

Follow the video 'How to Clear Your Solar Plexus Chakra with Quantum Holographic Echo Healing®' and use this guide with your pendulum to help you determine if your Solar Plexus Chakra needs rebalancing.

My Solar Plexus Chakra is: **BALANCED**

UNBALANCED

Begin the exercise by grounding yourself and confirming the directions your pendulum moves for 'Yes' and 'No' responses.

Ask if your Solar Plexus Chakra is balanced or unbalanced. Wait for the pendulum to begin moving on its own to show you the size and direction this wheel of energy is moving.

If your Chakra is blocked, allow the pendulum to move in a clockwise direction and set the intent to clear any negativity or emotional blocks that are creating the imbalance. You can use one or more of these Clearing Statements:

- 🌸 As I take on new challenges, I feel calm, confident, and powerful
- 🌸 I feel motivated to pursue my purpose
- 🌸 I am ambitious and capable
- 🌸 I forgive myself for past mistakes, and I learn from them
- 🌸 The only thing I need to control is how I respond to situations
- 🌸 I have the courage to create positive change in my life
- 🌸 I stand in my personal power

Continue to allow your pendulum to move in a clockwise motion until it stops or until you intuitively feel that your Solar Plexus Chakra has been rebalanced.

Your Solar Plexus Chakra is located here

