

YONI SHAKTI WOMB WELLNESS PRESENTS

THE WOMB ALIGNED PATH



SOLAR
PLEXUS
ENERGETICS

PORTAL 6



THE WOMB ALIGNED PATH

PORTAL 6

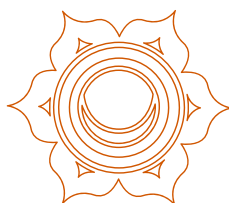
WOMEN'S ENERGETICS: MYTHS OF POWER

The energy wheels, particularly the lower three—root, sacral, and navel(solar) —are mapped differently across various cultural traditions. The placements I have chosen in my work are carefully aligned with the needs of women, taking into account the unique flow of our energy systems. In some mappings that feature fewer than seven energy wheels, the root and sacral are often merged into one lower energy center, and at times, the sacral and navel centers are combined. However, for women, it's crucial to differentiate the sacral energy wheel and anchor it deeply within the pelvic bowl, centred at the cervix—our sacred gateway to life. This distinction is key to connecting with our primordial creative energy.

The root energy wheel, on the other hand, grounds us in our physical form and our sense of security in the material world. The sacral and root energies are distinct yet equally vital to our well-being. For a holistic approach, understanding and working with these energies in their purest forms is essential.

Another variation you might encounter in energy mappings relates to the third energy wheel, often associated with the solar plexus. In some systems, this wheel is located higher up, near the sternum, instead of just below the navel. In traditions recognising more than seven energy wheels, the navel and solar plexus are treated as separate centers. In the mapping I use, the third energy wheel is linked to the entire abdominal region, encompassing the solar plexus area. However, the focal point for our Navel Fire remains just below the navel—a particularly potent area for many women. In Eastern martial arts and Chinese medicine, this area corresponds to the *hara or dantian*, the centre of personal power from which we project our influence into the world.

For women, especially in the world we navigate today, reclaiming and cultivating personal power is not just important—it's necessary. The sacral energy wheel represents our inner power, our deep connection to womanhood, and the creation energies inherent within us. These energies have been undervalued and even demonised throughout history. The navel energy wheel, however, symbolises our external power—our capacity to influence the world, a power that has historically been denied to us. To fully embrace our power, we must clearly distinguish these two energy wheels and their respective energies.





THE WOMB ALIGNED PATH

PORTAL 6

The solar plexus, or the third energy wheel, plays a crucial role in this work, particularly in relation to Truth. This energy centre is the seat of our personal Truth, the inner fire that fuels our ability to express ourselves authentically and stand firm in who we are. For many women, the connection to this Truth has been suppressed, buried under layers of societal conditioning that have taught us to be small, to be quiet, to conform. Yet, it is through the solar plexus that we reclaim our Truth, recognising that it is our birthright to stand in the fullness of who we are.

When we talk about Truth in this context, we are referring to more than just honesty. It's about living in alignment with our deepest values and beliefs, about allowing our inner light to shine brightly in the world. The solar plexus is where we digest not just our food, but also our experiences and emotions, transforming them into wisdom and strength. This process of digestion is intimately connected with our ability to discern Truth from falsehood, to recognise what serves our highest good and what does not. Working with the solar plexus allows us to burn away the illusions and myths that have kept us small, making room for the expansive energy of our true self to emerge.

For women, the solar plexus's focus often aligns more with issues of identity than with power alone. However, it is also the place where we harness the power of Truth—the power to live authentically, to express our unique voice, and to take our rightful place in the world. For many women, the relationship with worldly power is fraught with complexity. Society still conditions us not to desire or wield power. This is why much of the work in cultivating our Navel Fire involves dismantling what is called “Myths of Power”—false beliefs that inhibit us from fully embracing our strength. Below are some of the most pervasive Myths of Power, along with the Truths that can help you reclaim your inherent power.

MYTHS OF POWER

Myth 1: Powerful or assertive women are unlikable. If I claim power or express myself assertively, I will be unloved or disliked.

This myth is rooted in fear—the fear that strong women will disrupt the status quo. Yet women have the right to claim power and express a full range of personalities, just as men do. True relationships are built on mutual respect and equality, not on the suppression of your desires or thoughts to please others.

