

# ART IN SOUL INFOSHEET

## Solar Plexus Attunement Meditation

Close your eyes down. Invoke your Higher Self and Guide Team to join you and ask for your Angel to step forwards and surround you with their wings.

Breathe deeply and allow their energy to flow into you. Bring your awareness to your Crown Chakra and with your intention command your Crown to open. Bring your intention down into your Third Eye. Bring your attention down into your Thymus – half way between your throat and your heart. Bring your attention down into your Heart Centre. Bring your attention down into your Solar Plexus. Bring your hand to your Solar Plexus – keeping your awareness there. Allow your hand to help you remain inside yourself. Find, feel, see, inside your Solar Plexus, a large yellow table cloth. Now, place any fear, past or present that sits in your Solar Plexus, onto the table cloth. Place any fear related to any previous experience that comes to mind, onto the yellow tablecloth. If there were any people from your past that you were afraid of in anyway, place them onto the table cloth. Fear of their rejection, fear of their disapproval, any fear whatsoever, place them onto the table cloth. All of these people, all of their experiences belong to the past – all of these fears belong in the past and need not hinder you in anyway any more. You are not your previous experience. You are not here to walk a path another chose for you – you cannot live in integrity by another's rules. You are a spiritual being – you came here in this time, space, sequence, to become all of who you are in truth, to discover that true self, to be true to you and to share your love and your light and your gifts and skills with the world in a way that brings you joy. You are the power in your world! You are power and you are will to co-create with.

The Divine will bring endless blessings to you and your world. You are not letting anyone down when you are true to you. You are a shining example of co-creation in action, as the light you are in truth attracts all you need to you as if by magic. So if there are any more people or experiences you need to place on the table cloth, now is the time to do so.

Fold opposite corners of the cloth together and tie them and do so again so it is all parcelled up into a bag. Now, with the help of your Angel, reach inside your Solar Plexus with your hand and take the yellow bag out and hand it to your Angel for healing and transmutation to light.

Tune into your breath, breathing slowly and deeply and feel the expansion in your Solar Plexus. Now, without taking your awareness from your Solar Plexus, become aware of a gentle pressure change around your Crown Chakra as your Higher Self begins to flood a beautiful healing light colour vibration through you. This blessing is filling every cell and every atom of your being with wonderful healing. Bringing you into a deep sense of peace and harmony.



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Next comes a golden beam of yellow, straight down through central column into your Solar Plexus – with a gentle, warm brightness, like your own personal sunlight. Focus on the golden light – feel its gentle power. Feel the quiet power flowing in and out of your Solar Plexus. Feel yourself becoming powerful. Feel yourself becoming more capable than ever. Feel your inner strength easily accessible now. Feel the confidence this brings for you to achieve and accomplish whatever you wish. Able to do new things, to overcome any obstacle, to rise to every challenge. Allow this quiet, gentle power and knowing to begin to radiate out now through your body. Feel the strength penetrating every muscle, every organ, every limb. Feel the power surging through your body.

Feel your inner strength shining brightly. Feel just how powerful you truly are. Know that you will use this power for your own good and the good of others. In this moment, align yourself with Divine Will and pledge that, whatever power the Divine gifts you, you will use for the highest of good of yourself and others. Make a commitment that you will never abuse the power that is given to you now. Affirm it is safe for you to be powerful – it is safe for you to be strong and you will use this power wisely.

Take some time to enjoy the feelings now passing through you. Enjoy the warmth, the strength, the light, the freedom to be more of who you truly are.

Ask now of this powerful energy, that it completes the healing of any remaining old wounds ready. Shafts of golden light are sent out from your central sun, in your Solar Plexus – radiating out wherever healing is needed.

Breathe deeply and allow the healing to complete itself. Know now in every cell of your being that you will always have whatever power you need. All you need do is place your hand on your Solar Plexus and feel the strength of you.

Begin to allow the shafts of light to return to the central sun in your Solar Plexus. It is time to begin to return to full consciousness and awareness.

Stroke your hand over your Solar Plexus, encouraging it to return to an appropriate size for interaction with the world. Place your hand over your Crown to bring your full awareness into your world around you. Your connection with your Higher Self remains intact.

Smooth down your arms and legs getting back in touch with your exterior.

Wiggle your toes and if you feel fully grounded and present, open your eyes and return to the world. If you feel unsure or ungrounded, take your attention back down to your feet and reconnect with your roots. Reconnect with the Earth energy and allow it to flow through you until you feel fully present. Be gentle



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with yourself. Take your time – allow Mother Earth energy to flood through you and assist you to integrate the changes you have made and return to this time, space, sequence when you are ready.

Make yourself a warm drink and relax.



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