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...



23. Mountain Apus



Sacred Places • Earth Energies

This card honors sacred places around the planet and, here, the ancient city of Machu Picchu in Peru. It is recognized as a World Heritage site and is revered as one of the most compelling and majestic sacred sites on the planet.

The green, dome-shaped mountains that surround the peak on which Machu Picchu was built stirred my imagination and inspired this unconventional view of the city. The Andean people call these mountains Apus, which means "mountain spirits." Communication with these great beings and the importance of preserving sacred sites guide this message.

There are places all around our planet that by cultural tradition, placement on the earth grid, and by your own intuition will bring you into alignment with earth energies.

As you are called to these places of power, remember to always go in a sacred manner with respect for the people and cultures of the region. Recognize that as you are called to journey to these regions and feel the Spirit of Place that resides there, you are connecting wisdom traditions old and new in a manner that can enhance your personal worldview as well as aid in the reconnection of energy grids.

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.