

# Solar Plexus Energy

≧ THE MOVEMENT GATHERING • 4-10 MAY 2025 ≦

Take a piece of paper and answer one question a day, in a spontaneous way.  
Reflect on the question and your answer the rest of the day...

How easy is it for me to know what I want?

When have I felt the most powerful in my life? What gave me this feeling?

When have I felt the most proud of myself? Who was with me?

How easy do I make important choices and feel good with their consequences?

How do I receive disagreement with my choices?

What are the biggest obstacles that prevent me from feeling confident?

How difficult do I assert my boundaries with the ones I love?

How easy is it for me to be seen for who I am?

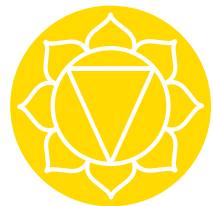
Cut on the lines and use those 6 messages as an oracle: pick one to answer a question, or guide your day.



I allow myself to make my own choices



I let go of the need to control, and I try new things



I assert my boundaries, and respect other's in a loving way



I accept to show myself as I really am



I connect to the energy of the sun, in reality or meditation



I am proud of myself not only for what I do but what I am