

**THIRD ENERGY CENTER: SOLAR PLEXUS**  
Pages 66-86

**Keeping in Touch:** How have you been? Any ideas or inspirations you'd like to share?



**1. The solar-plexus chakra (pp. 66-68)**

Where does the solar plexus get its name?

What does the soul learn in mastering this chakra?

How does the solar plexus impact the other chakras?

**2. The power of emotion: Energy in motion (pp. 68-74)**

What are some things you do with emotions?

- Reflect, amplify, or stabilize peace or agitation
- What else?

What might a test of the emotions look like?

What benefits do you get when you pass these tests?

What are some ways to deal with off-balanced emotions and gain real self-control?

- Root cause of anger
- Underlying conditions

**3. Walking the Middle Way (pp. 74-76)**

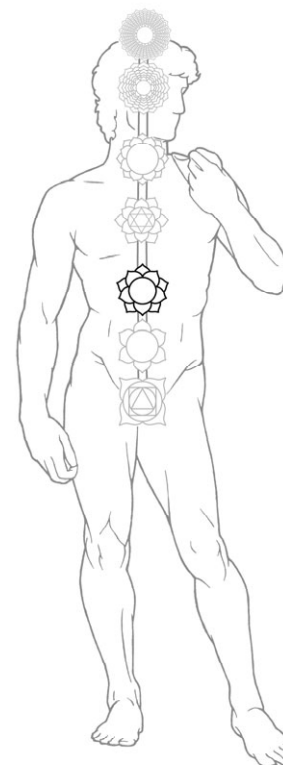
How does walking the Middle Way illustrate the test of the solar plexus?

- Striving for balance
- Tolerance vs. being wishy-washy

**4. Aligning desires with higher goals (pp. 76-81)**

Desires of themselves are not good or bad.

- Motive counts
- Dynamic partnership of free will and universal will
- *Desire* means *Deity siring*, creativity, giving birth



How is the condition of the solar plexus reflected in the arena of action?

- Crosscurrents, confusion, cultural demands
- Lesser desires
- What else?

What are some ways to move our life in the right direction?

- Sift through and evaluate desires
- Spiritual techniques
  - Affirmations, prayers, a novena [a certain prayer for a number of days or weeks]
- Other ways?

### 5. Serving others (pp. 82-84)



Our flow of spiritual energy increases when we serve others. How does this work?

What happens when the flow of giving stops?

### 6. Making it a reality (pp. 85-86)

#### Novena for the Solar Plexus

Doing the following prayer for a number of consecutive days (a novena) can help align your desires with your higher goals.

1. Still your mind and emotions by saying several times: "Peace, be still!"
2. Say a personal prayer for your desires to be brought into harmony with the divine will for your highest good.
3. Give the following at least three times—more times can bring better results.



I AM the hand of God in action,  
Gaining victory every day;  
My pure soul's great satisfaction  
Is to walk the Middle Way.

PERSONAL WORKSHEET

**Third Energy Center: Solar Plexus**

Life Lesson: Walk the Middle Way of Balance



*By mastering emotion and desire, I cultivate inner peace, brotherhood, and selfless service.*

**Self-Reflection and Discussion**

Your own thoughtful reflection on the following concepts, as you carry them with you into daily life, will deepen your understanding of how to accelerate, balance and clear the energies of your third chakra to express more of your inner power:

Balanced Expressions (positive): peace, brotherhood, selfless service, right desire, balance, harmlessness

Unbalanced Expressions (negative): anger, agitation, fanaticism, aggression, egoism, overindulgence, fear, anxiety, passivity

*I engage the power of my emotions as an instrument of peace.* (pp. 68-74)

1. Do I allow myself to indulge in off-balance emotions, such as anger or anxiety?
2. What concrete steps can I take to master my energy in motion (emotions)?
3. How can I be a greater instrument of peace?

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***I strive to walk the Middle Way.*** (pp. 74-76)

1. Do I remain balanced when pursuing my desires and passions, or do I tend to go to extremes? Do these extremes have a harmful effect on myself or others?
2. Is there something that I pursue compulsively which is preventing me from attaining inner peace?
3. Am I easily able to come back to center when I find myself out of balance?

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***I seek to align my desires with my goals in life.*** (pp. 76-81)

1. What are my desires giving birth to, and am I happy with what I have created?
2. Do I have crosscurrents of desire that are keeping my energy tied up in knots? What steps can I take to resolve these conflicting desires and free up my energy?

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*I set aside my own desires when necessary to support and serve others.* (pp. 82-84)

1. What do the people I will meet today need from me?
2. What can I give others from my storehouse of vitality?
3. How can I give back to life the talents and gifts that life has given me?

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*ABC's of Developing Your Energy Centers*

*Accelerate, Balance and Clear* your solar-plexus chakra to increase the light flowing through it by giving the following affirmations:

*I AM a being of violet fire, I AM the purity God desires!*



*My solar plexus is a sun of violet fire,  
My solar plexus is the purity God desires!*