Listening Through Your Solar Plexus

Themes

Embodied presence

Soft sensing: Welcoming sensory experience into wholeness

Confidence

Gut wisdom

Digestion: physically, emotionally, energetically

Agency, empowerment

Conflict transformation, reconciliation

Disentangling, de-enmeshment

Alchemizing victim-perpetrator dynamics

(power over/under) to power with: right relationship

Nonviolent engagement

Protective use of force

Integrating survival strategies

Elements & Senses

Fire • Digestive system • Sight

Physiology

Solar plexus • Upper abdomen • Belly

An Invitation to Explore Your Experience

With soft sensing, dignity and respectfulness, how do you experience your belly, gut, solar plexus area in this moment?

What do you sense if you tune into your spinal column in this region?

Notice the connection from your gut downwards toward the earth.
Notice your experience from your gut upwards towards your heart, towards the light of awareness.

Prayer

What prayer connected to the solar plexus resonates for you? What follows may inspire some ideas.

Whatever is present,
I soften how I sense,
Honoring and bringing humbleness to my felt experience.

Solar Plexus Integration Invitation

Grounding capacity for dignity and self-respect towards your somatic and emotional experience.

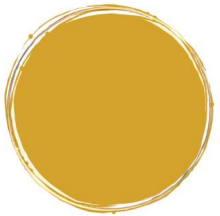
Recognizing the mechanisms of shame, inflation, or internalized power dynamics, and gently bringing them into the fold of compassionate inquiry.

Mantra

Seed Sound RAM Mantras for empowerment, confidence, and power with

What solar plexus prayers resonate for you, in your life, or informed by your ancestors, sacred traditions, or the earth?

What is most essential for you in connecting with this center?

Potential Explorations to Deepen Connection with Your Solar Plexus

- Noticing the quality of sensation in your upper abdomen and solar plexus
- Belly breathing — following the natural rise and fall
- Presencing heat, warmth, charge, sensation in the midsection
- Your gut-sense and instincts
- Digestion: observing your relationship to food and digestion as a microcosm of how you process experience. Exploring how you digest your emotions.
- Physical movement that builds warmth — walking briskly, dancing, shaking
- Noticing where you pull in and where you push out or forward
- Exploring your relationship with anger, heat, charge, fear.
  How do you differentiate between reacting to your emotions vs. responding?
- Exploring your relationship with power. Contemplate empowerment, agency, and power with / shared power.
- What practices in your life connect you with your inner fire?