Truth: When I stand in my power, rooted in the Truth of who I am, I will attract those who appreciate me as I am, and I will build relationships based on mutual respect and support.





THE WOMB ALIGNED PATH

PORTAL 6

Myth 2: Men are naturally stable, strong, and powerful, while women are naturally creative, receptive, and nurturing. We all contain all of these energies.

Archetypal male energies—stability, strength, and power—are reflected in the root energy wheel. Archetypal female energies—creativity, receptivity, and nurturing—are expressed through the sacral energy wheel. However, every individual embodies a spectrum of these qualities. Men’s energy bodies may be anchored in the root, and women’s in the sacral, but this does not mean that men are only powerful and women are only nurturing. Our power source and growth paths are intricately linked to these centres, yet we are whole beings who must develop all aspects of ourselves. Historically, this division has been used to exclude women from authority and external power.

Truth: I am stable, strong, powerful, creative, receptive, nurturing, and more. I am a whole being, unique unto myself. I claim my right to embody all these qualities and beyond.



Myth 3: Power is evil and corrupt. If I claim it, I will eventually become corrupt too.

Power itself is neutral; its morality is determined by its use. Hitler was powerful, but so was Rosa Parks. Some people use power for good, while others misuse it. Women, particularly those who have suffered abuse or discrimination, may reject power as a form of rebellion, but in doing so, they often harm themselves and deprive others of their gifts.

Truth: I will wield my power as I choose—whether quietly or boldly, for the benefit of others or myself. Power, when aligned with my Truth, is a force for good.



Myth 4: Power is not spiritual.

This myth often arises from the belief that detachment from the world, or non-engagement, is spiritually superior. It may also stem from interpretations of turning the other cheek as avoiding conflict or asserting authority. Yet spiritual awakening and action require power—a power born of compassion and light. To act in this world according to your beliefs is a spiritual practice.

Truth: We are all agents of power, as co-creators of this world. Spirituality and Truth are rooted in the acceptance and embodiment of this power.





THE WOMB ALIGNED PATH

PORTAL 6

Myth 5: My power is limited, and if I use too much of it, I will run out.

Power flows through us, not from us. We are conduits, and working with the Navel Fire and other Empowerments opens us to an unlimited source. This doesn't mean we won't feel tired, but it does mean that rejuvenation is possible through intentional refuelling on all levels. You will never run out of power; in fact, your capacity to access and hold more will grow throughout your life.

Truth: I am a conduit for unlimited power. My access to this power is limitless, as long as I remain aligned with my Truth.



In relation to sexual trauma and abuse:

Myth 6: My abuser or assaulter took my personal power.

No one can take your personal power. They may cause you pain, inflict wounds, and limit your access to external power, but they cannot steal your inner fire. This power is your birthright. Pain can subside, wounds can heal, and you can break free from external constraints. Your inner fire is yours to reclaim.

Truth: My abuser(s) abused power to harm me, but they took nothing from me that I need to get back. I am done with them.

This truth is a cornerstone of the healing journey from sexual trauma. Declaring that you are done with your abuser(s) does not mean you abandon justice or remain silent. It means releasing the idea that you need something back from them to heal. Holding onto this idea keeps you tethered to your abuser(s), allowing them to control your healing process. Instead, focus on re-establishing your connection to your inner power, independent of your abuser(s).



Navel Fire: Your Personal Power

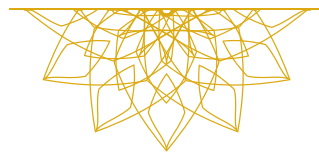
Related Chakras: Your navel, or third, chakra
Energies: Sense of self, personal power, willpower, determination, confidence, discipline, endurance, organization, information processing, execution, detachment, objectivity

Use For: Passivity, insecurity, lack of confidence, procrastination, lack of motivation, obstacles, lack of focus, hyperactivity, whenever you need to empower your ability to lead, present, or act



