



A Return to Health & Self-Love

## 3rd Chakra (Solar Plexus)

Color: Yellow

Spiritual Truth: "I am enough and I am worthy."

Location: between the sternum and belly button

Organ systems/ physical areas: adrenal glands, pancreas, liver, stomach, kidneys, upper intestines

Possible associated dysfunctions: diabetes, adrenal fatigue, gastric ulcers, eating disorders

What secrets did your child of the 3rd chakra reveal?

Does she believe the spiritual truth "I am enough, I am worthy. I respect and honor myself. I am confident."?

What fears or emotions came up for you? (Example: fear of rejection in putting my true self "out there" in person, on social media, etc.)

## Affirmations

- "I am enough. I am worthy. I respect and honor myself. I am confident. I am powerful."
- "I am a smart person. I have a bright mind and I learn quickly and easily."
- "I am worthy to be lived by God and others just as I am."
- I embrace my fear of rejection with gratitude."

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## Take action with self compassion!

Tips to maintain an open 3rd chakra

- Treat yourself to a massage or pedicure
- Plan a "me-date" and catch a movie or nurture yourself with a nice dinner
- Practice your affirmations in the mirror and make eye contact with your reflection

### Essential Oils Checklist

- lemon
- rosemary
- grapefruit