

SOLAR PLEXUS CHAKRA – Solar Plexus Chakra information

Worksheet 1

After activating your solar plexus chakra by reading the solar plexus chakra handout, write down everything that resonates with you or you can relate to from the past and present.

Balanced characteristics

Physical Disorders

Traumas/Stresses

Emotional Aspects

Mental Aspects

Negative beliefs (which beliefs can you relate to feeling)

Specific Emotions

Spiritual Aspects

Goals and affirmations (When you read each one, which goals don't resonate with you?)

SOLAR PLEXUS – The right to be an individual and act as an individual

The solar plexus is about the right to be an individual and act as an individual.

It's about your special 'spark', your talents, your personality, your individuality, your temperament, and all your traits good and different.

We are all unique and no one is exactly like another person in the world!

When we are celebrated and appreciated for our individuality we develop a healthy self esteem, have an effective will and become reliable and responsible. We feel confident in ourselves, are spontaneous, have appropriate self-discipline and sense of humour.

Sometimes growing up we were not encouraged to be our individual self but encouraged (or criticized) to toe the line or do as you're told without question. Phrases like, 'don't be silly, you are a clown, you're not smart enough to do that, not good enough', too quiet, too loud, or even worse, shamed for being who you were or for having your unique qualities. (E.g. The willful, busy curious child was often discouraged to be themselves as they were hard to keep in line!)

Sometimes if we were given age inappropriate responsibilities when we were young and couldn't perform them, e.g. a 5 year old expected to mow the lawn or an 8 year old looking after physically or mentally ill parents, could feel they were not good enough doing the job!

The solar plexus chakra is also about self worth, motivation, self-confidence, energy, self-esteem, self-criticism, will and self-doubt.

Were there any times in your early life you can recall where you were **not** encouraged to be your individual self or were shamed for being different or for not being good enough?

These times usually involved significant people - parents, siblings, carers, teachers, bosses or friends.

SOLAR PLEXUS CHAKRA - Worksheet 2

Write down times in your **EARLY** life where you felt you were not good enough or were not appreciated or encouraged to be your individual self.

Write down times in your life or incidents or issues **TODAY** where you do not feel good enough or not encouraged to be your individual self.

Continue with Solar Plexus audio 1

Solar Plexus Chakra - Releasing an emotional charge

Worksheet 3

When we feel that we are not good enough or not appreciated or encouraged to be an individual we become rightfully 'charged' up with negative emotional signals like anger, irritation, sadness, powerlessness etc.

You can feel yourself being charged up with these emotions as you can feel the charge of others when they are radiating their signal of irritation, frustration, and powerlessness etc

We are all 'vibrating' at certain frequencies. We are always sending out signals to others and into the universe.

You can 'feel' these signals in certain situations. Sometimes you can feel when things don't seem quite right with people or places, you know, that uneasy feeling and other times you can feel a good 'vibe' from people and places. It's those invisible feelings and signals we can feel but not see that we are looking at in this activity.

When we ourselves are sending out these signals, (these frequencies) we are *actually* attracting more of those frequencies to us, because like attracts like.

Think about that for a second. You attract what you are sending out.

So if you are often feeling charged up by situations and people where you feel irritated, frustrated, fearful, impatient or desperate you will attract more of those situations and people that give you those feelings.

The solution to attracting positive situations and feelings that you want, is that you need to release those negative signals (from your being) that you are radiating out.

Review your last work sheet about not feeling good enough or not encouraged or not appreciated enough for being an individual **TODAY**. Choose a situation, person or event that bothers you the most, where this is still happening that you would like to feel release.

It may involve a partner, parent, boss, sibling, friend, co-worker, or society!

When doing the written activities, it's important to be true to yourself and write whatever you are feeling because that is what you are feeling! There is no judgment or blame because whatever you are feeling is correct for you. Remember you are the only one seeing your work.

Worksheet 3 (continued)

Write down a situation or issue that is happening **today** that really bothers you the most, where you do not feel good enough, or not even enough, or not encouraged to be your individual self.

Look at all parts of your life; career, work, family, relationships, friends, body/health, mind, emotional, mental (beliefs).

Worksheet 4

Looking at your Scale of Emotions list, what are the negative emotions that you **feel** when you think about this issue? (The negative emotions start half way down the list!)

Releasing the 'charge' of the negative emotion

Fill the Gap

I release the charge of (name the emotions)

I feel when (name the incident/issue happening today)

Continue with Solar Plexus Chakra audio 2

Australian Bush Flower Essence

We will be using Purifying Essence in the Solar Plexus Chakra audio meditation and the Brow Chakra audio meditation.

Purifying Essence is a combination of the following Bush Flower Essences.

Formulation: Biogenic essences of the below flowers, purified water and brandy as a natural preservative system.

Bauhinia, Bottlebrush, Bush Iris, Dagger Hakea, Dog Rose, Wild Potato Bush.

Easy to Use: Just 7 drops under the tongue.

This essence is used to:-

Release and clear emotional waste and residual by products, to clear built-up emotional baggage.

Negative Condition:

- Emotional waste
- Feeling encumbered
- Emotional baggage

Positive Outcome:

- Sense of release and relief
- Spring cleaned

This essence is great to use anytime as well, whenever you feel negative emotions or beliefs creep in!

Purifying Essence

Purifying Essence contains the following single essences: -

Bush flower essence

Positive Outcome

Bauhinia

acceptance, open-mindedness

Bottlebrush

serenity and calm, ability to
cope and move on
mother-child bonding

Bush Iris

awakening of spirituality
acceptance of death as a
transition state
clearing blocks relating to trust

Dagger Hakea

forgiveness
Open expression of feelings

Dog Rose

confidence, belief in self
courage, ability to embrace
life more fully

Wild Potato Bush

ability to move on in life
freedom
renews enthusiasm