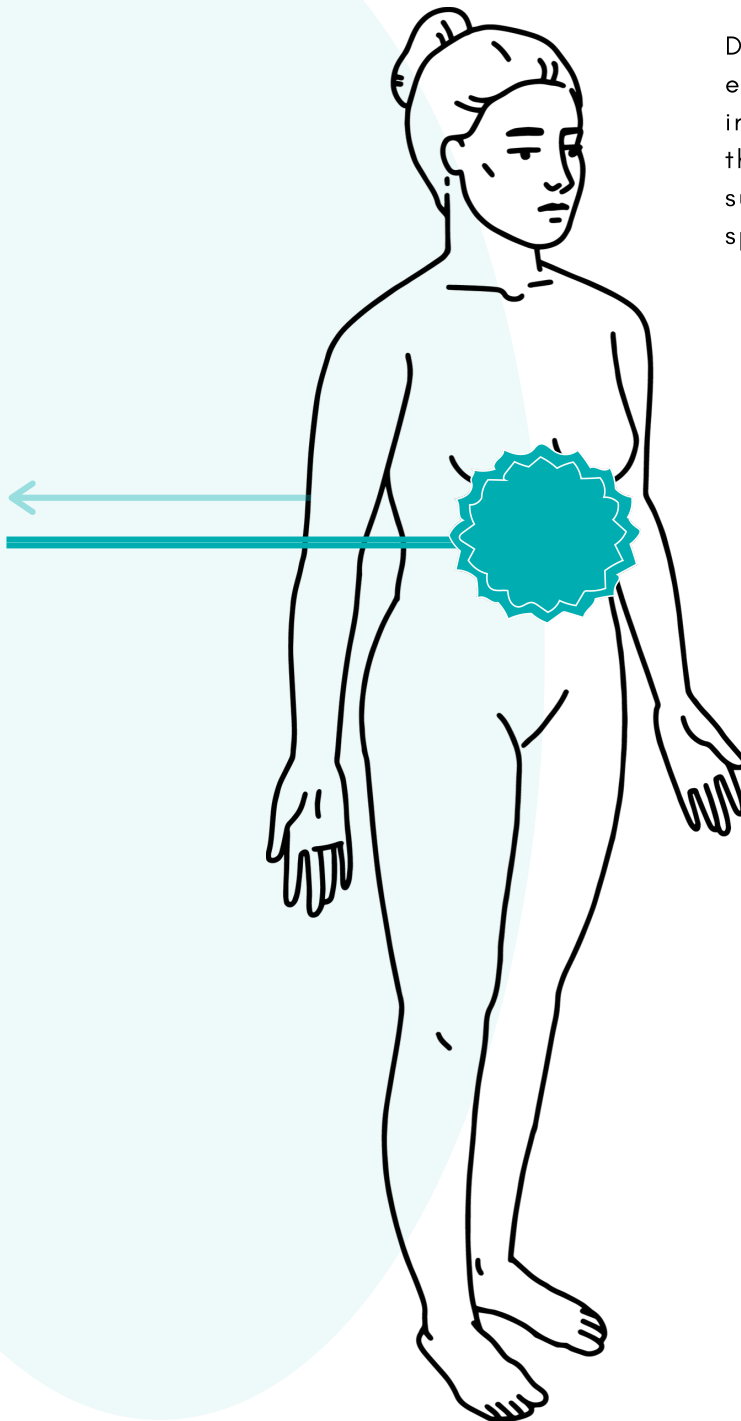


BACK

LINE 2: CLEARING

INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing for release? Get as specific as possible.

