

# SOLAR PLEXUS CHAKRA – WEEK 3



## HEALTH / PERSONAL POWER / CONFIDENCE – 10-30 MINUTE ACTIVITIES

### **DAY 1 – CONVERSATION WITH SELF**

For 10 minutes today, stand in front of a mirror and look deep within yourself. You are talking to the very depth of your being. It's time you told you something you need to know. Tell yourself all of the things that you love about you. Tell yourself all of the reasons why you deserve love and respect. Tell yourself all of the ways you show everyone you are powerful and strong. Tell yourself all of the ways you honor who you are. Tell yourself all of your achievements that you are proud of. After this session record a short video on how you feel.

### **DAY 2 – LETTER TO SELF**

Today, write yourself a letter. It's time to let you know everything you've always needed to know. Write to yourself all of the things that you love about you. Write to yourself all of the reasons why you deserve love and respect. Write to yourself all of the ways you show everyone you are powerful and strong. Write to yourself all of the ways you honor who you are. Write to yourself all of your achievements that you are proud of. After this session record a short video on how you feel.

### **DAY 3 – SENDING YOUR INTENTIONS TO THE UNIVERSE**

Today it's time to write down 5 things that you want to achieve for the next 6 months. Whatever it is, as long as it is something you want to achieve. It is time to get real, make your choices and accomplish what you want. Create your list of achievements with the knowing that you've already achieved them. Write the amazing results that you expect to happen because of your achievement. Write short steps (keep it simple) how you will achieve these results. After writing this down on paper, record a short video on this. Manifest into the camera your "intentions" so that not only you hear it every time you watch but the universe will hear it every time it's played.

### **DAY 4 – MANIFESTING A HEALTHY LIFE**

You are human. Your body is a temple, a vessel for the earth's spirit and unconditional love. Her energy. The Mother wants you to be a clean temple. It doesn't matter what you look like as long as you are healthy. Everything in the world comes in a different form. She wants you to be healthy. You are made of the earth. You want to be healthy. You are healthy. It is time to manifest and become who you are. Today, write out how you are going to get a healthy body and life. If there is anything in your life that you feel is having an "unhealthy" effect (relationship, views, food, etc.). Today is the day to change all of that. After writing this down on paper, record a short video on this. Manifest into the camera your "intentions" so that not only you hear it every time you watch but the universe will hear it every time it's played.

### **DAY 5 – RELEASING**

For 10-30 minutes today, sit alone with yourself and think about all of the rules and expectations that people have imposed on you throughout your life. The demands, opinions, expectations, the control that they have tried to have over you because they are out of control of their own lives. These are all places where your power have been taken from you. It is time to reclaim your power. This ends now. This is where you have to decide who you are going to piss off and who you're not. You will have to be ready to lose certain relationships, friendships and even family. But know that those who are meant to be in your life, will stay. This is your courage! This is your life! It's time to live it! And don't forget, you have also made rules for yourself. Ask why. Why have you imposed these on yourself? Listen to your heart's desires. Be brave!

### **DAY 6 – SOLAR POWER FOR YOUR SOLAR PLEXUS**

For 10-30 minutes today, be alone with your mind, body and spirit in the sunshine. While sitting there letting the sun saturate your being with its healing and powerful energy, think about that. Open yourself up. Think about energy. What does power mean to you? Where do you need more power in your life? Think about how the sun powers all life that exists on this planet. Soak it into your being. Know that you are not only a part of The Mother, but you are a being of this universe as well. After this session record a short video on how you feel.

### **DAY 7 – PUSHING PAST YOUR LIMITS**

Today is the day to put into effect everything that you've learned this week. You are a confident, powerful being that accepts you. It's time to put yourself out of your comfort zone today and do something you normally would shy away from. Try not to do the "least" thing. Do something you normally would never do. This is your final clearing for this week. This is your time to shine like the sun you are. This is the moment that you realize you are perfect as you are and break through to loving yourself as a human, as you are. A perfect being in the eyes of The Mother who gave you life.