

The Courage Within

LISTENING TO YOUR SOLAR PLEXUS CHAKRA VOICE™



STAND TALLER. TRUST YOURSELF.
TAKE YOUR POWER BACK.

InnerVoicesHealing.com

Introduction



There may be a reason you've been second-guessing yourself lately.

Your Solar Plexus Chakra – the centre of personal power and inner authority – may be asking for your attention.

When this voice is balanced, you trust your instincts and move through life with quiet confidence.

When it becomes quiet, self-doubt creeps in.

When it becomes too loud, control and pressure take over.

This guide is an invitation to pause and listen to what your Solar Voice may be trying to say.

Let's begin.

CONFIDENCE CHECK-IN

CHECK YOUR INNER AUTHORITY

Do any of these feel familiar?

- I second-guess decisions I've already made
- I often seek reassurance before acting
- I struggle to say no
- I worry about disappointing others
- I feel pressure to prove myself
- I downplay my achievements

✨ If three or more resonate, your Solar Plexus Chakra Voice™ may be asking for attention.

RECOGNISING YOUR POWER

TAKE A MOMENT TO REFLECT

Ask yourself:

- When do I feel most confident in my life?
- Where do I give my power away?
- What decision have I been avoiding?
- What would change if I trusted myself more?

Confidence doesn't come from controlling
life.

It grows from trusting the wisdom already
within you.

SOLAR PLEXUS ACTIVATION PRACTICE

SOLAR BREATH

Place one hand just above your navel.

Take a slow breath in through your nose.

Imagine a warm golden light glowing in this centre of your body.

With every breath, see that light expand like the sun.

Allow it to grow stronger.

Repeat silently:

My voice matters.

My choices are valid.

My power is mine to hold.

Stay here for 3 slow breaths.

COURAGE BUILDERS

**SMALL DAILY ACTS STRENGTHEN THE
SOLAR VOICE.**

TRY ONE TODAY:

- **make a decision without asking others**
- **say one clear boundary**
- **speak your opinion in a conversation**
- **celebrate a small win**
- **stand tall and breathe deeply**

**Confidence grows through practice, not
perfection.**

What now?

If you take one thing from this guide, let it be this:

You do not need permission to trust yourself.

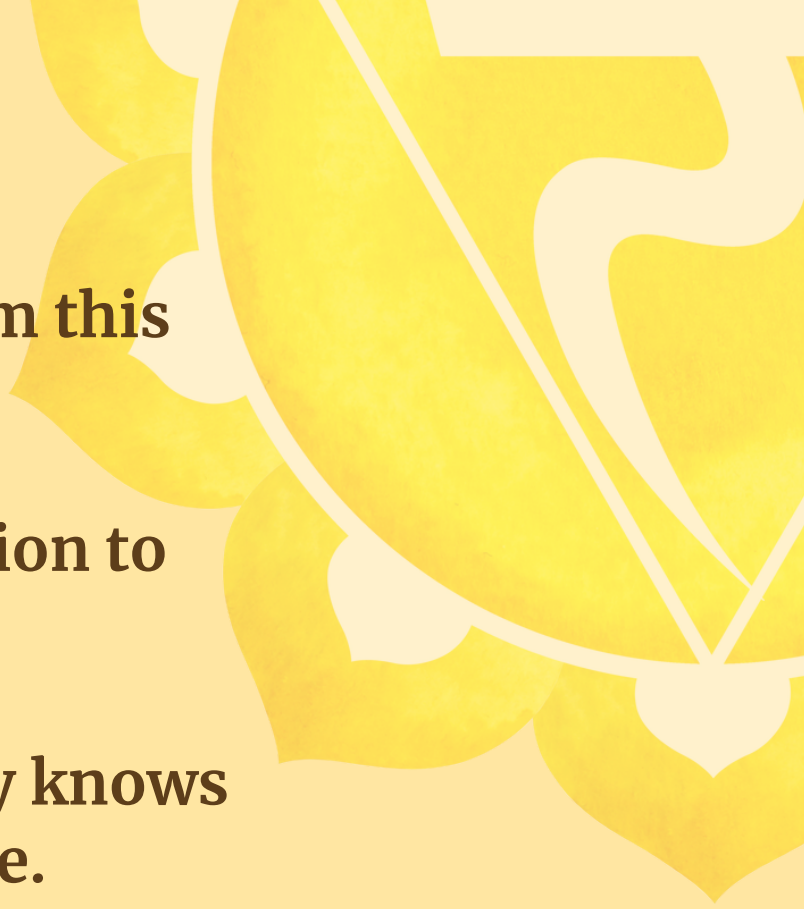
Your Solar Plexus already knows what confidence feels like.

Sometimes it simply needs space to speak.

You've just listened to your Solar Chakra Voice™.

But there are six other voices within your energy system.

When they begin to work together, life feels balanced again.





You don't feel like yourself...

**carrying emotions and energy that
don't belong to you...**

**Begin understanding yourself again
with the tools to support your energy.**

**Imagine if you could discover where emotion was trapped in your
energy system and be guided to release it, and encourage healing.
Explore the ways we can help you do that below 🙌**



**The Chakra Voices™ Toolkit is a guided
healing and self-awareness collection
designed to support you through the
moments when you feel emotionally
overwhelmed, stuck, disconnected,
reactive, or simply 'not yourself.'**



**What if how you're feeling is trying to tell you
something?**

If you want to find out which of your energy
centres is crying out for help right now, you can
take a short quiz to see what your next steps
could be.

Work With Your Energy Centres Using The Single Chakra Voice™ Experiences



Explore The Chakra Voice™ Tools



Jillian Shiers