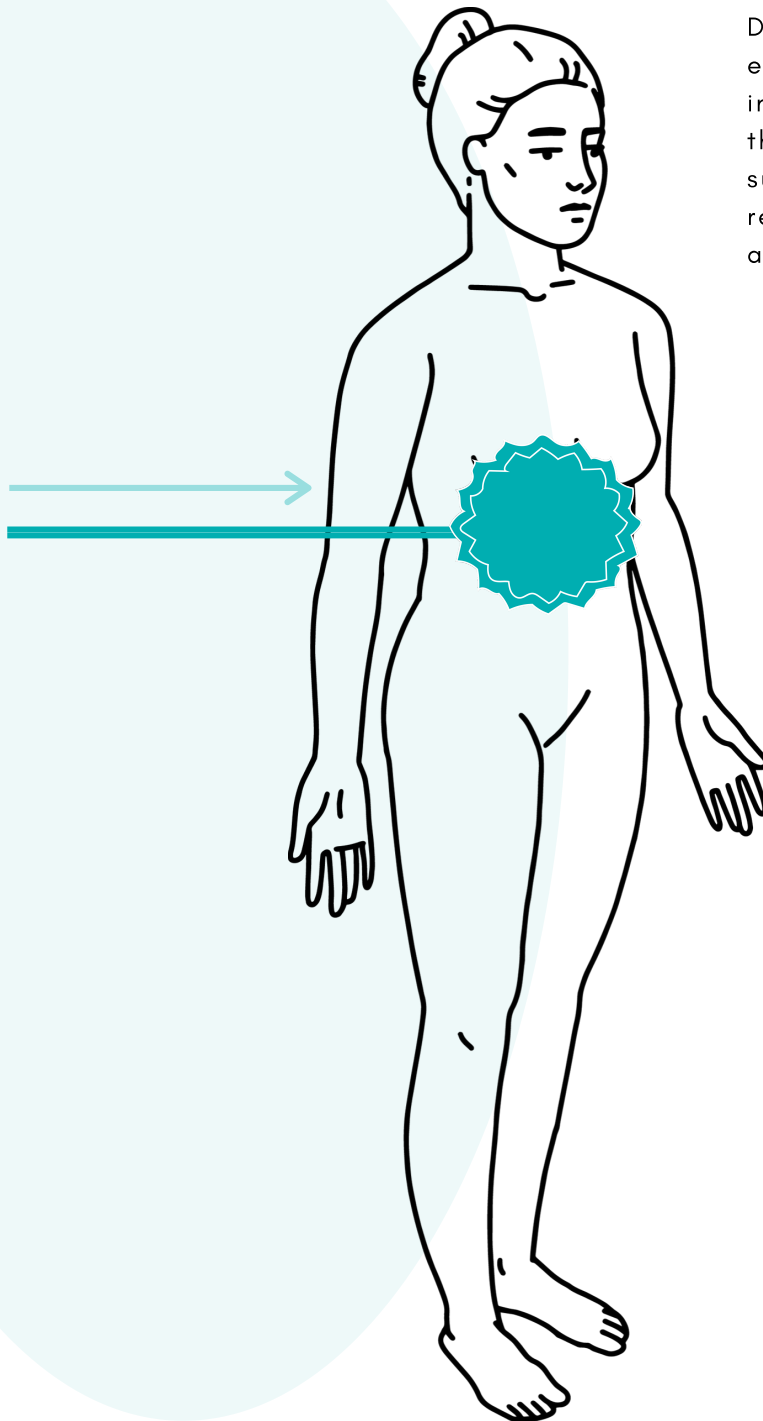


BACK

LINE 2: REPATTERNING

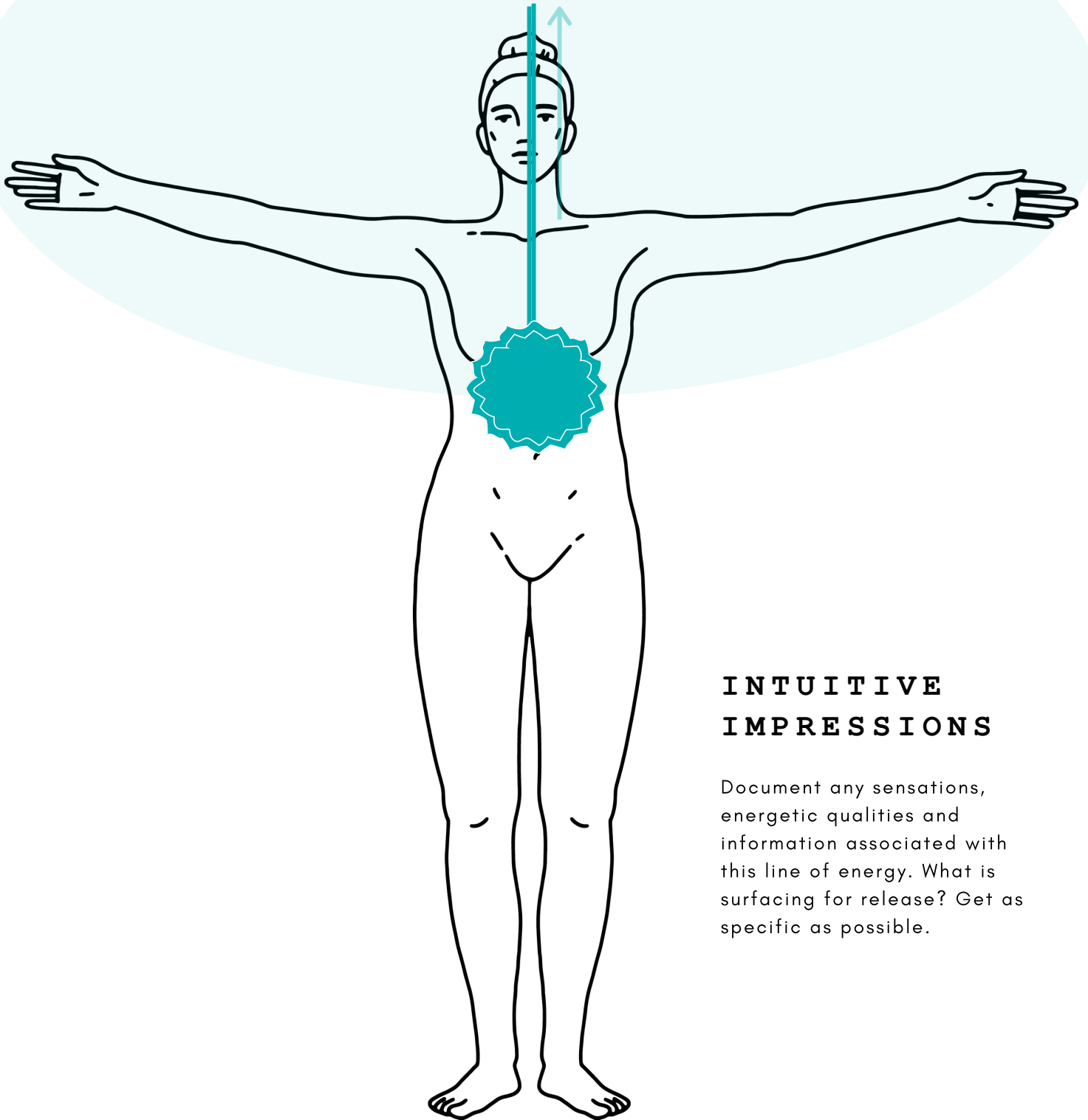
INTUITIVE IMPRESSIONS

