

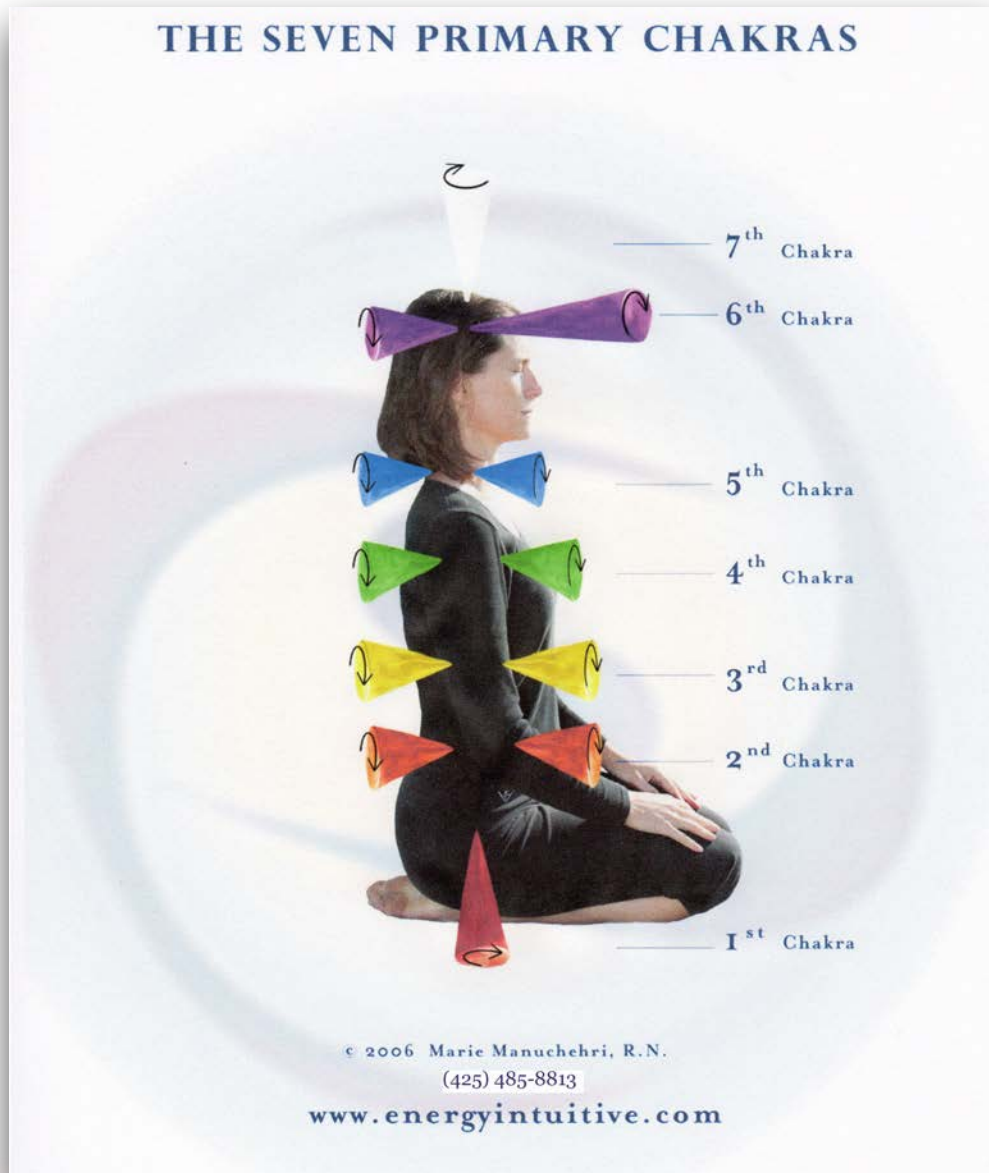
Vibrational
MASTERY

3



Module 3 Third Chakra!

Third Chakra-Solar Plexus Chakra



- Color: Yellow
- Location: Solar plexus
- About self love, your relationship with yourself
- Important for the immune system
- Emotional Health: Your capacity to feel self-love.

Personal Power

- 100% dedicated to you and your relationship with yourself.
- When out of balance then the decisions you make for yourself will be less healthy.
- When in balance you will have more confidence and your decisions will be out of love for yourself.



Self Love



- Do I love myself?
- How much do I love myself?
- Appreciate all that you do.
- Self-esteem
- Every day I make choices that support my health and well being.
- Increase your self love

Erase the patterns of being hard on yourself



- I forgive myself, I did that best I could with the information I had at the time.
- What if I loved and valued myself?’
- What if I had enough energy and joy to follow my dreams.
- Every day I am learning to love myself more and more.
- Think of someone or something you love.

Autoimmune

- Epidemic in our society.
- We are collectively working on our 3rd chakra.
- Make decisions from the place of self-love.
- ‘I am doing this not because I don’t love you, but I love myself more.’
- 80% of immune function is in the intestines.



