

Magical Mothering Method

Chakra Initiation Session

Month 3: Stepping out of FEAR into Empowerment

Week 9: Solar Plexus Chakra Ritual

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Our solar plexus is our GUT

Gut instinct. Gut reaction. Intuition. Anxious stomach. Gut issues. Felt like I got hit in the stomach when I heard the news. Eating the pain away. Filling the void.

The solar plexus is where our power lies. This is the space within us that guides, directs and helps us to make way to live in our higher self. This is the doorway to the higher chakras. If our intuition, gut or power is not in alignment, it will feel difficult to create the space to move forward in our life purpose.

Self doubt, guilt, self punishment, feelings of not being enough or having enough are all associated with this power center. When the body is pouring energy into feeling worthless or guilty there is no room for being confident or empowered. There is literally no room in this chakra for opposites.

YOU MUST CHOOSE.

This can feel scary though. The fear is what keeps us in the comfortable, in the known. Take a moment to answer these questions and then share your insights in the Magical Mothering Forum for this week.

How is staying comfortable not serving you anymore?

How comfortable are your eating habits making you?

How comfortable is your guilt keeping you?

How does your body feel when you need to stand up for yourself?

Do you stand up for yourself?

What would letting go of being comfortable give you the opportunity to do in this world?

Taking a STAND

Healing our Solar Plexus is more than just an initiation or ritual. We have to see ourselves seated on the thorn. We have to see ourselves willing, able and ready to stand up for ourselves. Not for something or someone else, but us. Are you willing to create space in this world for YOU?

This is the ultimate question. You took a giant leap of faith in joining this course, now is the time for action. To allow for yourself to no longer be invisible, used, or fighting others fights. It is time for your to see YOUR value. To see that you have a space in this universe. And that you are an incredibly valuable piece of the puzzle of what is unraveling.

Solar Plexus Chakra

Sanskrit name: Manipura

Location in the body: Between Navel and Rib Cage

Color: Yellow

Symptoms of Closed, blocked or injured chakra: Guilty, lack of energy, weakness, allergies, fatigue, Low self-esteem, worthlessness, not enough, digestion problems, issues with liver, kidney, gallbladder, or spleen

Stones: Citrine, Tigers eye, Amber, and Yellow Bricite

Foods: Bananas, Pineapple, Lemons, turmeric. This chakra is highly associated with eating.

Solar Plexus Chakra Initiation

In this solar Plexus initiation we are going to be finding our place in the world. Finding our center. Creating space to be fully present, alive and willing to step out into the world fully living our gifts. So in this initiation we will be allowing for that center within us to take hold. For us to feel grounded in our root chakra, ignited in our sacral chakra, and centered in our solar plexus. It is vital to be integrating the work each week, with the previous week. Each of these chakras are affected by the lower chakra. So in order to be centered and fulfilled, you need to be giving yourself pleasure and the creative outlet.

We will be using a powerful technique called the Pillar of Light. Through this we will find our safe space within. We will then step into a pillar or tube of light. When we travel up the tube of light, we will be able to see all of our circumstances and situations from an empowered or higher vision.

Pillar of Light Higher Perspective Solution you received during the initiation:

Solar Plexus Chakra Ritual

Creating a Solar Plexus ritual is going to do with trusting your gut. EVERY SINGLE TIME. It will take practice at first, and may seem extremely odd. But no matter what your gut is saying whether to go to the store this minute, out for a walk, to turn on the radio at just the right moment, or to get out that creative project you never have time for, trust your gut this week. See what it wants to share with you and where it will guide you. Don't be surprised if you have the most crazy coincidental experiences this week to prove that your gut knows what it is doing!