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TOP

LINE 3: CLEARING

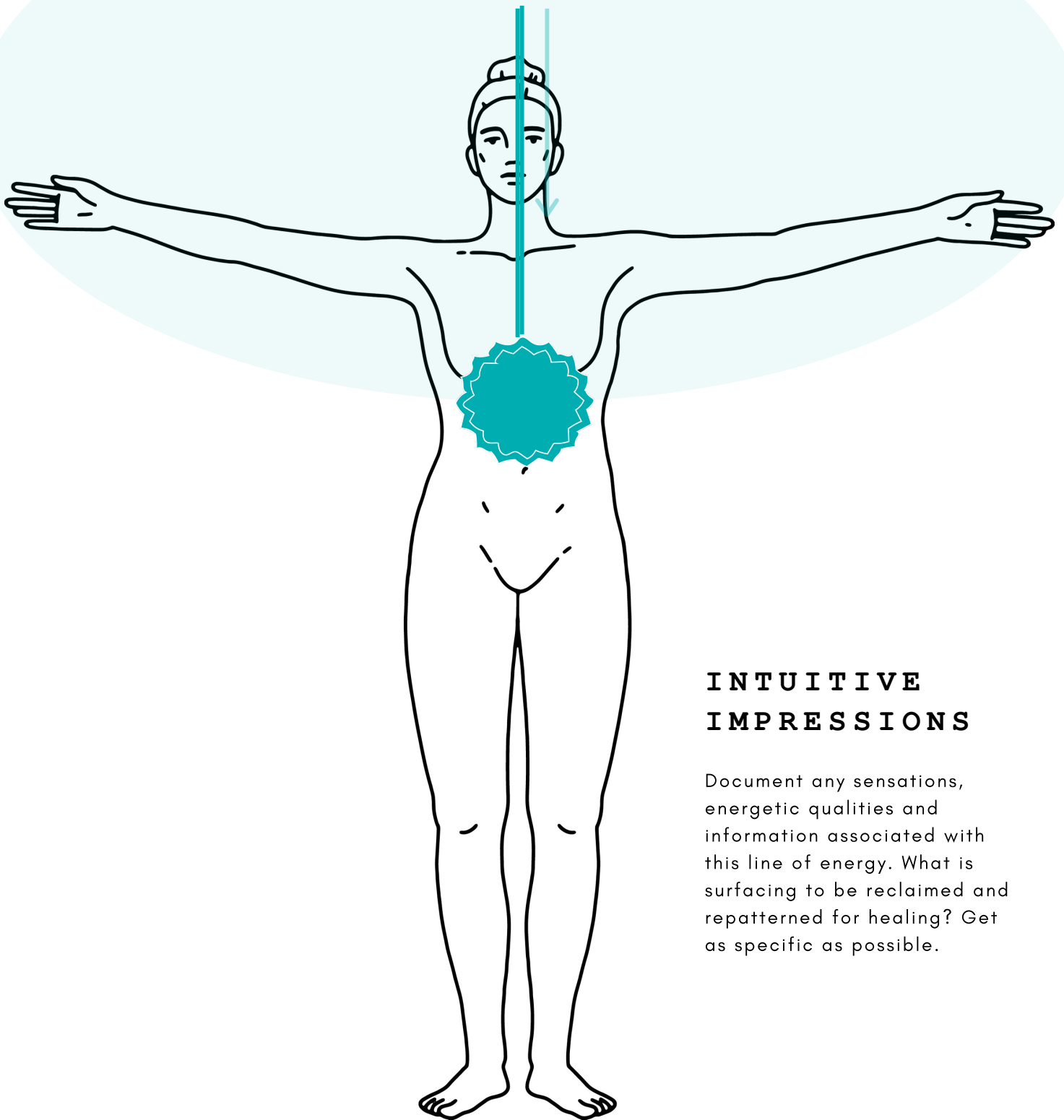