Parts of the body associated with the third chakra

- Gall Bladder- frustration
- Spleen-issues with the family
- Stomach-processing, stress, lack of self love
- Liver-anger
- Pancreas-allowing the sweetness of life
- Small intestines-immune system
- Endocrine system and the hormones

Third Chakra: Center of Personal Power, Self Love and Self Esteem

Liver-
anger

Spleen-
issues with family

Stomach-
stress,
lack of self love,
processing

Gallbladder-
frustration

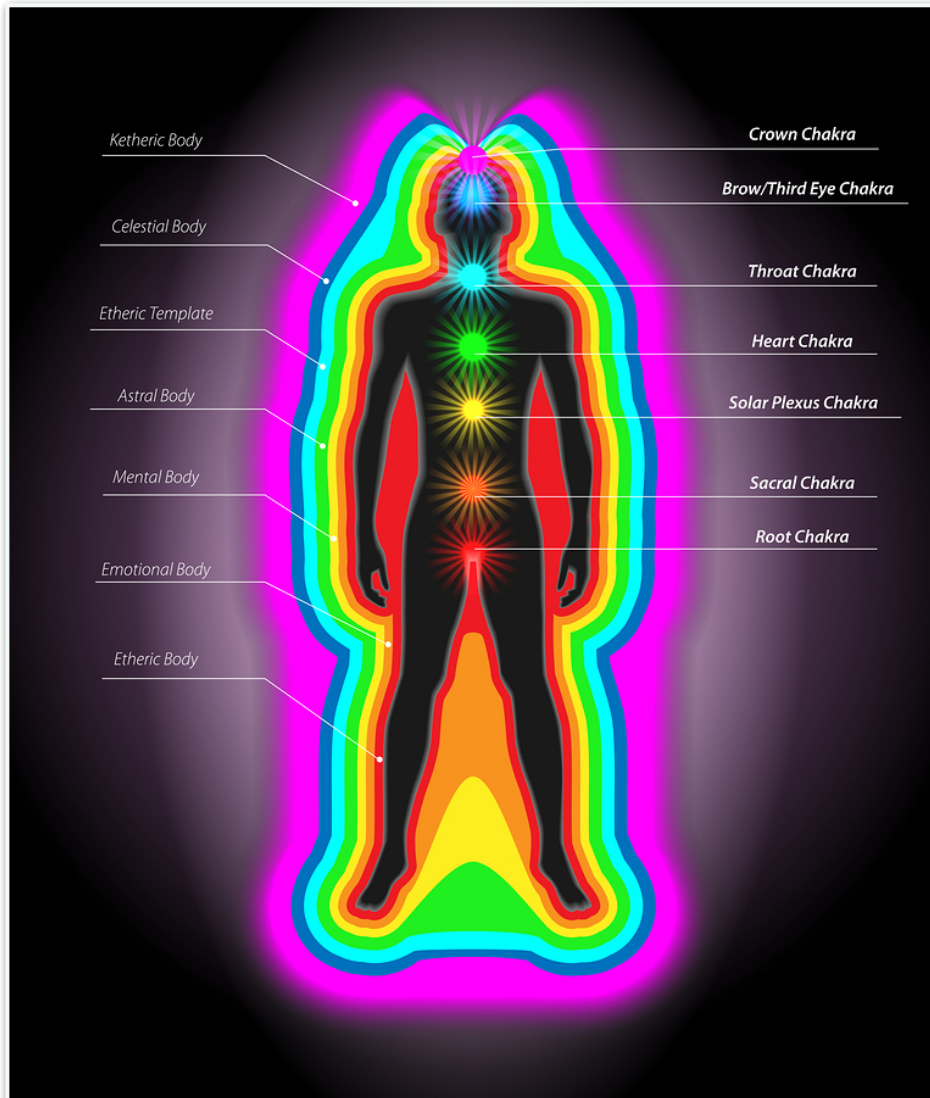
pancreas-
allowing the
sweetness of life

Intestines-
immune system

The Third Chakra also governs the endocrine system and the hormones

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Third layer of the aura



- 3rd layer
- How far from body?
- Mental plane, your beliefs
- Yellow, structured field with beams of light, supports the 2nd and the 4th.
- The vibration of your consistent thought is in your 3rd layer.
- Mad, frustrated, worry
- The dominant thought vibration goes into the 3rd chakra and affects the immune system.

Reframing

- Every day and in every way, my self-love deepens.
- I am a happy, healthy person, and I will always be successful.
- I forgive myself, I did that best I could with the information I had at the time.
- What if I loved and valued myself?
- What if I had enough energy and joy to follow my dreams?
- Every day I am learning to love myself more and more.





- Self reflection questions
- Reframing statements
- Make a list of all your accomplishments.