Solar Plexus Energetics

Solar Plexus Energetics

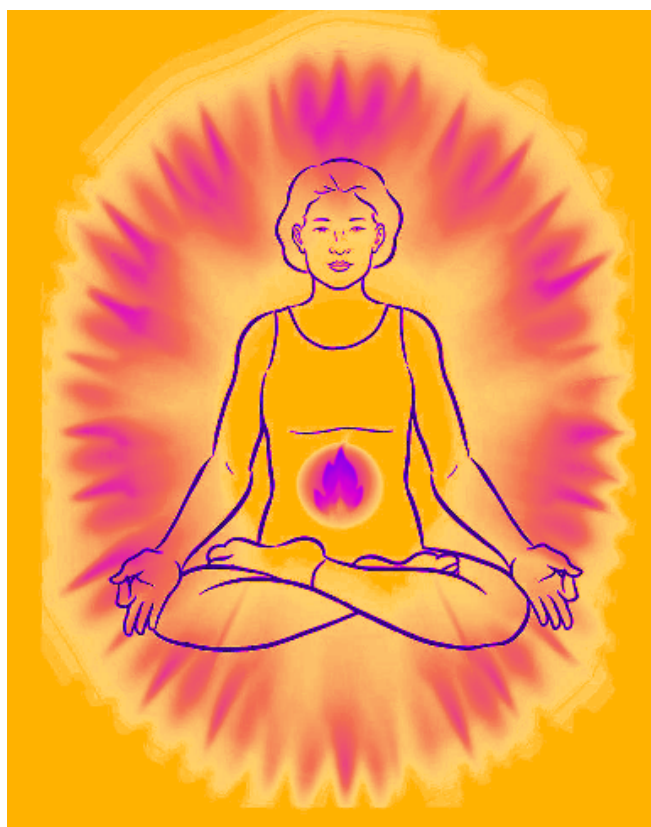


ABOUT THE SOLAR PLEXUS ENERGY WHEEL

The Solar Plexus Chakra, a blazing sun within your being, radiates in hues of radiant gold. It governs your sense of self, personal empowerment, and the manifestation of your unique essence. A balanced solar plexus fuels your spiritual sovereignty, aligning your path with divine purpose.

The Solar Plexus Chakra, often referred to as the Manipura Chakra in Sanskrit, is a luminous energy vortex located in the upper abdomen, radiating with the brilliance of the sun. It stands as the third of the seven main energy wheels, symbolizing the union of our physical and spiritual selves. The Solar Plexus Chakra holds profound significance in the mystical landscape, as it governs self-esteem, confidence, personal power, and the harmonious integration of our individuality.

Visualized as a radiant yellow lotus with ten petals, the Solar Plexus Chakra is associated with the element of fire, evoking qualities of illumination, transformation, and vitality. This fiery energy represents our inner sun, a source of immense power that illuminates the paths of self-discovery and spiritual evolution.



Solar Plexus Energetics



KEY ATTRIBUTES:

- **Personal Power:** The Solar Plexus energy wheel is the energetic center of personal power. It embodies our ability to assert ourselves, make decisions, and take charge of our lives. When balanced, this attribute allows us to navigate challenges with resilience and face life's choices with confidence.
- **Confidence:** Confidence stems from a balanced Solar Plexus Energy wheel. It empowers us to trust in our abilities, make choices without second-guessing, and express our opinions authentically. A strong sense of self-confidence radiates from this chakra, influencing how we present ourselves to the world.
- **Self-Esteem:** Our self-esteem, rooted in the Solar Plexus energy wheel, defines how we perceive our own worth and value. A balanced chakra supports a healthy self-image, allowing us to recognize and appreciate our strengths, accomplishments, and uniqueness.
- **Empowerment:** Empowerment, arising from the Solar Plexus Chakra's energy, enables us to harness our inner strength and seize opportunities. When activated, this attribute encourages us to step into our power and align our actions with our aspirations.
- **Willpower:** The Solar Plexus Chakra governs our willpower, which drives our determination to achieve goals and overcome obstacles. A balanced chakra supports focused intention and the ability to persevere in the face of challenges.

