

## **The Solar Plexus Inquiry Questions: The Belly**

**The power center.** Located from your navel up to the V of the ribs. This is your ego center where you become an “I” and begin to move your energy with your willpower.

The right side is where you hold your personality — the you, you share with the world. The left side is the home of your soul. Your right is to act and your shadow is shame. The emotion found here is the combination of pessimism and optimism. The element is fire.

You will be answering what questions. The body answers to “What”. Please write out the first thing that comes to mind. Don’t think about the questions too much.

### **The Basic Right To Act Questions:**

What is your definition of power?

What makes you feel like a victim?

What places in your life do you become aggressive?

What do you do to empower yourself?

What areas of your life do you take action?

What areas of your life are you stuck?

What does *the true purpose of power is transformation* mean to you?

What is your soul's truth?

What does your personality show the world?

What feeling do you have about moving from the safety of the known into the unknown?

What is the change you wish to see in the world?

**Solar Plexus Trauma Questions:**

What do you take responsibility for in your life?

What do you blame others for in your life?

What mistakes are okay for you to make?

What addictions do you have?

What control do you have over yourself?

What reaction do you have toward authority?

What do you resist?

**Spend a moment with your belly:**

Look at your belly —

What amount of excessive fat do you carry around your belly?

What core strength do you have?

What do your ribs do? Flare out or drop in toward your body and down toward your pelvis?

### **Solar Plexus Pain Questions:**

What causes your stomach to hurt?

### **Common Challenges of the Solar Plexus**

**Lower organ issues** - when we stop breathing fully the lower organs can become held and grow stagnant. Deep belly breathing will help this issue.

**Stuck, held diaphragm** - caused by belief systems that don't work for us. Learn to breathe fully to ultimately release the beliefs.

**Broken floating ribs** - usually caused by impact injuries such as car accidents.

What challenges listed above do you or have you experienced?

### **Frontiers of Health by Christine Page Questions:**

What illness do you have or have you experienced that is listed in Chapter #9 The Solar Plexus Chakra — Associated Illnesses?

What did you feel when you read the explanation of the condition?