

Sound Healing And Your Solar Plexus Chakra

Five gentle ways to find your inner sunshine

Your solar plexus sits just above your navel and is often described as your inner sunshine, the warm centre of confidence and self-worth. Here are five simple ways to give yours a little love.

FIVE GENTLE WAYS TO SHINE

1

Find your inner sunshine

Your solar plexus sits just above your navel. Rest your hands there, breathe slowly and picture a warm yellow light glowing a little brighter with each breath.

2

Feel the sound frequencies

The mantra RAM, tuned to the note E, is said to support a bright, balanced solar plexus. Chant it slowly, or simply hum a soft "ohh".

3

Crystals to support you

Citrine, Tiger's Eye and Yellow Calcite. Set your intentions and feel the power of beautiful crystals, or wear them as jewellery.

4

A little uplifting scent

Lemon and ginger are lovely bright scents. Add a few drops to a diffuser, or blend into a carrier oil before it touches your skin.

5

Speak your affirmations

Try one gently to yourself: "I am confident in who I am" or "I am allowed to shine."

Join us for a *sound bath*

Feel these frequencies for yourself, with nothing to do but rest.

SEE OUR WEBSITE FOR OUR NEXT SOUND BATHS

lotus-sounds.co.uk/events-booking