

Module #3 - The Solar Plexus/Belly Daily Itinerary 52 Days

TRANSFORM YOUR HEALTH - Your Solar Plexus/Belly -- Open and strengthen your belly to release shame, stoke your internal fire to live from your value system, know your life's purpose and change your life to truly live your purpose.

Day #1 - Welcome to Your Solar Plexus Energy Center + Itinerary. (pdf)
10 min

Day #2 - Introduction of the Solar Plexus/Belly Energy Center. (pdf) *5 min.*

Day #3 - Solar Plexus Body Map Assignment. Create an outline of your solar plexus. (pdf) *10 min.*

Day #4 - Work on your Solar Plexus Body Map Assignment. Create an outline of your solar plexus. *10 min.*

Day #5 - Finish up your Solar Plexus Body Map Assignment. Create an outline of your solar plexus. *10 min.*

Day #6 - Twist Open Your Belly Quick Practice. (video) *16 min.*

Day #7 - Read BodyMind by Ken Dychwald, Chapter 5, Abdominal Region and Lower Back. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *15 min.*

Day #8 - Continue Reading BodyMind by Ken Dychwald, Chapter 5, Abdominal Region and Lower Back. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *15 min.*

Day #9 - Finish Reading BodyMind by Ken Dychwald, Chapter 5, Abdominal Region and Lower Back. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *15 min.*

Day #10 - 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 25, 26 & 28. (pdf) *15 min.*

Day #11 - 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. 47-49, 54. (pdf) *20 min.*

Day #12 - Finish using 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. 47-49, 54. *20 min.*

Day #13 - Go into nature and find an image that matches the feeling of pessimistic optimism. Place the image on a separate piece of paper. You can add words or colors to your image. When done, place in your 3-ring binder. *20 min.*

Day #14 - Finish up going into nature and find an image that matches the feeling of pessimistic optimism. Place the image on a separate piece of paper. You can add words or colors to your image. When done, place in your 3-ring binder. *20 min.*

Day #15 - Full Belly 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. (video) *34 min.*

Day #16 - What is Your Greatest Challenge? (pdf). *20 min.*

Day #17 - Your Greatest Challenge is Your Purpose. (video) *9 min.*

Day #18 - Finish Your Greatest Challenge is Your Purpose. *10 min.*

Day #19 - How to face and overcome your challenge to fulfill your purpose. (pdf) *10 min.*

Day #20 - Finish how to face and overcome your challenge to fulfill your purpose. *10 min.*

Day #21 - Breathing Lessons (video) *12 min.*

Day #22 - Review your Breathing Lessons *12 min.*

Day #23 - Read *Frontiers of Health* by Christine Page, Chapter 9, The Solar Plexus Chakra. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *20 min.*

Day #24 - Finish reading *Frontiers of Health* by Christine Page, Chapter 9, The Solar Plexus Chakra. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *20 min.*

Day #25 - Twist Open Your Belly Quick Practice. (video) *16 min.*

Day #26 - Solar Plexus Inquiry Questions: The Belly. Place significant finds from your inquiry questions on your body map. (pdf) *10 min.*

Day #27 - Work on your Solar Plexus Inquiry Questions: The Belly. Place significant finds from your inquiry questions on your body map. *10 min.*

Day #28 - Finish your Solar Plexus Inquiry Questions: The Belly. Place significant finds on your body map. *10 min.*

Day #29 - Twist Open Your Belly Quick Practice. (video) *16 min.*

Day #30 - What Are You Ashamed Of? List the 5 things that make you cringe when you think of them. Place them on your body map. *5 min.*

Day #31 - Complete What Are You Ashamed Of? List the 5 things that make you cringe when you think of them. Place them on your body map. *5 min.*

Day #32 - Watch Your Value System. Turn your shame into your treasures. (video) *8 min.*

Day #33 - Complete Your Value System. *8 min.*

Day #34 - What are Your Values? (pdf) *10 min.*

Day #35 - Complete What are Your Values? *10 min.*

Day #36 - Create Your Coat of Arms (video) *15 min.*

Day #37 - Complete Your Coat of Arms *15 min.*

Day #38 - Learn to Set Boundaries (video) *10 min.*

Day #39 - Core Strength-Building Quick Practice (video) *8 min.*

Day #40 - Read Eastern Body Western Mind by Anodea Judith, Chakra Three: Burning Our Way into Power. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *30 min.*

Day #41 - Finish Reading Eastern Body Western Mind by Anodea Judith, Chakra Three: Burning Our Way into Power. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *30 min.*

Day #42 - Full Solar Plexus Movement Practice #2: Strengthen Your Core. *25 min.*

Day #43 - What Are You Addicted To? Addictions replace your true power with false power. Understand addiction to claim what you are addicted to. (video + pdf) *15 min.*

Day #44 - Complete What Are You Addicted To? Addictions replace your true power with false power. Understand addiction to claim what you are addicted to. *15 min.*

Day #45 - Place your Noodle Ball in the back of your body even with your navel. Knees to chest if you can and roll up to right below your shoulder blades + Work on your Solar Plexus Body Map. *10 min.*

Day #46 - Chakra Color Meditation. Go into nature and find something the color yellow. Collect or take a picture of the yellow object. Connect with the object with a short meditation. Place your object or a picture of it on your body map. *15 min.*

Day #47 - Complete the Chakra Color Meditation. Go into nature and find something the color yellow. Collect or take a picture of the yellow object. Connect with the object with a short meditation. Place your object or a picture of it on your body map. *15 min.*

Day #48 - You Are a Human Spirit, an Ego, and a Soul. (video) *6 min.*

Day #49 - Sacral & Solar Plexus Spiral Meditation. Move up from your sacral energy center to your solar plexus energy center. (video) *8 min.*

Day #50 - 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 #51 - Catch up day to work on your purpose, values, coat of arms, boundaries, and body map. *10 min.*

Day #52 - 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.*