

Pillar of Self-Confidence



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Shamanic Energy Healer
"Boost confidence,
enhance selfdiscipline, and
embrace personal
power."



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.

Mindful Meditation

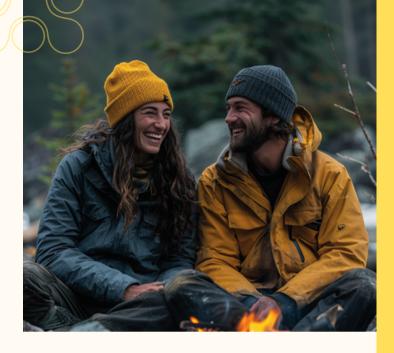
Incorporate meditations focusing on the colour yellow and the element of fire to sustain the balance and vitality

Consistent Routine

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



Maintaining Your Empowered Wellness!



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 goalsetting.

Healthy Diet

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

Regular Exercise

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



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

FOUNDATION FOR PERSONAL GROWTH