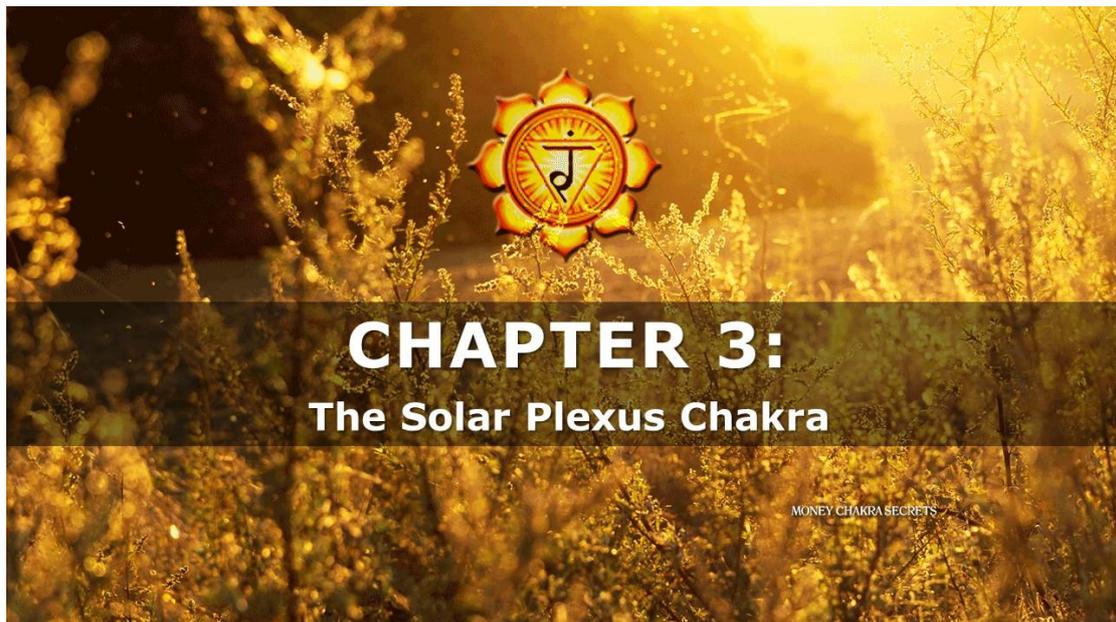


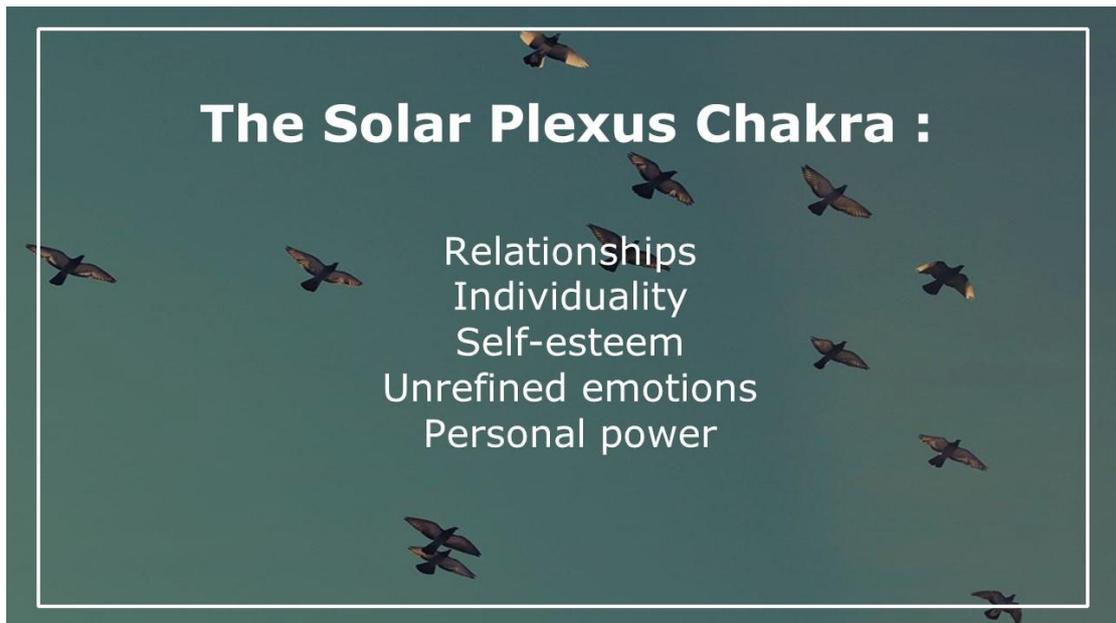
4-0 Solar Plexus Chakra



S1: Hi there, welcome back again. Last chapter we explored the Sacral Chakra and its financial implications. Today however, we will look into the Solar Plexus Chakra.