Solar Plexus Energetics



KEY ATTRIBUTES:

- **Clarity of Thought:** This chakra influences our mental clarity and decision-making abilities. When in balance, it helps us make well-informed choices and consider various perspectives before taking action.
- **Action and Initiative:** Activation of the Solar Plexus Chakra empowers us to take initiative in our lives. It fuels our motivation to set goals, create plans, and put them into action, contributing to our personal growth and achievement.
- **Courage:** The Solar Plexus Chakra is closely linked to our sense of courage. Balanced energy encourages us to face our fears, step outside our comfort zone, and embrace challenges with a brave heart.
- **Boundary Setting:** A balanced Solar Plexus Chakra allows us to establish healthy boundaries in relationships and situations. It enables us to communicate our needs assertively and honor our own well-being.
- **Expression of Authentic Self:** This chakra supports the genuine expression of our true selves. When in harmony, we communicate honestly and openly, sharing our thoughts and feelings with authenticity.

YONI SHAKTI WOMB WELLNESS PRESENTS

Solar Plexus Energetics



IMBALANCES IN THE SOLAR PLEXUS: OVERACTIVE

1. **Dominance and Control:** An overactive Solar Plexus Chakra can lead to a need for control and dominance in both personal and professional relationships. This excessive desire for power might stem from deep-seated insecurities.
2. **Arrogance:** Excessive energy in this chakra might manifest as arrogance and a belief in one's superiority. The need to always be right and to overshadow others' opinions can strain relationships.
3. **Perfectionism:** An overactive chakra can lead to perfectionism, where one strives for flawless outcomes in everything. This constant pressure can create stress and hinder one's ability to enjoy the process.
4. **Competitiveness:** When this chakra is in overdrive, individuals might become overly competitive, comparing themselves to others and striving to outshine everyone.

Solar Plexus Energetics



IMBALANCES IN THE SOLAR PLEXUS: UNDERACTIVE

1. **Low Self-Esteem:** An underactive Solar Plexus Chakra can result in low self-esteem and a lack of confidence. Individuals might struggle to recognize their worth and might not believe in their capabilities.
2. **Indecisiveness:** A deficiency in this chakra can lead to difficulties in making decisions. The fear of making the wrong choice can lead to analysis paralysis.
3. **Lack of Motivation:** Individuals might lack the motivation to pursue their goals or engage in activities due to a lack of self-assurance.
4. **Feeling Powerless:** A blocked chakra can manifest as feeling powerless and unable to take control of one's life circumstances. This can lead to dependency on others for validation and direction.

Physical Manifestations:

1. **Digestive Issues:** Both overactive and underactive Solar Plexus Chakras can lead to digestive problems, such as indigestion, bloating, and stomach discomfort.
2. **Adrenal Imbalances:** Overactivity in the chakra can lead to excessive stress and strain on the adrenal glands, potentially leading to adrenal fatigue.
3. **Chronic Fatigue:** An underactive chakra might result in chronic fatigue, low energy levels, and a lack of vitality.

Solar Plexus Energetics

IMBALANCES IN THE SOLAR PLEXUS

MANIFESTATION IN THE BODY, SPIRIT, AND HEART:

Excessive Energy (Overactive Solar Plexus Chakra):

- **Body:** Digestive issues, ulcers, and adrenal imbalances can occur due to excessive stress and tension.
- **Spirit:** Ego-driven behaviors, arrogance, and controlling tendencies emerge, masking underlying insecurities.
- **Heart:** Relationships might be strained due to dominating attitudes, and compassion may take a backseat.

Deficient Energy (Underactive Solar Plexus Chakra):

- **Body:** Digestive problems, low energy levels, and weakened immune responses can arise.
- **Spirit:** Low self-esteem, lack of confidence, and difficulty asserting oneself become prominent.
- **Heart:** Inability to set healthy boundaries might lead to feeling overwhelmed or taken advantage of.

Solar Plexus Energetics

BALANCES IN THE SOLAR PLEXUS

MANIFESTATION IN THE BODY, SPIRIT, AND HEART:

Balanced State:

- **Body:** A healthy digestive system, radiant skin, and strong metabolism reflect physical vitality.
- **Spirit:** Confident yet humble, individuals exude magnetic charisma without overpowering others.
- **Heart:** Empathy and compassion are present alongside self-assuredness, fostering balanced relationships.

Strengthened and Harmonious Energy:

- **Body:** A balanced solar plexus chakra fuels robust digestion, metabolism, and overall vitality.
- **Spirit:** A sense of personal power aligns with authentic expression, leading to self-assured decision-making.
- **Heart:** A blend of assertiveness and compassion nurtures healthy relationships and emotional balance.

