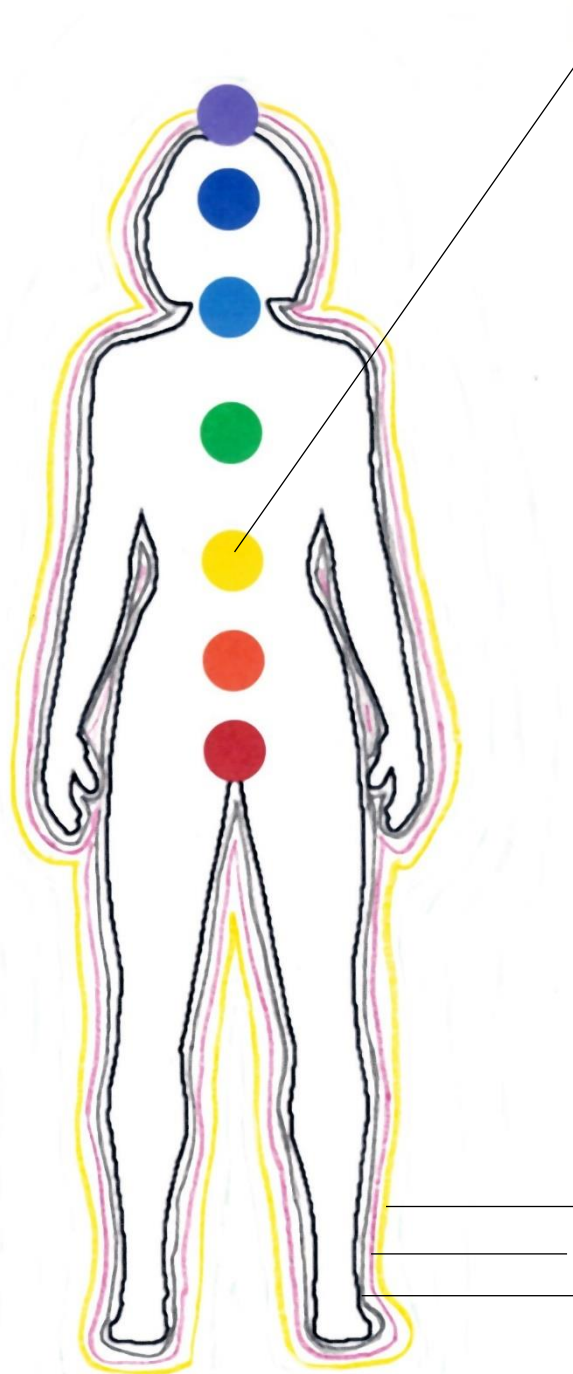


MENTAL BODY/SOLAR PLEXUS CHAKRA



SOLAR PLEXUS CHAKRA – Personal power, personal will and confidence

- Supplies motivation and ambition to achieve goals and make healthy choices.
- Grants wisdom and courage, as well as intuitive guidance.
- Grants self-control and strength.
- Creates balance in caring for others and caring for self.
- Can be clogged by controlling relationships, low self-esteem, self-sabotage, shame, blame or self-sacrifice.
- Can be healed through:
 - establishing healthy boundaries and structure in daily life, especially around health and within relationship;
 - developing discipline;
 - developing healthy aggression;
 - connecting to core and allowing deepest self to inform all your decisions.
- Remember: TIME and SPACE, SOVERIGNTY, SELF-CARE
- Use mantra: *"I am free. I am free to be me."*

Mental body
Emotional body
Etheric body