

Pillar of Self-Confidence



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Shamanic Energy Healer

“Boost confidence, enhance self-discipline, and embrace personal power.”

FULL CIRCLE
HEALING

At Full Circle Healing, we offer specialized energy healing practices that can significantly aid in addressing and healing severe Solar Plexus Chakra blockages. Our approach combines ancient shamanic techniques with modern energy healing practices to provide holistic and profound healing experiences.

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Information

fullcirclehealing.co.uk

FULL CIRCLE HEALING



SOLAR PLEXUS CHAKRA

(Manipura)

Your Guide to
Solar Plexus
Chakra
Aftercare



Affirmations

Use daily affirmations like "I am confident" and "I am in control" to reinforce self-esteem and personal power.

4

Mindful Meditation

Incorporate meditations focusing on the colour yellow and the element of fire to sustain the balance and vitality

5

Consistent Routine

Establish and maintain a stable daily routine that includes structured activities and self-care to promote self-discipline and personal growth.

6



Solar Plexus Chakra Aftercare

Daily Empowerment

Maintain balance by engaging in activities that boost your confidence and personal power, such as public speaking, leadership roles, and goal-setting.

1

Healthy Diet

Support your Solar Plexus Chakra with nutritious foods like yellow fruits and vegetables, whole grains, and digestive-friendly foods.

2

Regular Exercise

Engage in core-strengthening exercises like Pilates, yoga, or abdominal workouts to keep energy flowing and maintain a strong, empowered foundation.

3

Your Journey to Wholeness

The Solar Plexus Chakra, or Manipura, is the center of personal power and confidence, located in the upper abdomen. It represents self-esteem, autonomy, and determination. Balancing this chakra is essential for feeling empowered and confident, supporting physical health, emotional resilience, and personal growth.

SENSE OF POWER AND CONFIDENCE

SELF-DISCIPLINE AND WILLPOWER

FOUNDATION FOR PERSONAL GROWTH



Maintaining
Your
Empowered
Wellness!