YONI SHAKTI WOMB WELLNESS PRESENTS

The Navel Fire

When we speak of someone having a fire in their belly, we are touching on an ancient truth—an inner flame that drives them forward, enabling them to navigate through any challenge with unwavering focus. This is the essence of the Navel Fire, an activation of the navel energy wheel that ignites our core power and propels us towards our intentions with clarity and determination.

When your Navel Fire is ablaze, you are not merely moving through life—you are moving with purpose, with a plan that feels divinely guided. You are attuned to the energy that fuels your goals, and your will becomes a force of nature, capable of manifesting your deepest desires. This energy centre, the navel, is the very nexus where we interface with the world. It is where our inner essence meets the outer reality, and it governs our capacity to act, to influence, and to make our mark.

The navel energy wheel is intimately connected with our sense of self—how we perceive our ability to affect change and how we stand in our power. While the root and sacral energy wheels ground us in our physical existence and emotional depth, the navel is where we step out into the world, ready to enact our will. It represents our intent, our actions, and the impact we wish to have on the world around us.

On a deeper, more mystical level, the energies of the navel are a reflection of our inner Truth. They ask us: Do we believe in our own power? Do we trust our ability to shape our reality? This is the centre of our self-confidence and self-worth, the place where we harness our mental energies to focus, to plan, and to endure. Working with the Navel Fire is an alchemical process—it helps you burn away the limiting beliefs that have kept you small, and it fans the flames of your mental clarity, willpower, and stamina.

For women, the journey with the Navel Fire often involves unearthing and releasing the internalised beliefs that have been placed upon us by a world that has not always welcomed our power. It is about reclaiming our right to act, to influence, and to shine in any arena we choose. The navel energy wheel, being the centre of our interaction with the world, is in constant flow—taking in, giving out, balancing our receptivity with our assertiveness.

YONI SHAKTI WOMB WELLNESS PRESENTS

The Navel Fire

But when this balance is disturbed, we can find ourselves swinging between passivity and aggression, or becoming trapped in patterns of passive-aggressive behaviour. The Navel Fire teaches us the art of balance, of holding our power with grace. It is like tending a sacred flame—too much fuel, and it rages uncontrollably, leading to destruction; too little, and it flickers weakly, unable to sustain us. A well-tended Navel Fire burns steady and strong, a beacon of our personal power and our rightful place in the world.

This energy wheel is also where we define our boundaries, both physical and energetic. It's where we learn to say no, to insist on the respect we deserve, and to shield ourselves from energies that do not serve our highest good. Through the Navel Fire, we can clear out what does not belong—whether it's emotional residue from others, or negative energies from the spaces we've inhabited. This cleansing process is like an energetic detox, restoring our balance and centring us back into our power.

Using the Navel Fire

In our journey with the Navel Fire, it's natural to find ourselves swinging between extremes—sometimes our energy feels too weak, other times it flares up too strong. We might catch ourselves slipping into patterns of passivity, people-pleasing, or even becoming overly aggressive or off-putting. Understanding when to stoke this fire and when to calm it is key to maintaining balance.

Here are moments when you might want to focus on building and strengthening your Navel Fire:

- Before or during exercise, to tap into your deepest determination.
- To clear your energy field of negativity or emotions you've absorbed from others or from your environment. We'll delve deeper into this in the Second Skin chapter.
- When you need to stand up for yourself—like before a meeting or encounter with someone who tends to undermine you or make you feel insecure.
- Before an interview, presentation, important meeting, sporting event, or any situation where you need to project confidence and capability.
- During a physical or mental challenge—like preparing for a triathlon or facing a big test—when you need to draw on your determination and endurance.
- When you're feeling scattered or disorganised, or when you're about to embark on something that requires focus and strong organisational skills.

The Navel Fire

Calming the Navel Fire

There are also times when you'll need to contain or calm your Navel Fire. While the process is the same, your intention shifts towards focusing and grounding your power, rather than amplifying it:

- When you feel anger rising or just after a heated confrontation. You might transition to working with the Heart Star later (which we'll explore in the next portal), but often, it's important to first centre your navel energies before moving to the heart.
- When you notice yourself becoming too controlling or domineering, or after recognising that you've been acting this way. Depending on the root cause, you might also want to activate other Empowerments, like the Root Bowl if fear is the underlying issue.
- When you're feeling hyperactive or frenzied—whether mentally, physically, or both.
- When you're tempted to engage in something you know isn't healthy for you. This could be anything from binge eating or drinking, to reaching out to an ex you're better off without. While this isn't a substitute for long-term therapeutic or healing work, using the Navel Fire in the moment can help you focus your energies and muster the willpower needed to resist the urge.