INTUITIVE IMPRESSIONS

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TOP

LINE 3: REPATTERNING

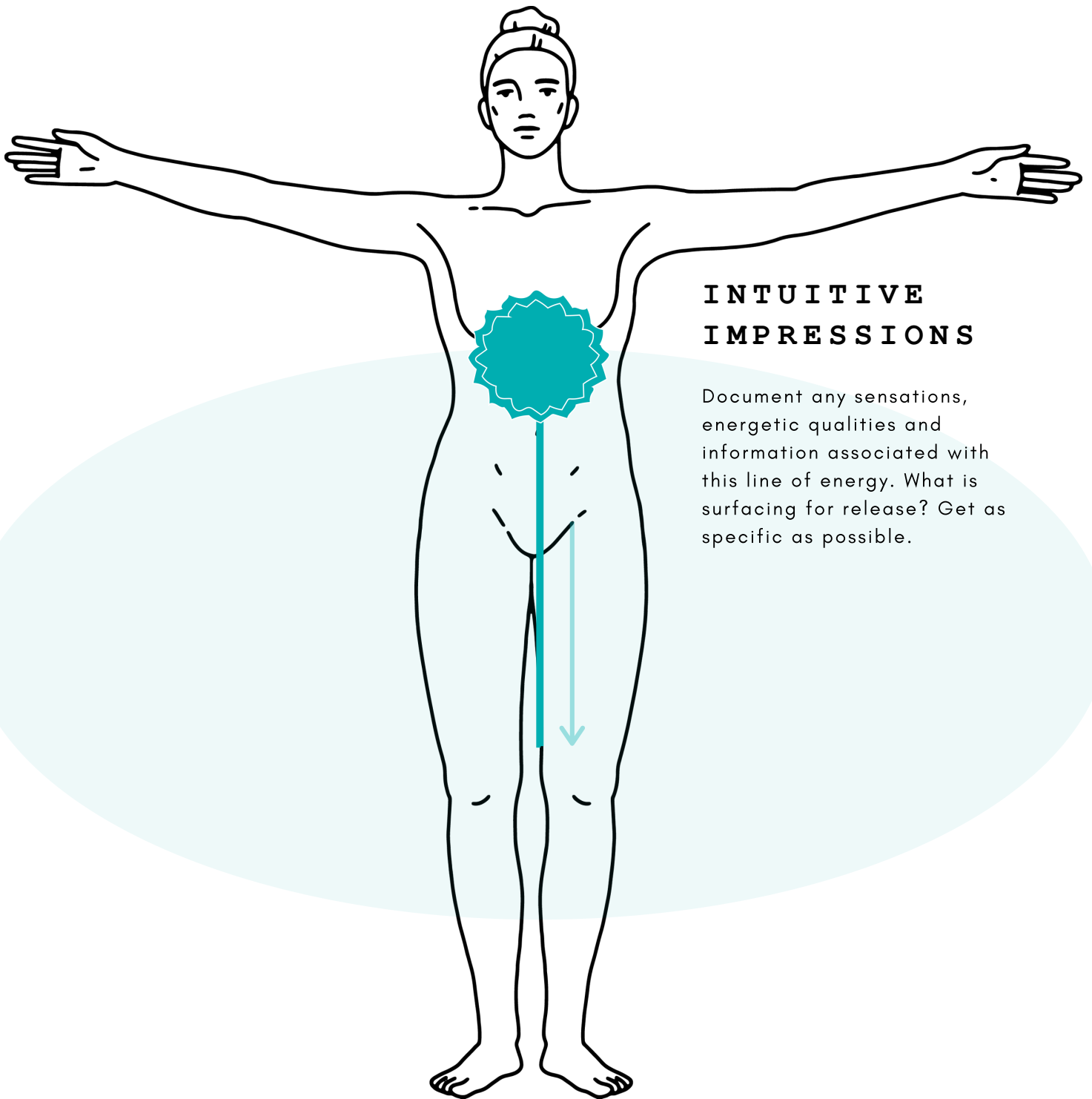


