

Pathways Yoga Series Session #3

Energy Center: Solar Plexus

(BELOW THE RIBS/ABOVE THE BELLY)

The third energy center is related to power, passion and strength ...

What is Power?

- The ability or capacity to do something
- A person who exercises control, influence, or authority
- Political, social or financial force or influence

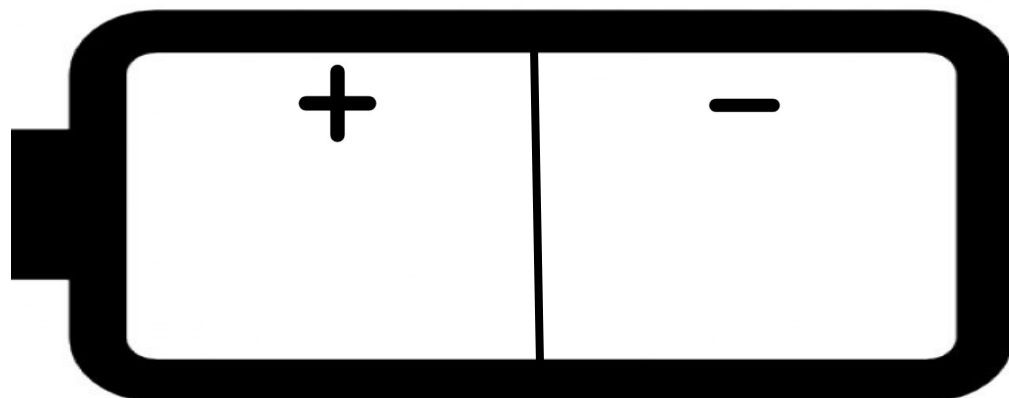


Power OVER



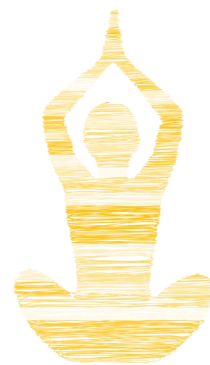
Power WITH (IN)

What are some things that light your inner fire and “charge your batteries?” (+) What drains your batteries? (—)



*What good is having a belly if there's no fire in it?
Wake up, drink your passion, light a match,
and get to work!*

—Simon Sinek



I Can

- Experience enjoyment
- Be enthusiastic
- Try new things
- Be authentic
- Take risks
- Make mistakes
- Overcome obstacles
- Care
- Feel
- Be passionate

- _____
- _____
- _____
- _____
- _____

“We have power when we dare to live authentically, when we reach inside ourselves and tell the naked truth. The more we dare to take risks, to question, to be true to ourselves, the easier it becomes. Power comes when we are willing to make mistakes and to be responsible for them, to learn from them, and to correct them.”

—Anodea Judith

Questions for your Reflection:

- Some believe it’s human nature to want to feel a sense of power. Do you agree? Why or why not?
- Where do we find our own empowerment without diminishing that of others?
- Re-read the Anodea Judith quote above. Recall and write about a time when you felt that inner fire (power) after taking responsibility for a mistake or being true to yourself.



Reflection



*“A ship in the harbor is safe
but that is not what ships are built for.”*

—John A. Shedd