If you're working through patterns of disempowerment, insecurity, or lack of confidence, consider working with the Navel Fire daily for a while. If you've never truly felt in your power or if you're trying to shift your life's trajectory or the dynamics of your power, increasing the energies associated with the Navel Fire can help burn through old patterns and limiting self-beliefs.

This process is much like the story of the phoenix—burning away the old and being reborn from the ashes, with renewed strength and wisdom. When you engage the Navel Fire for personal growth, you're creating a mini phoenix cycle for yourself.

Here are some life situations or long-term patterns where you might want to work with the Navel Fire every day:

- If you've never truly asserted your power or taken control of your life. You might feel like you've been swept along by life, not making your own decisions, or living out others' expectations.
- If you feel that your ability to express your power and live your life has been suppressed by external forces—whether by people in your life, or through institutional or cultural discrimination based on gender, race, religion, or sexual preference. While empowering yourself through the Navel Fire won't magically end these forces, it will help you strategise on how to better resist or change them.
- When undergoing treatment for cancer or healing from a debilitating illness or injury. The Navel Fire will help you tap into the determination and endurance you need.
- When facing an obstacle or opposition to a long-standing goal.
- When you're ready to let go of Power Myths and reframe your perception of your own power.
- If you struggle with linear, organised thinking.
- When working to overcome a long-standing fear or phobia through counselling or other treatments.

Navel Fire Activation

Step 1: Establish your seat and place your hands just below your navel. Take a few deep centering breaths, focusing on expanding your belly just under your hands as you do so, like a balloon expanding and contracting with each breath.

Step 2: You may keep your hands on your stomach if you like or rest them in your lap. Begin to visualize a brilliant yellow flame just under your navel, like a large candle flame glowing warm and bright. If you are using an actual lit candle, open your eyes and gaze at this flame, imagining it mirrored below your own navel.

Step 3: Spend some time breathing into this flame, feel your belly continue to rise and fall with your breath, and imagine that your breath is fueling this flame, it slowly growing brighter and brighter, spreading heat throughout your body.

Step 4: If you have specific self-doubts or insecurities currently present in your life, briefly bring each one to mind and imagine it is a dark bit of matter in your belly area. Then imagine that your Navel Fire lights this piece of matter on fire, and it dissolves into ash and then disappears completely. Repeat this for each doubt or insecurity you are working with.

Step 5: Now bring to mind your moments of success. Recall the feeling of these moments, and imagine they are fueling your Navel Fire, triggering it to burn brighter and warmer. Feel this heat expanding throughout your entire body.

Step 6: Cultivate a feeling of this fire being the center of your confidence, of it radiating off of you in waves. Cultivate the feeling of laser-like focus and determination. Because it's a consolidated energy, some people find that placing their hands in fists really helps to fuel this sense of power and focus and centeredness.

Step 7: Imagine this confidence, this power, this heat is radiating out in all directions from you. You have a sphere of yellow-orange light all the way around you, emanating in every direction, centered in your Navel Fire.

Step 8: Feeling this heat and power, say each of the associated affirmations: I am powerful. I am confident. I am organized. I am determined. I am focused. I am centered.

Step 9: Hold this visual and feeling for as long as you like. Take your "snapshot" of this state to access quickly when you need it. When you are ready, let go of the visual and open your eyes.

This Empowerment is often one that triggers physical sensations, especially a warmth or a tingle in your belly. Not everyone feels this, and it is not a problem if you do not. But if you do, you can focus on this heat or tingle as part of your activation steps.

