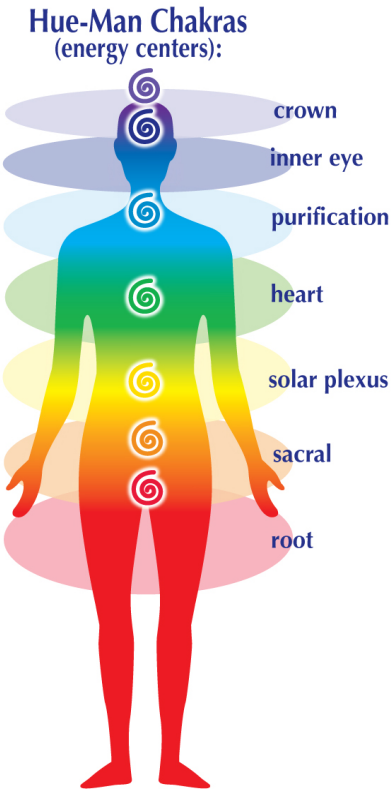
Balancing Solar and Lunar Energies Within

©2017 Constance Hart, Conscious Colors

The easiest way to understand and tune into these two key energies within you is through the lens of your inner energy centers, the chakras.

An invitation:



Begin to think of your solar plexus chakra as your main solar center and your inner eye chakra as your main lunar center. Of course, once your inner energy starts to circulate and flow, all of your chakras experience and utilize both, but focusing on these two will help you re-balance yourself into wholeness if you're favoring one or the other to a point where you feel out of harmony.

The other reason is so you can celebrate when you are feeling in harmony!

Start Consciously Attuning Here:

Next...

CONSCIOUS SOLAR PLEXUS CHAKRA CLUES

Awake: clarity, wisdom, focused, joyful, blissful, positive, self esteem & confidence, inquisitive

Over-activated: egoistic, over-thinker, resentful, angry, tense

Under-activated: doubtful, fearful, confused, unconfident, sad & gloomy, hoarding, lack of curiosity

CONSCIOUS INNER EYE CHAKRA CLUES

Awake: ability to trust inner wisdom, intuitive, imaginative inner images, connected to psychic abilities

Over-activated: disconnected from reality, overly-confident/trusting

Under-activated: lack of trust in intuition, dull & dreary view of life

Get Your FREE Conscious Colors Complete Chakra Guide Here

CONSCIOUS SOLAR PLEXUS RE-BALANCING INQUIRY

- In what ways do I over-tax my digestive system?
- How can I bring out my unique personality & gifts?
- What negative stories and beliefs am I ready to release now?
- How can I improve my diet to less processed and more live food?
- What areas of my life do I tend to over-analyze and formulate? How can I begin to let go of these?
- What activities & people bring me joy & happiness & how often do I give myself that?
- Daily journaling of “My positive attributes today were…….”

CONSCIOUS INNER EYE RE-BALANCING INQUIRY

- Do I trust my analytical mind more than my intuitive mind?
- How often do I spend time “daydreaming?”
- In what areas of my life have I made decisions from my intuition?
- Do I spend conscious time daily (not sleeping) with my eyes closed?
- Do I consistently stretch my neck & relax my shoulders?
- Can I consider making time to reflect on my dreams & write them down in the morning?
- Am I experiencing coincidences in my life?
- ©2017 Constance Hart, Conscious Colors

Please, if you need more assistance, schedule a phone, email, or in person session so you can enjoy this powerful time to its fullest!

In light,
Constance Hart