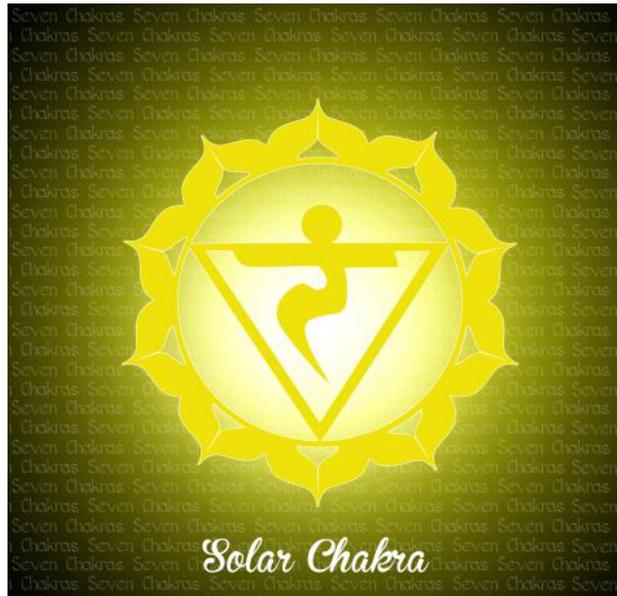


Be Who You Are



Yes to my life academy

Healing~Coaching~Training



Solar Chakra

Yes to my "Power"~

Yes to Engaging My Will to Reach My Goals~

Yes To Transformation~

Yes to Being Confident and Self-Assured ~

Yes to My "Gut Feelings" and Intuition ~

Yes to Clear Boundaries~

Yes to Being Pro-Active~

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Yes to Healing My Third Chakra

This chakra develops from eighteen months to four years old.

When in balance, the task of this chakra is to develop autonomy, language, impulse control, self-definition, mastering "holding on" and "letting go".

The needs and issues are about learning to have appropriate discipline, feeling confident and courageous and being able to play.

Connection between language and action is established.

The shadow side of this chakra is **shame**.

3rd chakra "functions"

- Back up making choices which initiates our "will"
- Support exercising "will" to develop individuality
- Help us discover strengths and weaknesses
- Build the power to steer our life
- Helps us move forward into the unknown
- Supports facing challenges that force us to grow
- Increase power through action (not inaction)
- Transform inertia into a conscious direction of willed activity
- Make us be co-creator of our life not victims
- Know our goals in order to achieve them

Physical "imbalances"

(Judith, A. Eastern Body, Western Mind, 2004)

Deficiency: Digestive issues, hypoglycemia, low energy, "collapse middle", attraction to stimulants such as caffeine, eating disorders, muscles spasms, chronic fatigue, etc.

Over Function: Diabetes or stomach issues such as ulcers or disorders of pancreas, gall bladder, liver. Hypertension, rashes, weight issues, attraction to sedatives, hypertension, etc.

Emotional "imbalances"

Deficient: poor self-discipline and follow-through, victim mentality/blaming of others, passive, unreliable, low self-esteem, cold emotionally and/or physically, etc.

Over Function: Overly aggressive, dominating, controlling, need to be right and have the last word, manipulative, power hungry, deceitful, temper tantrums/violent outbursts, stubbornness, driving ambition (type A), competitive, arrogant, etc.

Beliefs

- * I cannot.. (Complete the sentence)
- * Other people are responsible for my situation
- * I have to do everything myself otherwise nothing gets done
- * I have to keep working even when I am exhausted
- * My personal value is tied to my accomplishments. If I do not produce, I do not have "value"
- * I need to manipulate others to get what I want or need.
- * What is your?

Affirmations to be made are:

- * Yes I can..... (complete the sentence)
- * I will commit and complete the tasks I committed to accomplishing
- * I can do anything I put my mind towards
- * I believe in myself
- * I can take action in my life and reach my goals
- * I can stand on my own
- * I am happy
- * The universe "has my back"
- * I co-create my reality
- * I balance activity and rest

Healing Your Third Chakra in Practice

Having goals and taking action is the name of the game.



How Do You Relate To Your Third Chakra?

1. **What habits have you created to “disconnect” from your personal power/taking action towards reaching your goals/standing on your own/believing in yourself?** (You may want to refer to the affirmations or descriptions of the physical/emotional aspect and choose what fits you in order to dig deeper)

2. **What helps you trust yourself and engage your personal power (not overpower) to create the life you want?**
(hint: make a point of doing more of that)
(Examples could be setting 3 important goals and committing to reaching them, have more fun in your life, eating a balanced diet/letting go or decreasing the use of caffeine/alcohol/nicotine or any other substances, balancing rest and activity, trusting your “gut” when making decision, etc)

Rebuilding Connection to Your Third Chakra

Engage your “personal power” to manifest the life you want

PERSONAL POWER AWARENESS DAILY PRACTICE

What do you commit to?

