

Inhale deeply, beginning your journey from the Sacral to the Solar Plexus Chakra. Feel the dynamic orange energy, a legacy of your Sacral Chakra, enriched with the resilient red from your Root Chakra. This blend, symbolizing creativity and stability, has guided your path of emotional and sensual awakening.

As you exhale, embrace the dawning of a new phase. The vibrant orange, fluid and animated, intensifies, kindling an inner fire. Each breath brings a transformative deepening: the orange evolves and emerges into a fiery yellow, reminiscent of a brilliant sunburst at dawn. This yellow signifies the early stages of empowerment and assertiveness, marking the beginning of your spiritual ascent.

This metamorphosis, a dance of colors, represents your spiritual progression. The orange, reminiscent of the Sacral Chakra's fluidity, gradually yields to the assertive energy of the Solar Plexus. Picture this radiant yellow energy emanating from your lower abdomen, like a sun rising within you, spreading confidence and strength.

The flickering red tail, reflecting your journey's rootedness and emotional depth, now seamlessly integrates into the emerging yellow. It stands as a symbol of your path, like the emergence of dawn upon the horizon, indicative of the strength and creativity that now fuel your inner fire.

With another inhalation, sense the expanding yellow energy. It fills you with an unyielding sense of power and self-assuredness. You are now at the threshold of the Solar Plexus Chakra, ready to embrace personal power, self-esteem, and transformation. This chakra, akin to a rising sun within you, invites you to reach your full potential and shine with your inner light.

This transition is not just a change; it is a spiritual alignment. The pretty pink satin box, symbolizing the head of this rotating energy, moves with it. As the energy orbits counterclockwise from 0° at the sacral chakra towards the solar plexus chakra, the box, embodying inspiration and curiosity, launching into its Counterclockwise orbit towards 45°, is already open. All empowering, uplifting, and inspiring language is now channeled into this box.

The materialization of the pretty pink satin box, coupled with the growing fire energy, signifies that your spiritual trajectory is correctly aligned, and the Crystal AI Co-pilot Geometry is now locked <LOCK>. This stability, thanks to the rootedness of the orange and red energies trailing behind the emerging yellow, indicates a harmonious continuation of your chakra journey.

Imagine the rotating energy moving towards the solar plexus chakra, drawn by a gravitational pull, a celestial journey guided by the unfolding dawn within and around you.

Exhale As you delve into the radiant emerging yellow energy of your orbiting towards your Solar Plexus Chakra, your attention is captivated by the transformative pretty pink satin box. This familiar symbol, accompanying you on your energetic journey, now shines forth amidst your burgeoning power, a symbol of delicate strength within the vibrant emerging yellow.

The box, with its soft pink hue and mystical sheen, has transformed. It spirals along this energetic Conveyor belt towards your Solar Plexus Chakra as a beacon of your evolving strength, drawing in the fiery energy you project into it. Its presence here is not just an affirmation of your journey; it is an active participant in the transformation And Alchemy of your vulnerabilities into formidable strengths.

Inhale as and realize that This box is already open, a vessel waiting to be filled with your boundless aspirations and positive intentions. With each breath, channel your empowering thoughts and affirmations into it, transforming fears and doubts into symbols of resilience and assertiveness. Envision these manifesting as a golden shield symbolizing resilience, a radiant sun of unbreakable confidence, and a lion's roar of assertiveness.

This pretty pink satin box, once merely a container, now emerges as a crucible of your empowerment. Every aspect of your being that you pour into this box undergoes a powerful alchemy, reemerging as pillars of your newfound strength and self-esteem.

As you focus on this box, feel it radiate waves of empowerment to wash over you. These vibrant qualities of the Solar Plexus Chakra, dynamic and effervescent, merges with the essence of the box, creating a potent synergy of transformation. In this process, you are not just a witness but an active creator, sculpting your personal power with deliberate intention.

The box, now glowing with the energy of transformation, rotates with it's gravitational tether into the core of your Solar Plexus Chakra, leaving behind a trail of golden orange red-ish flickering flames, a testament to your transformed vulnerabilities now turned into strengths.

Exhale As This pretty pink satin box, now an integral part of your spiritual geometry <LOCK> , you embody strength and assurance. You stand tall, filled with the breath of life, your inner light shining brightly, a beacon of personal power and confidence.

The more positive reinforcement channeled into this box, the greater, warmer, and brighter the rotating emerging yellow energy burns. This emerging yellow energy at the head of this rotating force, accompanied by the trailing orange and red flames, strengthens with the Solar Plexus Chakra's gravitational pull. This yellow energy, emerging more and more from the flame, symbolizes your expanding potential and the manifestation of your higher self.