Solar Plexus Embodied Poses



Sun Salutations



Warrior Pose 1



Warrior Pose 2



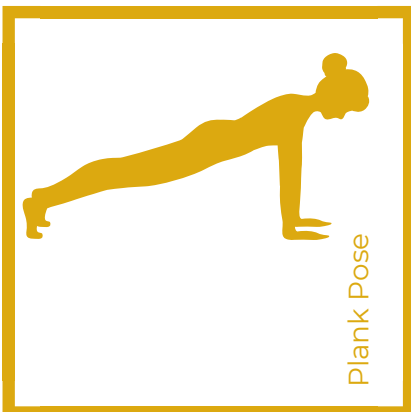
Triangle Pose



Twist Pose



Boat Pose



Plank Pose



Bow Pose



Warrior 3 Pose



Upward facing Dog



Downward facing Dog



Halfway lift

Solar Plexus Energetic Ritual

Empowerment and Radiance Ritual

This ritual, a dance between intention and energy, empowers you to step into your sovereign essence and radiate your unique light upon the world.

Items You'll Need:

- Yellow or gold candle
- Clear quartz or citrine crystal
- A small bowl of water
- Sandalwood or bergamot essential oil
- Journal and pen

The Ritual:

- 1. Setting the Space:** Find a quiet and serene space where you won't be disturbed. Dim the lights and create an ambiance that resonates with your intentions. You might choose soft music, incense, or the gentle flicker of a candle.
- 2. Candle Colour Connection:** Light the yellow or gold candle. As the flame dances, recite: "I look deep into the radiant energy of the Solar Plexus wheel, to activate the core of my strength and empowerment. May this flame awaken my inner fire, lighting the path of my authentic power. Ameen"
- 3. Crystal Empowerment:** Hold the clear quartz or citrine crystal in your hands. Close your eyes and take a few deep breaths. Envision the crystal absorbing the sun's energy and the essence of your intentions. Hold the crystal to your Solar Plexus Energy (just above your navel) and say: "With this crystal's healing radiance, I amplify my inner sun, igniting my confidence and purpose, By Divine Grace."
- 4. Water Blessing:** Dip your fingers into the bowl of water. Gently touch your Solar Plexus Chakra, imagining the water cleansing and renewing your energy center. Visualize the water's fluidity infusing your inner power with graceful flow.
- 5. Essential Oil Anointing:** Place a drop of orange, sandalwood or bergamot essential oil on your fingertips. Gently massage the oil onto your Solar Plexus Chakra in a clockwise motion. As you do this, recite: "I anoint myself with the fragrance of empowerment. May this scent remind me of my ability to navigate life's journey with confidence, by Divine Grace."
- 6. Affirmation and Journaling:** Sit comfortably and take a few deep breaths. Write down three empowering affirmations that resonate with you. For example:
 - "I am worthy of my dreams and desires."
 - "I trust in my inner wisdom and decisions."
 - "I radiate my authentic power to the world."
- 7. Sacred Flame Visualization:** Close your eyes and visualize a golden flame within your Solar Plexus Chakra. See it growing brighter with every breath, filling your entire body with its luminous glow. Feel its warmth and strength flowing through you, grounding and empowering your being.
- 8. Gratitude and Integration:** Express gratitude for this ritual's energy and guidance. As you extinguish the candle, know that its light lives within you. Carry the crystal with you, and whenever you need a boost of confidence, hold it in your hand and reconnect with your Solar Plexus energy.

Healing and Balancing:

- 1. Embrace Vulnerability:** Allow yourself to express your emotions authentically. Journal about your feelings and experiences, creating a safe space for emotional exploration.
- 2. Self-Care Rituals:** Engage in self-care practices that nurture your body and spirit. This could involve gentle yoga, meditation, or soothing baths infused with calming essential oils.
- 3. Creative Expression:** Channel your creativity into artistic pursuits that resonate with your soul. Painting, writing, dancing, or any form of creative expression can help activate your feminine energy.
- 4. Listening to Intuition:** Tune into your intuition and inner wisdom. Practice meditation to connect with your intuitive insights, and trust your gut feelings.
- 5. Empathy and Nurturing:** Extend your empathy and nurturing nature to yourself and others. Practice active listening and offer support to those around you.

Solar Plexus Activation Practices:

Courageous Self-Exploration: Engage in journaling to explore your goals, desires, and strengths. Acknowledge and confront any fears or doubts that may hinder your confidence.