We make decisions all day, every day. The trick is to make decisions that serve your “higher purpose” meaning that you commit to taking actions towards goals that are meaningful to you- no one else. Let’s face it, we are unique individuals and here with a specific purpose (we’ll talk more about purpose with the fourth chakra). We have the power to manifest it through our daily choices and actions.

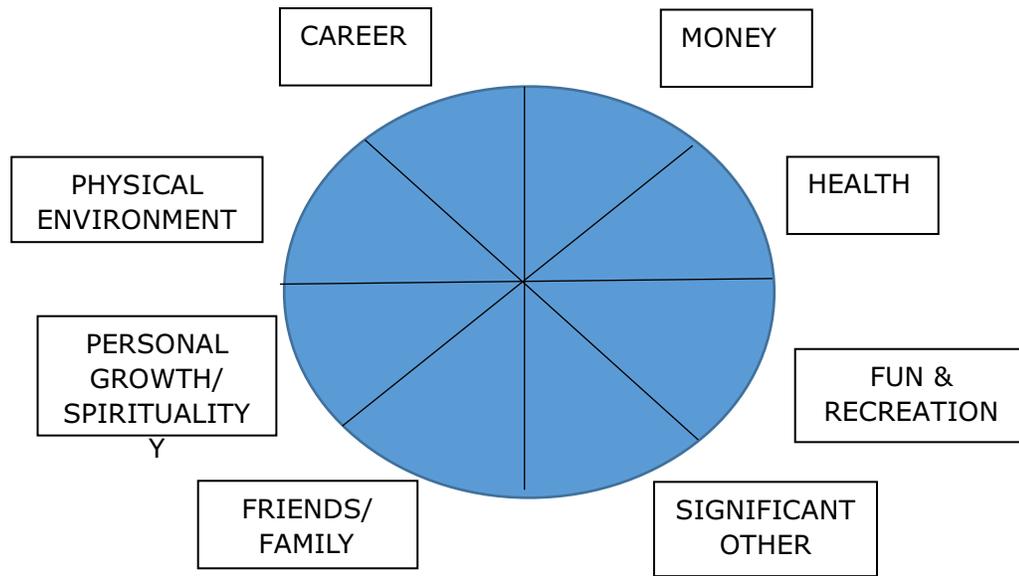


How do you begin?

Making “empowering” choices

At the beginning of the year/month/week/day, review your priorities and ask yourself “Am I focusing my actions on what is most important to me?”

Keeping the wheel “balanced”



Rate each area on a scale 1-10

(1=lowest, 10=highest score)

The rating is a personal rating, which means that you rate it based on what has meaning for you, at “this point in time”. For example, you may be single and appreciate it at this moment. It may not mean that you do not want a relationship but for now, this is what you want.

Clarification

- Physical environment is the place where you live and also where you work.
- Personal growth also includes spirituality. Feel free to sub-divide this wedge if you consider them separate. The same goes for friends and family.

Bring each wedge to a “10”

After rating each area, write a paragraph of what each would look like if you gave it a “10”.

- o Back to the example I gave about relationships, if you rated it a “7”, you are single yet would like to have a relationship. Your “10” might be about reaching the “perfect balance” between having time for yourself and someone.

- **Evaluate where you are in relation to the “perfect score”**
 - Look at the current scores and **identify the 3 most important areas.**
 - **Ask yourself the following questions:**
 - What would it take to bring that score up 2 more points?
 - Set a goal in each area to increase your score.
For example; let’s say you decide to improve your overall diet and want to reduce your caffeine intake. Your goal could be “no more than 2 caffeinated beverages daily” starting at the end of this week.
 - What actions would I need to take this month/week/daily to reach your goal?
 - Review your goals/accomplishments regularly. This means that you take time monthly/weekly/daily to see where you are in relations to where you want to go.
 - When you meet your goal(s) **“CELEBRATE”**
 - If you are not meeting your goal(s), ask yourself “what emotions/beliefs stand in my way of me reaching my goal(s)?
Hint: this is **NOT** a SHAMING moment. This is a moment to grow your consciousness. Look deeper into your resistances. They are always there for a good reasons. Do not judge yourself, get curious!
 - Share with someone you trust
 - Your goals
 - Your celebrations
 - Your roadblocks
 - Your intentions or the support you need in order to overcome those roadblocks.

As always, keep me posted ☺

Drop me an email, share your wins/challenges with me.

Take advantage of the “Yes to Healing My Life” 45 minute FREE Breakthrough Session

DO NOT GIVE UP!

This is what the third chakra is about..

Building your “willpower muscle”.

Go for it! I know you can do it!!

Chantal