S2: This chakra is located at the center of the body, at the same level with our stomachs. This is where the physical energy is distributed. It is represented by the color yellow and has a higher vibrating frequency than the Sacral Chakra.



S3: The Solar Plexus Chakra corresponds to your feelings when you are with groups of people. It is responsible for the development of relationships of all kinds, such as romantic relationships, friendships and family.

This chakra also represents your individuality, self-esteem and how you stand up for what you believe in the presence of others. It is the center for unrefined emotions as well as personal power. This here is where we develop a sense of self and an outward sense of others.

An Inactive Solar Plexus Chakra

- Low self-esteem
- Difficulty acknowledging self-worth
- Feel useless and powerless

S4: An inactive Solar Plexus Chakra will cause you to have very low self-esteem. You find it hard to acknowledge your own self-worth. You feel useless and powerless especially when you are under pressure. This ends up with you saying “Yes” to things you do not believe in.

Let’s say you are assigned a project with your colleague. For the project, you came up with all the ideas and did most of the work.

Your boss asks who came up with the concept and your colleague takes all the credit. You really want to speak up and tell the truth but you do not how. You are afraid of conflict, so you just keep quiet.

So, your boss offers your partner a promotion, and you end up missing a golden opportunity. You then feel depressed and disappointed and this incident adds on to your feeling on unworthiness - and the cycle continues.



S5: On the other hand, if your Solar Plexus Chakra is over-reactive then you can become a very dominating person and would want to control everything. Your personality can be likened to that of a dictator.

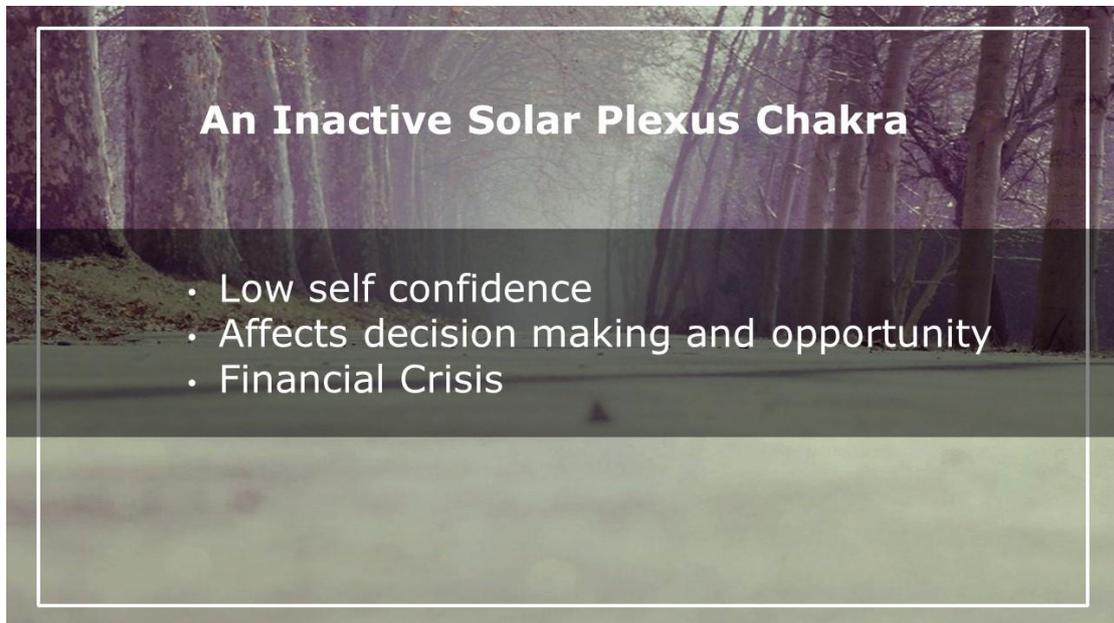
In the workplace, you will be perceived as a very stubborn and controlling leader. It is highly likely that your subordinates will feel pressured and stressed when working under your supervision.



