

Clearing your Solar Plexus Chakra and Car

3/22/19

Chakra Description: Solar Plexus

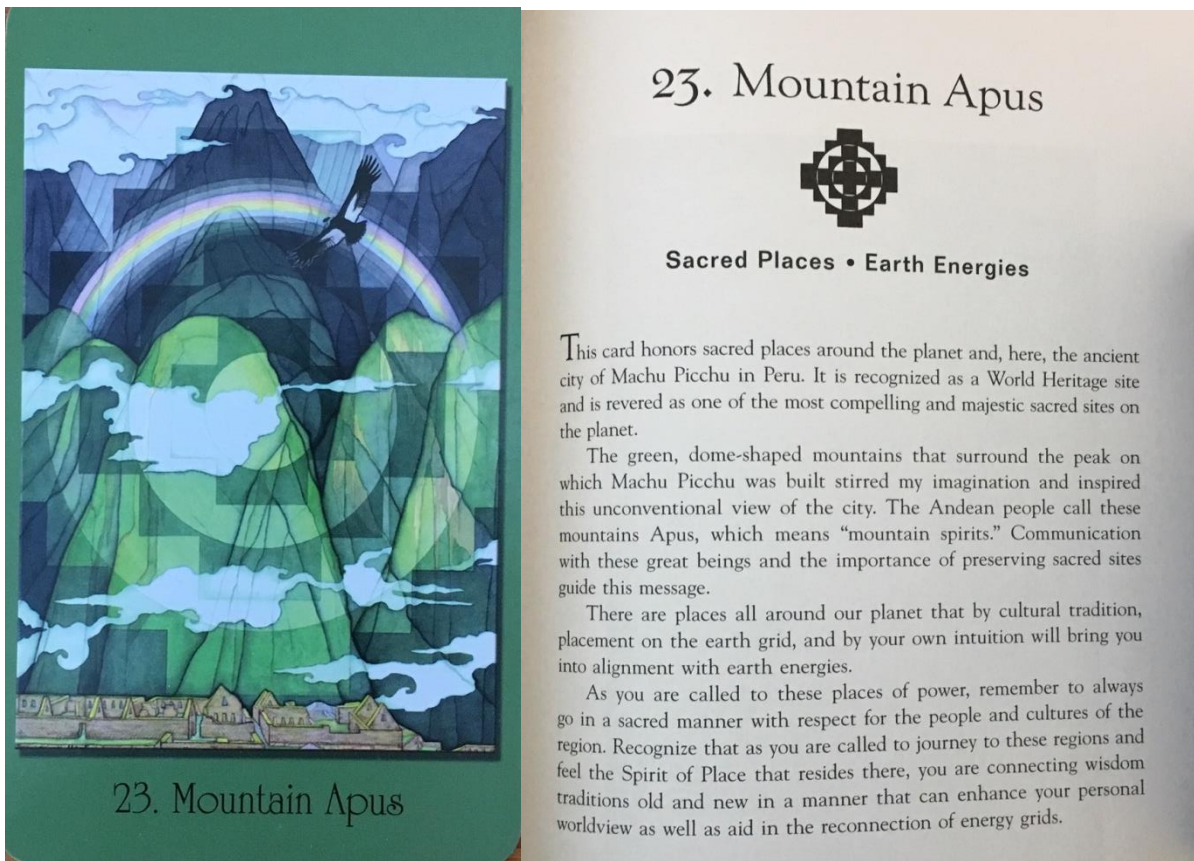
The solar plexus chakra is located a few inches above the belly button, right over the stomach region. This 3rd chakra is called Manipura in Sanskrit, and is known as the center for our willpower, sense of self, and the seat of our motivation. This is also the chakra that governs our digestion, energy levels, and zest for life. If you'd like to read more, check out this post [Exploring the Chakras Part 3: the Solar Plexus.](#)

Space Clearing: Car

I also cleared the energy in your car. Most of us spend a lot of our time in our car; it's how we venture out into the world to do our work and make our mark. Our cars also tend to accumulate stressful energies as we multi-task, navigate and deal with traffic. This week as you step into your vehicle, imagine the travel time as an interlude of flow:-)

Oracle Card: 23. Mountain Apus

Journey with respect...



From Sacred Geometry for the Visionary Path by Francene Hart

Exercise:

Place your hands on your solar plexus and journey to a sacred site. It could be one you have visited in person, or it could be a place you have dreamed about visiting. (Browse this site if you are looking for inspiration: <https://sacredsites.com/>) Breathe in the unique energy and power of this place.

Ask to connect in with its guardian spirits. Feel yourself come into alignment with the earth energies that enliven this unique place on the earth. Continue to breathe into your solar plexus until you feel empowered and confident.