

Solar Plexus Energy Center Daily Itinerary

Day #1 - 1 ½ hour live Zoom with Michelle. Starting at 6 am HST, 9 am PST, 11 am CST, and noon EST- Review of the Sacral Energy Center. Introduction of the Solar Plexus Energy Center (pdf). Overview of the whole energy system + meditation 1 1/2 hour.

Day #2 - Solar Plexus Body Map Assignment. Create an outline of your solar plexus (pdf) Pdf. 15 min.

Day #3 - Read BodyMind by Ken Dychwald. Chapter #5 Take notes for discussion on Group Zoom and for your body map (place significant finds on your body map). 15 min.

Day #4 - Use your hands and fingers to feel the bones, and joints of your solar plexus. Color the bolded bones and joints of your solar plexus found on your pdf in The Anatomy Coloring Book pg. 35-37. Pdf. 15 min.

Day #5 - Use your softball, Noodle Ball, and moves to connect with the muscles of your solar plexus. Color the bolded solar plexus muscles found on your pdf in The Anatomy Coloring Book pg. 47, 48 & 49. (pdf) 15 min.

Day #6 - Go into nature and find an image that matches the feeling of Pessimistic Optimism. Place each image on a separate piece of paper. You can add words or colors to your image. When done place each image in your 3-ring binder. See the image below. Pdf. 30-min.

Day #7 - What is your greatest challenge? + Twist open your belly quick practice. Pdf. 30 min.

Day #8 - Your greatest challenge is your purpose video.

Day #9 - How to face and overcome your challenge to fulfill your purpose. Pdf 15 min.

Day #10 - Breathing Lessons Video 15 min.

Day #11 - Read Frontiers of Health by Christine Page. Chapter # 9 Take notes for discussion on Group Zoom and for your Body Map (place significant finds on your body map). 30 min.

Day #12 - Solar Plexus inquiry questions - the belly + Twist open your belly quick practice. Place significant finds from your inquiry questions on your body map. Pdf. 30 min.

Day #13 - Finish-up your Solar Plexus inquiry question - the belly. Place significant finds on your body map. Pdf. 15 min.

Day #14 - Full Solar Plexus Movement Practice #1 - Open your belly with twists. Place any ah haaaa's on your body map noting any places of pain with the color-coding system - red equals very painful, orange mildly painful, and yellow slightly painful. 1 hour.

Day #15 - What are you ashamed of? List the 5 things that make you cringe when you think of them. Place them on your body map. 15 min.

Day #16 - Turn your shame into your treasures watch your value system video. 15 min.

Day #17 - What are your values? + Core strength-building quick practice video. Pdf 30 min.

Day #18 - Create your Coat of Arms. Pdf. 15. min.

Day #19 - Set boundaries video 10 min.

Day #20 - Read Eastern Body Western Mind by Anodea Judith Chakra three + Core strength-building practice video Take notes for discussion on Group Zoom and for your Body Map (place significant finds on your body map). You'll have two days to complete this assignment. 30 min.

DAY #21 - Catch up day -- Read Eastern Body Western Mind by Anodea Judith

Day #22 - Live Zoom with Michelle Starting at 6 am HST, 9 am PST, 11 am CST, and noon EST- We'll review your solar plexus assignments and I'll answer all questions. 1 ½ hour.

Day #23 - Full Solar Plexus Movement Practice #2 - Strengthen Your Core 1 hour.

Day #24 - Addictions replace your true power with false power. What are you addicted to? Understand addiction to claim what you are addicted to. 15 min. Video.

Day #25 - Go into nature and find something the color yellow Sit before your yellow object and bring its energy and color into your belly. Visualize a spinning ball of yellow light like a spinning atom. Notice which direction your ball is circling — right to left or left to right. The spin can change from one direction to another. Pausing to notice the direction of spin on a regular basis is an important way to connect to your solar plexus chakra. Place your object or a picture of it on your body map. 30 min.

Day #26 - You are a human spirit, an ego, and a soul video. 15 min.

Day #27 - Sacral & Solar Plexus Spiral Meditation. Move up from your sacral energy center to your solar plexus energy center. 15 min.

Day #28 - Work on your Body Map, Purpose & Values

Day #29 - Mantra meditation. The vowel sound of the solar plexus is oo as in oh. Sit comfortably and with each out-breath chant ohhhhh. 10- min.

Day #30 - Finish up your Body Map, Purpose & Values

Day #31 - Connect to Your Solar Plexus Body Map. Sit in front of your Solar plexus Body Map and connect with what you've created. 15 min.