



Video Transcript

Solar Plexus Chakra Breathwork Ignite Your Inner Power

Hello, beautiful beings, and thank you for joining me for balancing your solar plexes chakra. Your solar plexes governs confidence, willpower, determination, and ego identity. Today, we're going to use breath, reiki, sound, and visualization. Then, the heart, and exhale through your mouth. Takes a couple of minutes to settle into the breath and come out of our thinking, busy minds. But as you do, you will notice yourself calming and relaxing. I invite you to do this laying down.

You may have your knees bent, feet on the floor, or you could just stretch out straight. Find a comfortable position. And let's start breathing.

As you continue breathing, I'm going to guide you to ground yourself to the earth. Imagine your feet if they are planted on the ground,

or if you're lying flat, your sits bones growing beautiful sturdy roots down through the structure you're on all the way through the foundation of the place you are in through the dirt through the bedrock all the way to the center of the earth and wrap those roots around the earth and tie them or anchor them somehow You can imagine the center of the earth as a crystalline core or a molten lava center filled with hot

red lava. Either way, connect to the energy of that center and break it up through your roots all the way back up to the top of the planet and into your body through the roots.

You're drawing that energy in, and you're imagining yourself anchored and rooted to the earth.

As you breathe,

I'd like you to imagine a beautiful, sunny yellow color, shining down on your solar plexus. Keep breathing.

As you continue to breathe, notice if there's anything that comes up as resistance to those words. Is there a belief system or an emotion that somehow stops If I'm feeling powerful, if there is, just keep breathing. You may witness this and choose to release it. Our willpower and determination are also housed in our solar plexus. If you choose to heal and release a blockage, an emotion, something that prohibits you from stepping fully into your power, then you get to release it. You have infinite choice. These experiences, we don't have to hold them forever. We may learn through them and then let them go when they no longer serve. Keep reading. What serves you in fully embodying your power and your confidence? Keep breathing. As you breathe, we've all had disempowering experiences. Part of life. But when we're willing to release them, when they no longer serve, then we are truly free. Imagine that color yellow. See it beaming down on your solar plexus and see the word freedom. It's a free will choice to heal. It is a free will choice to release. It is a free will choice to stay where you are. It's all up to you. What do you choose? Keep breathing. We're just going to breathe for another minute or two. Any emotions that have stirred, any memories that have come up. And just be in witness of them. They're coming up right now for a reason. You don't need to do anything. Just keep breathing. If you haven't, that's fine too. Congratulations. There's no right or wrong. Just choice. Slow down the breath. Focus on coming back to your body. Breathe for just a moment or two through your mouth before switching to the inhale and exhale through the nose when you're ready start breathing through the nose take it as long as you need before getting up and starting your movement. Remember how powerful you are. You can come back to this meditation again and again when you feel less than powerful and less than confident. I thank you for showing up today to step more fully into your power. Namaste.