3rd Chakra-Solar Plexus

\*Read Affirmations, Attributes of Modras Cards

\*Warrior Woman Pose (See illustration of pose)

\*Journal with writing prompt: How do you express your power?

\*Energy Release Work:

Reflect (on a separate card): What energy or belief(s) do you hold in your space, that are from your ancestry or family of origin, that no longer serve you. Allow yourself to notice where and how these beliefs and energy sit in your body and aura.

Release: 1. Take a pose with your arms outstretched and release the energy/beliefs through your hands., or

2. Find a stick, break it, and toss it (safely) away from yourself, THEN Notice that you have released the energy/beliefs and know that the release process may continue.