

Part Three - The Solar Plexus Chakra Fueling the Fire Within

by Christine Krakora Milovani, LCSW
Third of a seven-part series

Recently, my car ran out of gas. Luckily this happened only one block from the gas station, so I was able to refuel easily. I neglected to pay attention to my gas gauge and realized that it was beyond empty. I also knew that I would be lucky to make it to the gas station before my car stalled. At times of stress, we can run on empty when we do not check in with our own gauge, which lets us know when to rest and refuel our bodies and spirits. This internal information comes from the wisdom of the solar plexus chakra.

The solar plexus chakra is located in the abdomen connecting to the stomach and intestines. The color vibration is yellow and the element is fire. This is our center for authentic power, fuel and digestion. Physically, we can refuel through food and rest. We also digest new ideas so that we can find what resonates with us and then discard the rest. This helps us to build upon our values and belief systems. We begin to form a confident and passionate side of ourselves, based on how we resonate with and digest the world around us. It is also necessary to refuel the spiritual side of ourselves to feed the soul.

Learning to tend to the spiritual nature of our solar plexus and to follow the intuitive information that we receive is a challenging process. The signs that we receive within are not as easy to see as the gas light on the dashboard of our car. Once we are able to trust the process more, the reward is finding our authentic power. The idea of being authentic is to allow ourselves to peel away the layers of our being and to allow the true divine self to be revealed. The true, divine self is confident and in harmony with our highest good.

The important lesson here is remembering that there is a place within us that offers valuable information for our well-being and life purpose. This is what we often refer to as our gut instinct or intuition. How often do you receive important information and then deny the truth within? Sometimes thinking that if I hold off just a little longer, I will be fine. Following our gut instinct can lead us down a path of uncertainty, but it often serves our highest good in the end. Are you able to easily trust the signals that you see and feel within?

Sometimes there are conflicting messages as we explore greater healing and empowerment in our lives. As we start to become more healthy and balanced, often our ego jumps in, bringing along fear, judgment and doubt. We question the process and our ability to remain strong. Are we doing the right thing? Is it safe for me to express my true self in this world? In our culture, there is often a disparity between being healthy and having power. The confusion lies with the definition of power. Internal power that is in alignment with the highest good is authentic power. Understand that empowerment happens as we shine our light brightly, which helps illuminate others so that they can do the same.

Meditation for the Solar Plexus

Begin by lighting a yellow candle and connecting to the source of light and warmth from the flame. Breathe in this glowing and radiant light into your being. Slowly rub your hands together until they become warm and then place your hands on your abdomen. Bring this warmth into your body as you take several deep cleansing breaths.

Close your eyes and imagine that the candle flame is now a bonfire and you are sitting in a circle with your closest friends. Feel the warmth of the flames as they radiate out all around you. Focus your attention on the solar plexus and explore the fire within.

You are now going to perform a sacred ritual of change and transformation. You are surrounded by the loving energy of your trusted friends. Stand up in front of the bonfire and step into the sacred fire. Feel the heat and the warmth on all levels of your being. Notice if there are any sensations or emotions wanting to be expressed. Allow the flames to burn through any doubt, fear, sorrow, pain or judgment. Allow the warmth of the fire to gently soothe all areas of your being. With the sacred smoke from the fire, allow your body, mind, emotions and spirit to be cleansed and cleared. As the transformation is complete, feel your true, authentic self stepping out of the smoke and flames. Notice how you look and feel. Breathe in your full power and strength.

You are strong and beautiful. Your flame is shining bright for all to see. Remember to find ways to fuel your fire and passion within so that you can continue to carry this flame into the world.

Christine Krakora, LCSW, is a Certified Social Worker and Reiki Master Teacher. She is the owner of Healing & Balance LLC. Christine is committed to empowering others on the path of self-healing and spiritual awareness. She offers individual sessions, classes, and workshops blending Reiki, Qigong, Meditation, Counseling, and Spiritual Guidance.

Website information at: www.healingandbalance.com.
Original Copyright © 2002 Christine Krakora