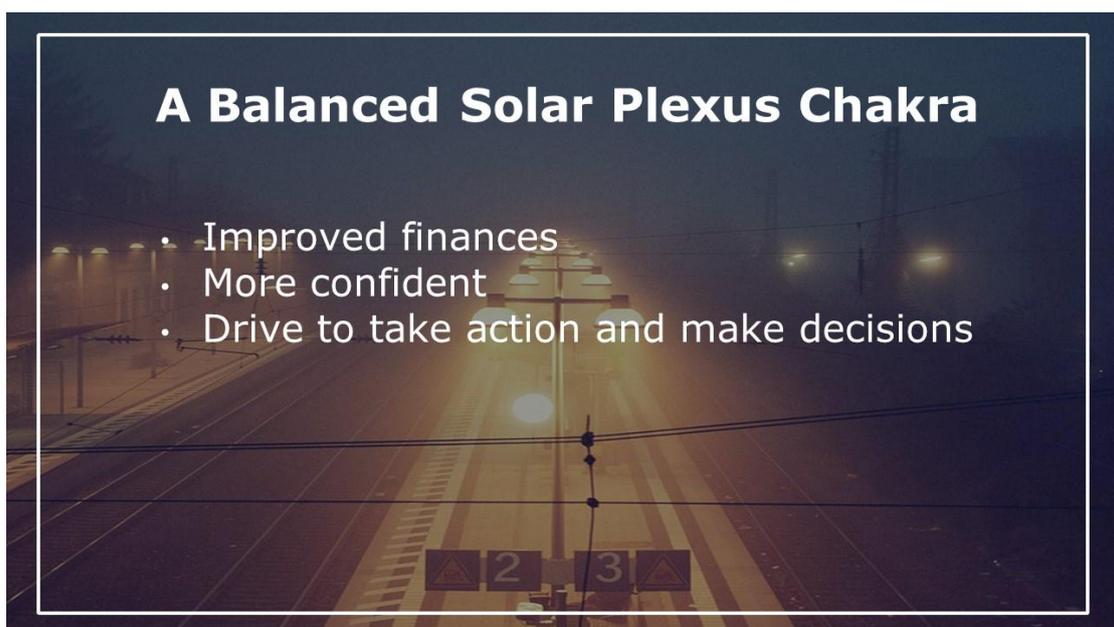
S6: Do you find that you have to put in an extreme amount of effort and

hard work in order to earn money? Or do you have low self esteem and lack the drive to get what you want?

Your Solar Plexus Chakra may be blocked or imbalanced.



S7: A blockage or imbalance in this particular chakra will manifest in the form of low self confidence - which is crucial when it comes to making decisions, taking advantage of opportunities, and also making money! You will also find it hard to save money.



S8: When this particular energy centre is balanced, your finances will

improve and you will become a money magnet, as you attract customers as well as close deals in your business if you own one. Not only that you will feel more confident. You possess the willpower and drive to take action and make decisions. You will have the ability to manifest what you want - and this includes money.



S9: So now that we brought you through Solar Plexus Chakra and its potential effects on your money, you may have realized that you do have imbalance or blockage issues that you need to address. These steps will help you restore balance to your chakra.



S10: Go on out and soak in the sun rays, it's good for you. Since the Solar Plexus Chakra is represented by fire, it is only logical that being in the sun has tremendous chakra healing powers. Go outdoors in the afternoon sun.



S11: Let go of the “victim” mentality. It helps knowing that you are not “powerless”. It takes a lot of energy to play the victim, and maintain that façade. Explore what it feels like to say no, and step up to claim responsibility and power over your life.



S12: Let go of the unhealthy attachments you have. Unhealthy attachments are a cause for chakra blockage and energy stagnation. Ask yourself if a certain object/belief/memory/desire is doing yourself any good and acknowledge it is, then let go - take care of yourself.



S13: Change up your regular routine and start trying new things. An example of a change in routine would be waking up a little earlier in the morning to exercise before heading to work. Sticking to “safe” routines

will only sustain feelings of powerlessness within you. By stepping up your routine, you will not rely so much in your natural source of confidence and the energy of self belief, but instead be forced get out there and be yourself and to also focus on action, which will help grow your confidence.



S14: Cut off people who criticize and belittle you from your life. Instead, only surround yourself with people who will support you and help you grow. Also, know that you have the power within you - it's up to you to decide on the people who will stay or leave in your life.



S15: Take care of yourself every single day, psychologically as well as physically. Identify and address areas in your physical, mental, emotional or spiritual health that you have been neglecting. A healthy level of self-esteem is essential for a balanced Solar Plexus Chakra, so take care of yourself - it's a form of self-respect and self-love.



S16: Lighten up, laugh at yourself. The greatest source of strength and

power within all of us out there is being able to find humor in the most unlikely moments in life, especially during our darkest and lowest moments. Freedom is found in finding humor in life. Don't take life so seriously - you'll only disconnect yourself from your source of power.



S17: Four, the food you eat. Complex carbohydrates like whole grains such as rice are good to balance out the Solar Plexus Chakra - they provide a sustained supply of energy. Spices such as turmeric and ginger are also good energy sources; they provide a heating element to your body. Not only that, naturally yellow foods such as bananas, corn and pineapples are great.



S18: Five, surround yourself in yellow. Wear yellow clothing, keep yellow decorations around the house - these practices will help you with your chakra.



S19: Six, meditation! Focus on the area where your Solar Plexus Chakra resides (the upper abdomen) and visualize a glowing yellow sphere. Slowly concentrate on making it bigger while it rotates; that area will feel warmer and more relaxed. Do these for a few minutes, then let the

energy dissipate and take a few breaths, after which you should open your eyes.