



## *Third Chakra:*



## *Solar Plexus*

*What feelings and beliefs about your personal power are you holding in your third chakra?*

*What feelings and beliefs about your self-esteem and self-respect are you holding in your third chakra?*

*What feelings and beliefs about responsibility are you holding in your third chakra?*

*Can you identify the origins of any of your feelings or beliefs? Family/tribe? Childhood?*

*How are the above feelings and beliefs showing up in your life on the physical realm?*

*Describe the energy of your third chakra.*

*Is there anything else your third chakra wants you to know?*