INTUITIVE IMPRESSIONS

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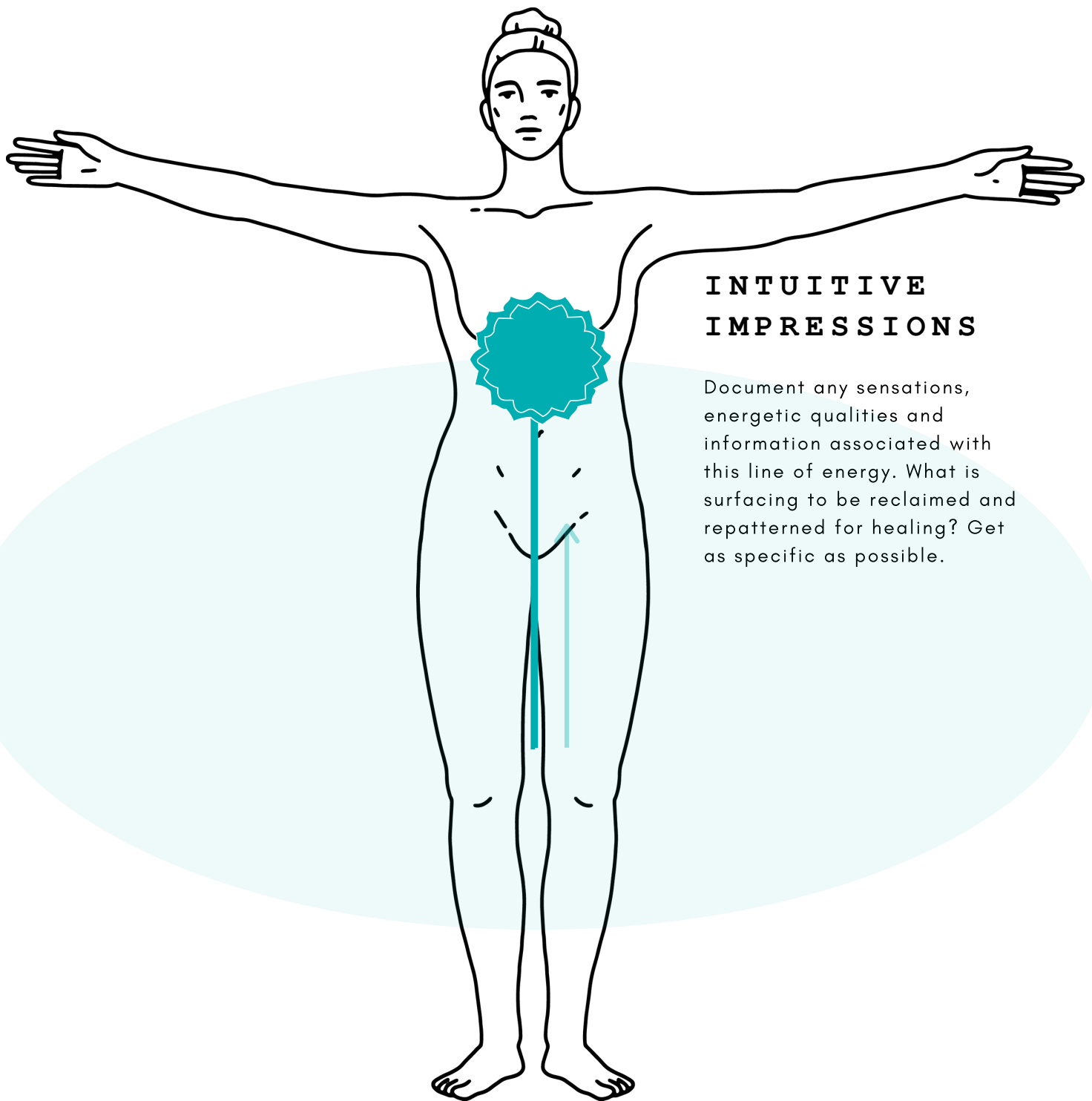
BOTTOM