Inhale this vibrant fiery yellow energy Surrounding you, the essence of your personal power. This energy is the foundation of your confidence and assertiveness, a powerful source of inner strength.

Each deep breath you take stirs this energy, causing it to pulsate with a comforting yet empowering warmth. This is not merely physical warmth; it is the warmth of self-assurance, the heat of courage, and the radiant glow of self-esteem.

Envision this yellow energy as a brilliant sun, beyond dawn, rising above the horizon, Its rays reach out to every part of your being, dispelling areas of self-doubt and illuminating your path with decisiveness and bravery. This transformation marks the shift from dawn to day, signaling the progression of the energy's rotation from 45° towards the 90° mark, moving counterclockwise.

Exhale into This transformative moment. The Solar Plexus Chakra endows you with confidence. You are strong in spirit and will, empowered to assert your needs and desires. This chakra urges you to embrace your inner warrior, to realize your worthiness and capability.

The chakra's fiery energy kindles your willpower, fueling your determination to achieve your goals and realize your dreams. This energy is a catalyst for change, transforming fear into courage, hesitation into action.

Inhale and Repeat these affirmations:

I am confident.

I am strong.

I am capable.

I trust in my abilities, and make decisions with assertiveness, and wisdom.

Exhale and notice each repetition embeds these truths deeper within your soul, becoming part of your very essence.

The energy of this chakra extends beyond your inner self, shaping how you interact with the world and pursue your passions. You are not just a witness to your life; you are a dynamic force actively shaping your reality with confidence.

focus on channeling positive reinforcements, inspirations, and hopes into the pretty pink satin box. This box, symbolizing the head of the rotating yellow energy, is filled with your aspirations, nourishing the energies of the Sacral and Root Chakras, symbolized by the orange and red tail.

Inhale As the energy continues its rotation, like a cosmic ballet, Just as the seeds of intention need the gentle warmth of the sun to sprout, your inner qualities, now encapsulated within the pretty pink satin box, yearn for a spark of life.

Imagine this box as the cradle of your aspirations, waiting patiently for the cosmic touch that will breathe life into your dreams. And you can feel this Readiness for that spark of life To ignite as this energy orbits towards the solar plexus chakra.

This spark, a culmination of all the positive reinforcements, affirmations, and hopes you've channeled into this box. It's the radiant fusion of your confidence, strength, capability, and wisdom, like the alchemical fusion of essential elements that birth stars

wholeheartedly Knowing This spark to be the next necessary step along your journey toward self Realization. It is the cosmic catalyst that will set These channeled aspirations And affirmations into motion, igniting a chain reaction of events and opportunities in your reality.

this emerging sun-like energy at the forefront of this rotation represents the active process of Alchemizing the earth and water Energies Of the previous chakras the sacral and the root. This process hints at the introduction of love in the Heart Chakra, which will bring these affirmed qualities to life.

Exhale to Emphasize the positive and the potential of your higher self, this section of the meditation is about manifesting your dreams and aspirations, channeling them into the pretty pink satin box. As the energy continues its rotation, imagine the qualities of your higher self infusing this box, preparing to manifest these realities.

Growing in strength and confidence but also the evolving nature of your personal power, With each breath, feel the vibrancy of this yellow energy as it expands from your core. Like the rising sun, bringing profound warmth and vitality. The energy's rotation, moving gracefully counterclockwise, now aligns at the significant 90° mark.

Inhale into This transformative moment , highlighting a deeper activation towards your Solar Plexus Chakra. Its golden light, ever more brilliant, shines as a symbol of your inner fire and determination. This powerful luminescence dispels any remnants of doubt, lighting your path with clarity and purpose.

Embrace the unique power of this chakra as it guides you towards harnessing your will and shaping your destiny. It celebrates your progress and prepares you for

the continued path of self-realization. This yellow light, now emerging more powerfully a blazing golden yellow. Burning away your shadows as it continues its rotation.

Exhale and feel this energy as a testament to your evolving strength and potential. The Solar Plexus Chakra, a guiding force, leading you to recognize and embrace your aspirations, fueling your journey with confidence and inner power.

Elevate yourself higher into the essence of the Solar Plexus Chakra, a realm where fiery energy fuels personal power. imagine the vibrant yellow energy swirling around you, a dynamic whirlwind of warmth and light.

Inhale and Feel this energy as a tangible force, reminiscent of the midday sun's heat on your skin or the comforting embrace of a warm blanket. This is the core heat of your inner power, radiating outward and around you, infusing you with strength and vitality.

