

# SOLAR PLEXUS CHAKRA MEDITATION



**Below is a simple meditation technique to aid in balancing your solar plexus chakra.:**

Sit with your shoulders back and spine straight. Relax your muscles as you close your eyes and breathe deeply. Inhale through your nose and exhale through the mouth. Focus your attention on the location of your solar plexus chakra: your abdomen, a few inches above the navel.

Since the solar plexus chakra is tied to the color of yellow, imagine a yellow glow above your navel, slowly expanding to the bottom of your rib cage and making the whole area warm and relaxed. Rest in this sensation for 3-5 minutes.

When you are ready, slowly open your eyes. You may follow with positive affirmations.

## **AFFIRMATIONS**

Say these words while using your "Radiate Your Power" Energy Mist, Roll-On, Shower Steamers, Candles, 100% Oil, and Foaming Hand Soap.

"I am powerful"

"I can do anything I put my mind to"

"I am happy and full of joy"

"I radiate from within"