LINE 4: CLEARING



BOTTOM

LINE 4: REPATTERNING

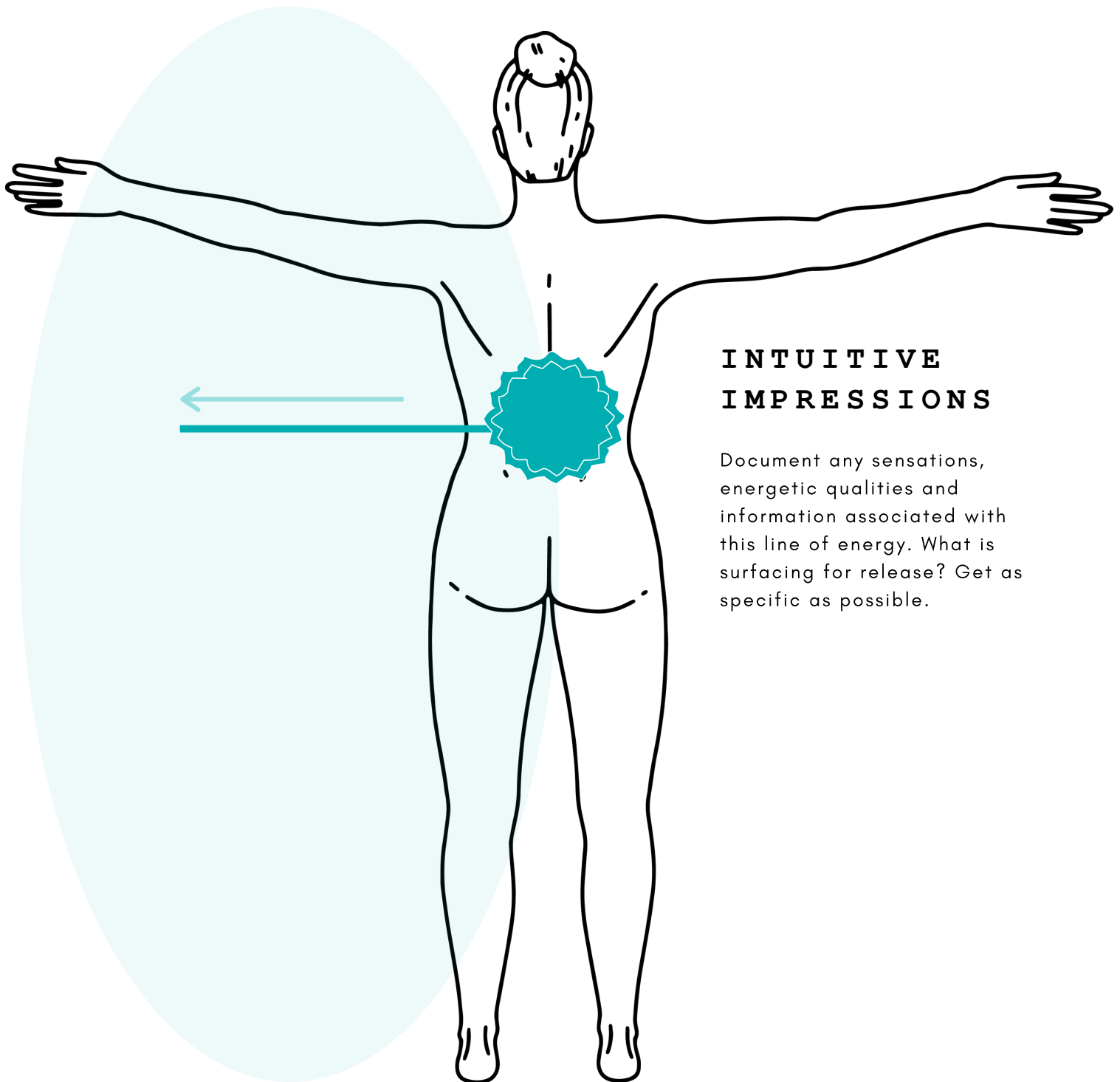


INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing to be reclaimed and repatterned for healing? Get as specific as possible.

