



Sacred Order of Living Paganism

Lesson Outline

Shanddaramon

Level Two Class Nine: Solar Plexus Chakra Meditation

Preparation

Review the meditation procedure

Review the correspondences to the Solar Plexus Chakra

Questions to consider:

What is the Solar Plexus (3rd) Chakra

What does it represent?

How does it relate to your life?

Study:

Solar Plexus Chakra Meditation

Activity:

Before meditating, focus on the color yellow

Do an Solar Plexus Chakra meditation through your regular practice

Recommended Reading:

Follow-Up

Submit the answers to the above questions

Report on the results of your meditation

Enter all information in your BoS

Solar Plexus Chakra Meditation

begin your normal meditation procedure

Once inside your inner temple:

fill your space with the color yellow

do an inner vibration on the sound "heh"

concentrate on the region of your body in the center of your chest

experience the chakra opening further

let its vibrations increase

experience the sensation of the balance of control and will

observe what you learn by connecting to this chakra

how does the energy of this chakra relate to you and your life?

listen and learn to what it teaches you

release the inner sound

close down the chakra so that it vibrates at a healthy normal rate

exit your temple and return