

The Catalyst

A 3 month Transformational Experience to propel you forward
in expressing your Soul Purpose

Let Your Magic Out...



Further understanding the Third Chakra (Solar Plexus Chakra)

In this Ring, we are working with the energy of the number **3**, which signifies **the energy of The Catalyst**. There is a lightness here, the energy of **JOY** and the **Inner Child** are also present here. We have moved from learning about ourselves singularly, to learning about ourselves through others, and now to learning about who we REALLY are - and what we're here to do.

The mantra of the 3rd / Solar Plexus chakra is: **I HONOR MYSELF**

Put your left hand on your heart, and your right hand on your belly above your navel. Close your eyes and slowly repeat the words, "I HONOR MYSELF" three times...

What came up for you when you said that? (free write)

As we mentioned before, and *why* we did so much clearing in the beginning, coming into your **integrity** is one of the most powerful things you can do.

Once I was meditating in the park, and had the following sentence come to me:

"The blade of clarity is sharpened upon the stone of integrity."

This statement was a HUGE realization for me. I came to a place in my life where I realized I had been being an "energetic weasel" as I like to say. I had been trying to manipulate things, people, and situations to get what I wanted. I had been practicing black magic without even knowing it. It was a huge wake up call. I felt like I had a giant laser that I was swinging around, burning holes in whatever I thought about. I needed to get clear, and I realized that if I wanted to gain clarity in my life, the best place was to start getting clear with myself - by coming into my integrity.

Take a few minutes now and complete the statement 10 times: "I AM a woman/man who..."

I AM a woman/man who

I AM a woman/man who

I AM a woman/man who

I AM a woman/man who

I AM a woman/man who

I AM a woman/man who

I AM a woman/man who

I AM a woman/man who

I AM a woman/man who

I AM a woman/man who

Notice how you feel in your belly...

Affirmations

Now that you know what you know about the I AM, really take a moment to connect to that crystallization of Creator energy inside of you. Visualize the central pillar of light at your core. Feel the energy running up and down your body, connecting to the Earth, and connecting to our Sun.

Then complete this statement 10 times: "I AM..."

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

Notice how the center of your body feels now... Does it feel any different than before

Perfect! Now that you're all juiced up, really feeling the radiant energy of the Sun in the center of your body, complete the following sentences. **Don't think too hard about it. Stay connected to that yummy feeling in the center of your body.** There is no right or wrong way to do this - just flow:

I am deeply dedicated to...

I love the sense of devotion I feel when I am...

I know I am here on this planet to...