



## HEALING JOURNEY THROUGH THE CHAKRAS

*with Tina Walsh*



### POWER CHAKRA

Color: Yellow/Gold

Element: Fire

Location: Solar Plexus Area – between the navel and diaphragm

Physical Body: Organs of Digestion and all major organs located in the belly

Developmental Formation: 18 months to 4 years

Essential Oils: Rose, Lemongrass, Lemon Balm, Juniper, Amber

I think of my Third Chakra as a big, golden sun radiating from my solar plexus. The Third Chakra is all about our personal power and our relationship to SELF. It is about the development of self, separate from other; an establishment of autonomy. Since this chakra is governed by the element of fire, its nature is activity. When grounding is strong (Chakra One) and natural flow of emotion (Chakra Two) is supported and not repressed, we then have the ability to take action (Chakra Three).

This Chakra is where our willpower, self-esteem, ego, identity, self-acceptance and determination reside. It is also the place of manifestation. Our thoughts and emotions create our reality and are manifested into the physical world. In order to manifest, we need to take action in our lives and have a strong sense of Self. When we have a strong sense of Self, we know how we want to live. Empowerment, encouragement and validation are friends of our Third Chakra. Self-acceptance is also part of this energy center. Healthy ego which is supportive vs. unhealthy or wounded ego which will defeat and put us down. We all have places of wounded ego and this is the work of this energy center.

What does wounded ego look like? The places where you may put yourself down, think you do not deserve something, low self-esteem or lack of acceptance of the self. These are some of the ways wounded ego presents itself. Courage, ambition and confidence are the power of the Third Chakra. The Third Chakra is the gate to the heart.



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### POWER CHAKRA AFFIRMATIONS

- ❖ I am powerful. I claim my power now.
- ❖ I am able to take action in my life.
- ❖ I release judgments of myself and let my life flow.
- ❖ I am worthy of my own self-love and I accept myself.
- ❖ I have the ability and power to manifest my deepest desires.
- ❖ I am always improving my self-confidence.
- ❖ I am ambitious and passionate about life.



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### **POWER CHAKRA JOURNAL PROMPTS**

- ❖ How well-developed is your self-confidence?
- ❖ How well-developed do you feel your sense of worth is?
- ❖ Do you respect yourself at all times. Where does your sense of self-respect need developing?
- ❖ Are you able to know the difference between what feels good and what is actually good for you?
- ❖ Are you willing to release negative attitudes about yourself? What do you get from hanging on?
- ❖ Do I feel a healthy sense of personal power? What areas does my confidence need boosting?
- ❖ What actions will help me to have a healthier ego identity?



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### ***Power Chakra Healing Suggestions***

- ❖ Make a list of all the things you love and appreciate about yourself.
- ❖ When you find yourself in negative self-talk, try to immediately shift the thought. (Example: I'm an idiot.....mistakes provide me opportunities to grow.)
- ❖ Look at yourself in the mirror; right into your own eyes and say, "I love and accept myself."
- ❖ Connect in with an unrealized desire. Bring it to life by clearing the blocks that prevent you from manifesting it.
- ❖ Make a commitment to yourself as we work on the Third Chakra to do a suggested meditation, yoga pose or anything else that feels good to you. Do it every day for 30 days.
- ❖ Speak to yourself kindly and lovingly.
- ❖ Own yourself!! You are a unique individual; there is no one on earth exactly like you.....now that's pretty cool!