LEFT

LINE 5: CLEARING

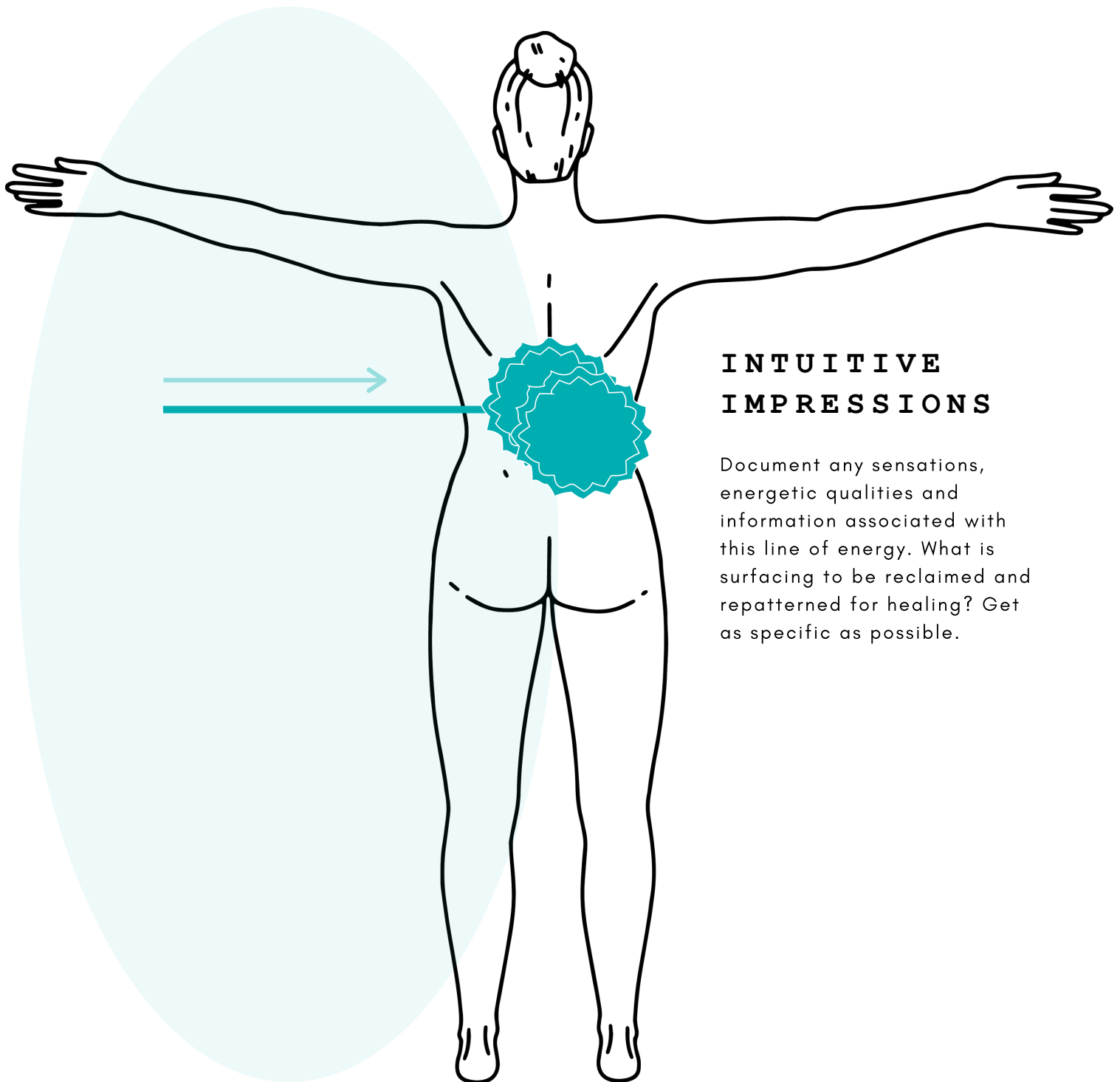


INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing for release? Get as specific as possible.

LEFT

LINE 5: REPATTERNING



INTUITIVE IMPRESSIONS

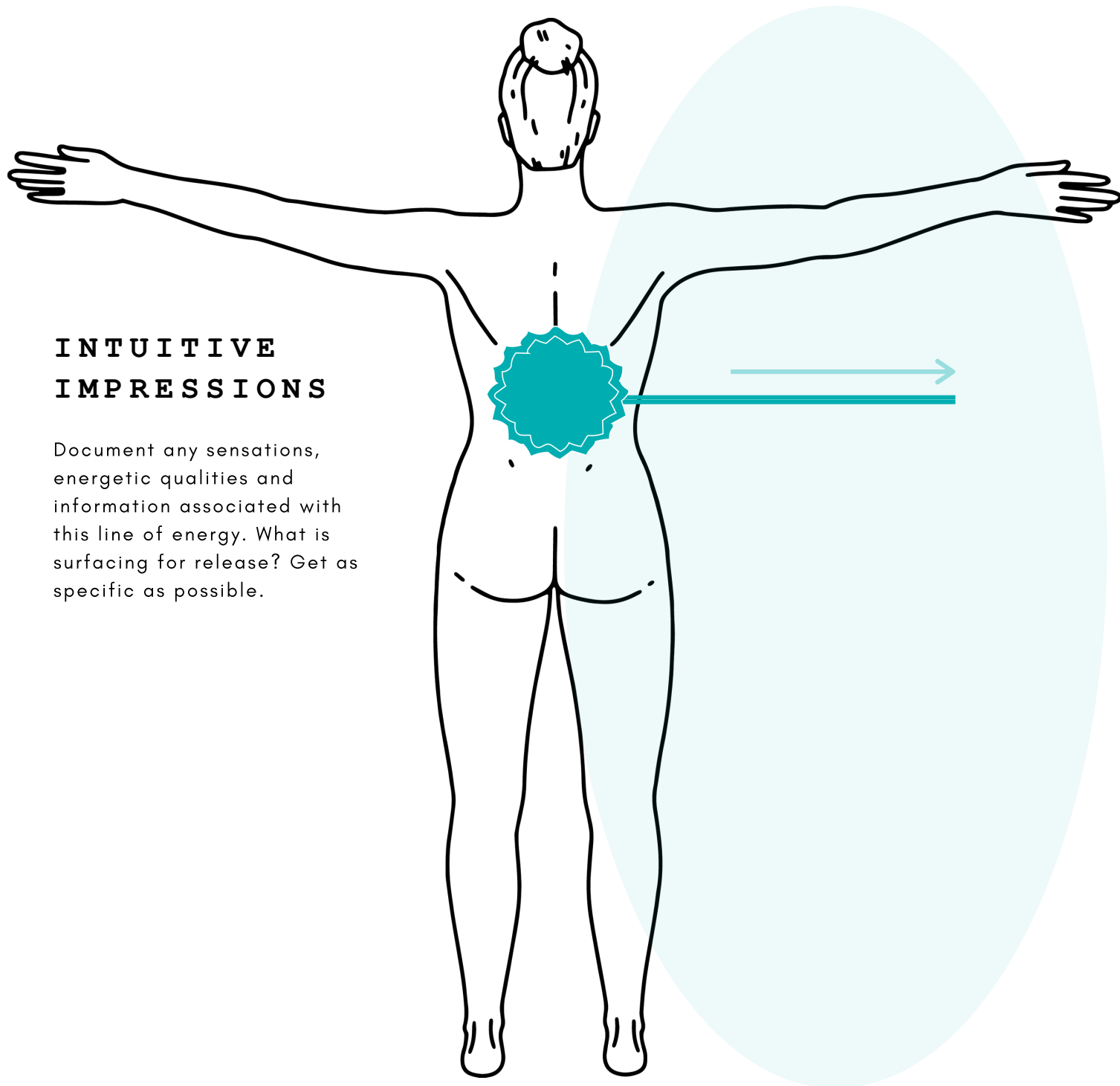
Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing to be reclaimed and repatterned for healing? Get as specific as possible.