Empowerment Affirmations: Repeat affirmations that emphasize your personal power and strength. Phrases like "I am confident in my decisions" and "I assert myself with courage" reinforce your masculine energy.

Physical Activity: Engage in physical practices that invigorate and challenge you. Martial arts, weightlifting, or vigorous yoga sequences can help channel and strengthen your inner warrior.

Decisive Action: Make decisions with confidence and assertiveness. Trust your intuition while also weighing the logical aspects of each choice.

Leadership Endeavors: Take on leadership roles that align with your passions and values. Lead with clarity, strength, and the intention to empower others.

Affirmations

"I am worthy of all the blessings life offers."

"I trust my intuition and make decisions with confidence."

"I am the creator of my reality, and I manifest my desires with purpose."

"I radiate self-assuredness and embrace my unique strengths."

"I am in control of my reactions, and I choose peace and empowerment."

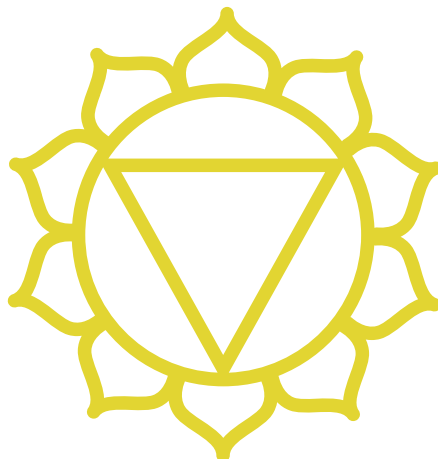
"I am deserving of success, happiness, and abundance."

"I am a magnet for positive opportunities and experiences."

"I stand in my power, authentically expressing my thoughts and feelings."

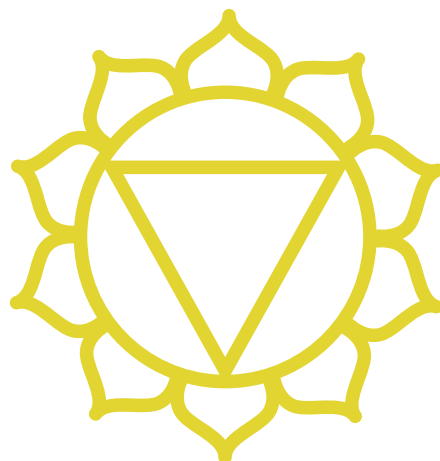
"I release self-doubt and step into the fullness of my potential."

"I am a beacon of confidence, lighting my path with inner strength."



Journaling Prompts

1. What does personal power mean to me? How can I cultivate it in my life?
2. Reflect on a time when I doubted myself. How did it affect my choices and outcomes?
3. List three achievements or qualities I am proud of. How can I use them to boost my confidence?
4. Describe a situation where I stepped out of my comfort zone. How did it make me feel, and what did I learn?
5. Write about a decision I've made that I'm particularly proud of. How did I tap into my intuition?
6. What are my core values? How do they align with my sense of self-worth?
7. Describe a scenario where I felt in control of my emotions and reactions. How did it empower me?
8. List three fears or doubts that hold me back. How can I reframe these thoughts into empowering beliefs?
9. Write a letter to my younger self, offering words of encouragement and empowerment.
10. Imagine my life with unwavering self-confidence. How would it transform my relationships, goals, and overall well-being?





THE WOMB ALIGNED PATH

PORTAL 6

Significant Dates in Portal 6:

Week 1:
7 - 18 Aug
4 Aug: NEW MOON

Week 2:
19 - 24 Aug
19 Aug: FULL
MOON

Week 3:
25 - 31 Aug

Week 4:
1 Sept - 3 Sept

WEEKLY RITUAL PRACTICES:

- Week 3: Solar Plexus (Navel Fire) Energetics
- Read through Guide
- Practice Embodied Poses and practices
- Practice Daily Journal Entries using Prompts
- Practice Healing and Balancing Rituals
- Practice the Energetic Ritual
- Practice the Naval Fire Ritual
- Activate through yoga embodied movement practice
- Daily: Use Solar Plexus Activation Frequency to meditate before sleep
- Complete activities over the course of the week
- Write out affirmations that resonate with you daily to help for deeper soul interpretation
- Do the activation activities as presented

