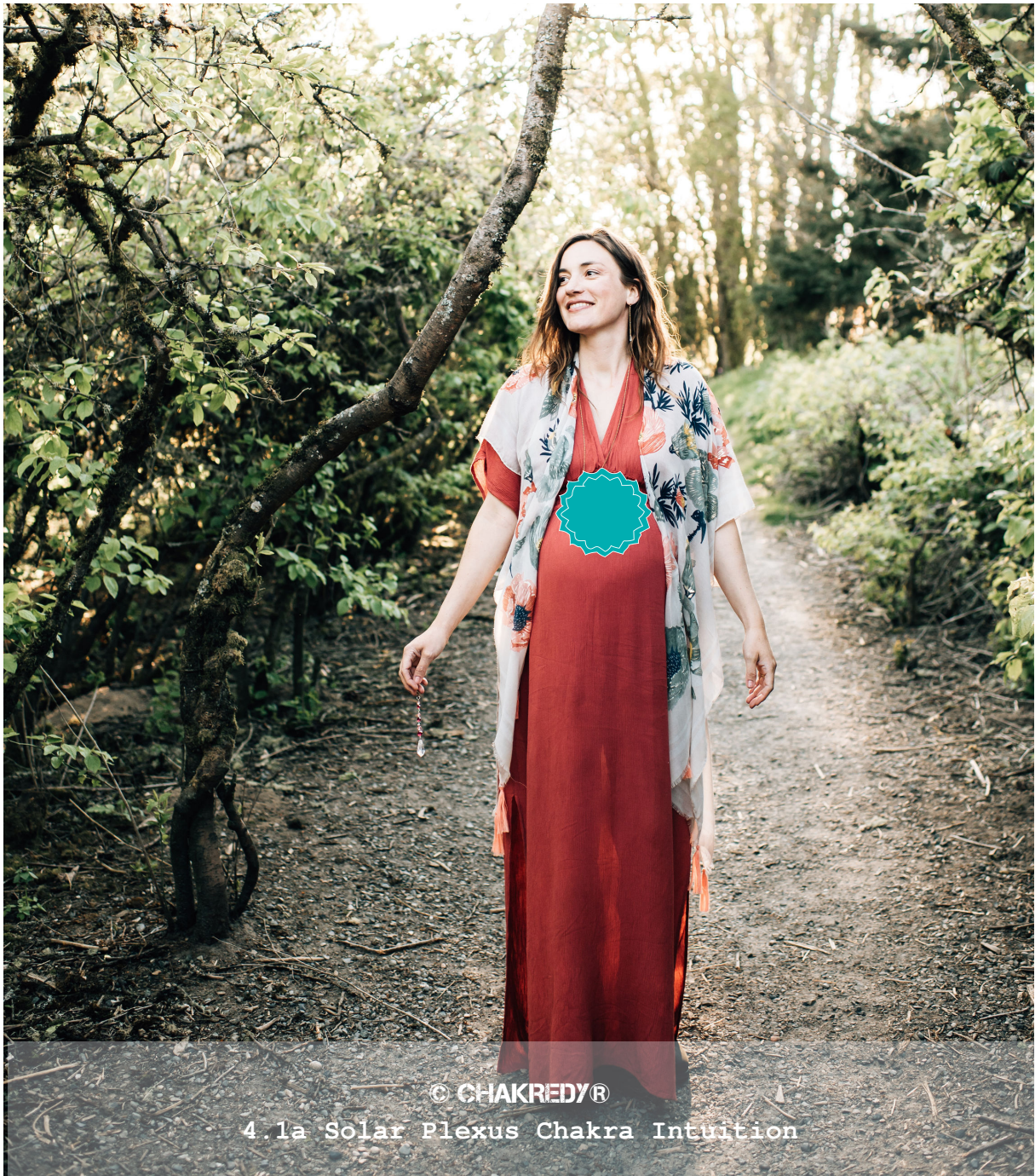


SOLAR PLEXUS CHAKRA INTUITION

LOCATION + ASPECTS

--STOMACH/DIAPHRAGM--

SELF CARE-AUTHENTICITY-ALIGNMENT-ENERGY-
CONFIDENCE-DISCERNMENT-INSPIRATION-AMBITION



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4.1a Solar Plexus Chakra Intuition



SOLAR PLEXUS DOMINANCE

WHAT DOES IT MEAN?

When you are intuitively dominant at the solar plexus it indicates that you perceive the world from your gut. This can be a vulnerability and a strength. You are always able to sense what others are feeling. You can walk into a room and be uncomfortable by the energy of everyone else (and if you don't know this is happening, it is critical you become aware of it!). Anticipating the way others may feel or respond to situations can easily create anxiety for you. When you navigate the world through this point, 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 REFERENCE

PRACTICE

List out everything you associate with the solar plexus chakra, create your comprehensive solar plexus reference

Solar Plexus Strengths

Write them out

Solar Plexus Challenges

What are they?

notes