RIGHT

LINE 6: CLEARING

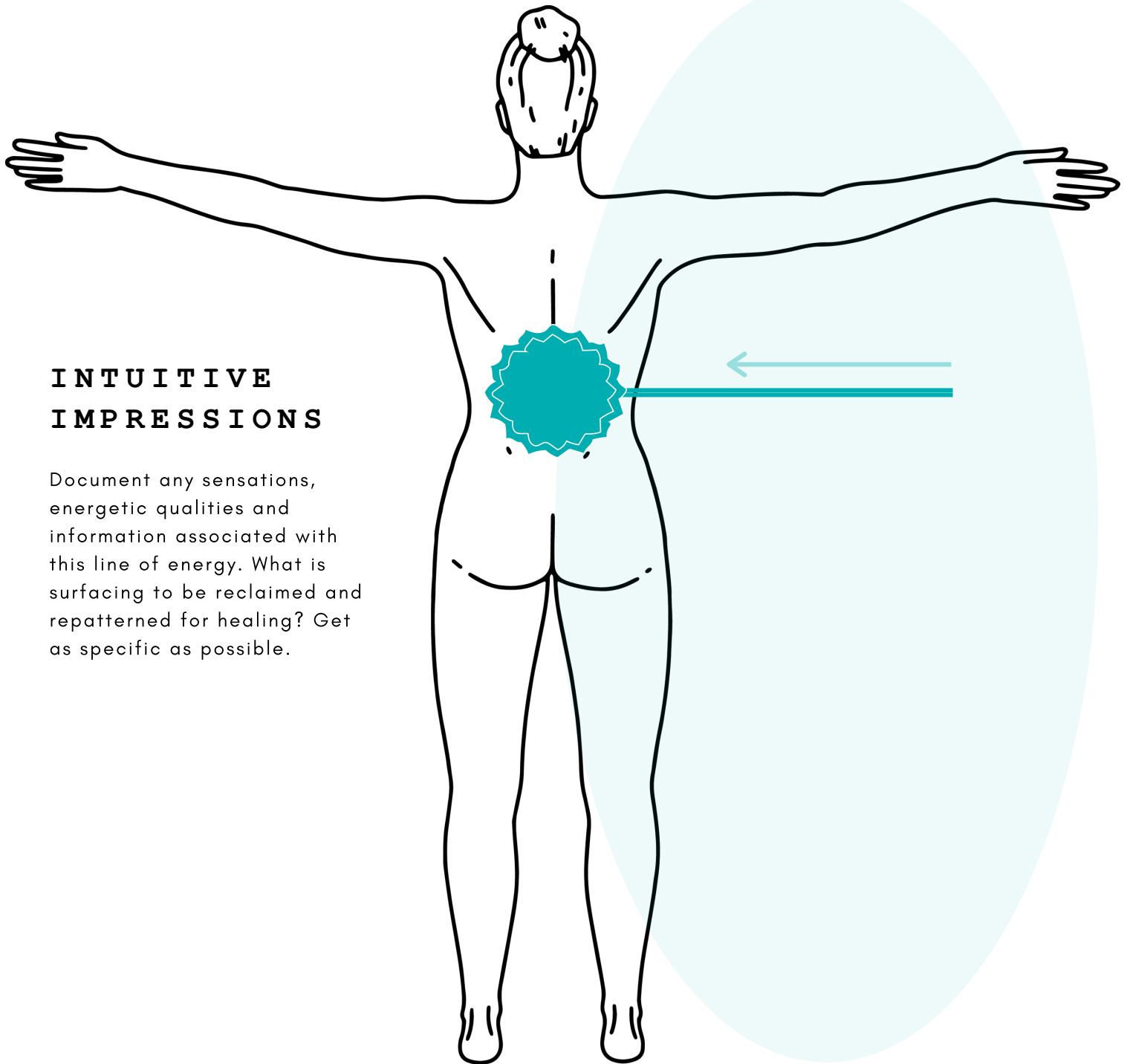
INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing for release? Get as specific as possible.



RIGHT

LINE 6: REPATTERNING



INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing to be reclaimed and repatterned for healing? Get as specific as possible.

SOLAR PLEXUS

INHABITING THE SOLAR PLEXUS

POST CHECK-IN

After you've incorporated consistent use of the Chakredy® Remedies and directional awareness work, mark where you're at!

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