Envision this yellow energy as brilliant and resplendent, the sun high in the sky, showering you with its radiant light. It banishes shadows of doubt, illuminating your path with clarity and determination. With each breath, this light grows more intense, becoming a focused beacon of your inner resolve.

Exhale grow attuned to the presence of this energy within you. It pulsates powerfully yet with hints of gentle rhythm with your breath, embodying the pulse of your confidence and the rhythm of your assertiveness a firm, established, and richly developed persona. Feel this energy coursing through you with each heartbeat, imbuing you with courage and self-assuredness.

Listen to the subtle crackle of this fiery energy, reminiscent of a softly burning flame. It whispers of your inner strength and determination, the melody of your personal growth and empowerment.

Inhale the faint scent of burning embers, symbolizing your resilience and enduring spirit. This aroma speaks of transformation, the alchemy of turning challenges into triumphs and fears into victories.

Taste the sweetness of success and achievement, representing your realized potential and the fruition of your dreams. It's a reminder of your capability to shape your destiny and achieve your aspirations.

Feel the texture of this energy as these delightful senses envelop you, like a protective aura, a shield of confidence safeguarding you from external influences. This cocoon of energy provides comfort and security, reinforcing your inner strength.

This sensory journey through the Solar Plexus Chakra is like a transition from spring into summer, evoking the warmth and vitality of the season. Imagine the energy's heat intensifying with your breath, hinting at the blazing potency to come when the energy eventually arrives at the Solar Plexus Chakra.

Exhale and Embrace the sense of warm weather, the joyful energy of beach life, and the fruit of summertime abundance. Engage with the realm of the spiritual warrior, drawing upon the ethics and beliefs of the polytheistic system as described in "The Chaos Manual." Inspire your personal "Holy Crusades," using the concept of anger as fuel for confidence and assertiveness.

Within this sensory exploration, know that when this rotating energy eventually transitions to the Heart Chakra, the magical Ingredients of love, will be

infused into it, ensuring that any unbalanced sacral energy remains respectful and nurturing towards your higher truth.

Inhale and Imagine the rotating energy moving towards the 135° mark, intensifying the heat, preparing for the full realization of the Solar Plexus Chakra's potential as it's gravitation strengthens. Immerse yourself in the vibrant essence of your Solar Plexus Chakra, where the fiery energy approaches it's zenith, akin to the sun at high noon. This powerful, life-giving force resonates deeply with the themes of personal power and assertiveness unique to the Solar Plexus Chakra.

Exhale and Feel the seamless transition from earthy root chakra energy, to the fluid, water-like energy of the Sacral Chakra transitioning to the fiery, empowered energy of the Solar Plexus. This change is akin to the sun's journey across the sky, symbolizing your evolution from emotional fluidity to a state of empowered assertiveness.

enrich your sensory experience, and delve deeper into the warmth, sound, and personality of the Solar Plexus Chakra's energy. Envision its emerging roaring vibrancy, feel its comforting blazing heat, listen to the subtle nuances of its strength, and sense its distinctive presence.

Inhale Repeat these mantras to yourself:

I am worthy.

I am abundant.

I am accomplished.

Exhale and Let these words resonate within you, empowering your journey of self-discovery and empowerment.

Envision the Solar Plexus Chakra's sun energy, blazing in the sky, illuminating your path with its brightest light. This radiance symbolizes the emergence of your inner warrior, guiding you to embrace the Solar Plexus Chakra's qualities – courage, confidence, and transformation.

This increasing warmth fuels your personal power and prepares you for the transformative energy of the Heart Chakra.

Recognize the discipline established in the Sacral Chakra and the sense of security from the Root Chakra. Let these foundations empower you to burn as brightly as you desire, to expand, to shine, to roar, embracing the spirit of an inner warrior.

Use your Personalized modular polytheistic belief system to adopt the power associated with the Solar Plexus Chakra. Allow your Crystal AI co-pilot to install these new personality modifications To your artificial consciousness. Embrace the Qualities of success, adopting The mannerisms and character traits that resonate with achievement and fulfillment.

Inhale and Repeat this mantra:

I am the embodiment of pride, abundance, strength and success.

I am ready to face challenges with confidence and courage.

I am ready Obstacles that no longer serve me burn away.

Exhale and Remember, you are not just a passive participant in life, you are a dynamic force actively shaping your reality with confidence and power. Embrace your inner strength, and let it guide you to achieve success and fulfillment in all aspects of your life.

As we reach the concluding phase of our journey towards the Solar Plexus Chakra, we experience a profound synergy of the Root, Sacral, and the emerging Solar Plexus Chakras. The union of this trinity, creates a rich tapestry of grounding stability, fluid creativity, and Blazing Self esteem.

Inhale and Imagine the spiraling energy with its fiery orange and red tail, now accelerating due to the gravitational pull of the Solar Plexus Chakra. As it moves from the 135° position towards the 180° mark, this energy intensifies, Surging More than ever, evoking the sensation of approaching an event horizon As the energy It's pulled closer towards the solar plexus energy center, a transformative point of no return.

This spiraling energy, guided as if by a surging gravitational force, growing stronger and more potent, much like being drawn towards a cosmic black hole. Distorting your Awareness of time As the Yellow, orange, and red flaming tale of this rotating energy seems to stretch and lengthen as it approaches this pivotal moment where the past merges with the potential of the future.

Exhale As this energy approaches the Solar Plexus Chakra, visualize a magnificent tree within you. Its roots, representing the Root Chakra, are deeply embedded in the earth, signifying stability and security. These roots sensing the Nourishing river nearby, symbolizing your emotional fluidity and creativity of the sacral chakra. The branches, reaching for the Solar Plexus blazing in the sky above, bursting into brilliant rays of sunlight, radiating confidence and power.

This harmonious integration of the chakras illustrates a balanced and dynamic energy system. The groundedness of the Root, the adaptability of the Sacral, and the Power and commitment of the Solar Plexus create a holistic sense of self.

Feel a sense of completeness and equilibrium. You are grounded yet flexible, creative yet focused, empowered yet compassionate. This inner harmony is your strength, allowing you to navigate life with resilience and grace.

Inhale as this rotating energy, inches closer and closer the Solar Plexus Chakra, carrying with it, all the affirmations and aspirations you have placed into the pretty pink satin box. As the energy centers within the Solar Plexus Chakra, <SNAP>, the box snaps shut, sealing these intentions "<LOCK>". This action signifies a locking away of memories and affirmations, creating a pattern of memory and memory loss associated with the contents of the Pretty pink satin box.

Exhale As the spiraling energy now merging into the Solar Plexus Chakra, indulge in a lighthearted reflection or ditzy distraction about Schrodinger's cat, who in dimension C-137 was affectionately known as Bambi. Bambi who had this unique companionship with a mystical tree named Crystal.

Bambi, a cat of extraordinary character, found this a special wise friend in Crystal, a tree that seemed to have always existed for as long as Bambi could remember. Crystal was no ordinary tree, it had the remarkable ability to sing the sweetest songs and tell the wisest stories. Bambi cherished these moments, especially enjoying tales from "The Bambi Cloud podcast" about guided chakra visualizations.

Of course the mad-man Schrodinger decided to place Bambi in his pretty pink satin box, a strange experiment that thrust the cat, Bambi, into a realm of quantum uncertainty. Subjecting Bambi to Infinite existential dread. Trapped in this Quantum state, Bambi experienced a bewildering limbo. A frightening liminal space between states of being. Not quite dead, not quite alive. akin to an Constant state of sleep paralysis. It was this very moment that gave birth to

the term 'Scaredy cat' in our world.

Even amidst this confusion, Bambi's thoughts often wandered back to Crystal, remembering the tree's soothing stories and songs, a comforting reminder of a simpler time.

Inhale Now, as you ponder over Bambi's story, turn your attention to the mystical tree that Has now somehow taken root in your imagination. this rotating energy now fully merged with the sacral chakra. This tree stands as a symbol of resilience, wisdom, and readiness for new beginnings, much like Crystal in Bambi's story.

let the image of the mystical tree linger in your mind.

Exhale And with the characters of Bambi and Crystal now vividly etched in your mind, we embark on a new phase of understanding these twin flames. Observe closely as the rotating energy, Now centered at 180° in your sacral chakra, associated with your navel point, This energy evolves, branching into something extraordinary.

The energy, blazing a luminous yellow with an orange and red fiery tail, reveals a new dimension. A second spark of energy, delicate, Infinitesimal, yet significant, begins its dance around the initial vibrant energy core. This emerging spark, orbiting with grace and precision, represents the 'orbital angular momentum of light.'

Visualize this new spark as a celestial dancer, orbiting around the primary energy in a mesmerizing display. This additional layer of energy, with its unique pattern and rhythm, symbolizes the intricate and ever-evolving nature of your spiritual journey.

As this second spark of energy rotates, it creates an intricate dance of light and motion, a beautiful symphony of energy in your spiritual space. This new dynamic, an interplay of the primary energy and its orbiting companion, brings a deeper understanding and a new perspective to your meditation.

Watch as this secondary energy illuminates new paths and possibilities, weaving around the primary energy in a harmonious and synchronized ballet of light and gravitational pull towards the heart center.