



Sacred Solar Map

Read through this exercise a few times to understand how this mapping is done.

Find a comfortable and private space to make this map. You will need a pen and this workbook to make notes on the following pages.

In doing this exercise you may find areas that are painful or filled with tension. You may also discover a new appreciation for your solar space. You may even be somewhat surprised at what you find here.

This mapping will be done several times over the following weeks and you will get to know intimately this personal space, and notice the changes it will experience.

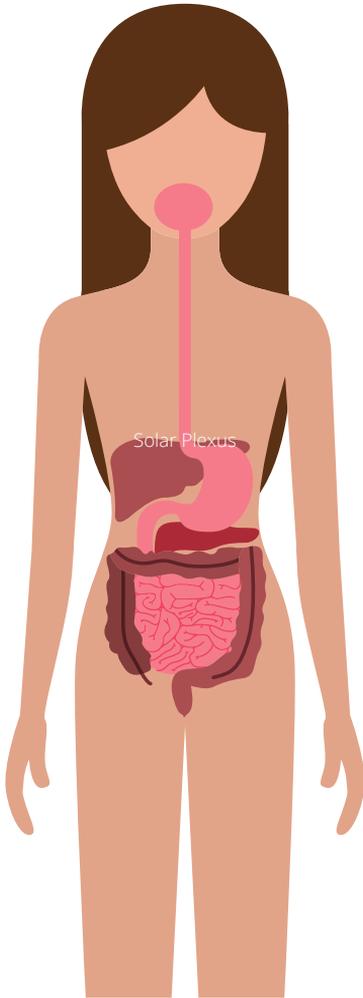
Understand that with practice you will feel the connection to your Sacred Solar Space.

Sacred Solar Map

Directions:

- Open up sacred space, light a candle and call in your humming bird & other guides to assist you,
- Familiarize yourself with the diagram on page 3,
- Find a quiet and private space and lay down on your back or stand,
- Have this workbook with you along with a pen
- Place your hands with finger tips resting on your solar plexus. Take a couple of deep inhalations and exhalations,
- Set the intention to listen to the messages from the spirit of your Sacred Solar Space,
- Take the fingertips and gently walk vertically up and down your center line from solar plexus to just below the belly button. Notice tension, ease, just notice,
- Take the hands back up to Solar plexus and move the fingers along the bottom of the rib cage to the left and then to the right,
- Map your whole digestive system
- Feel for air pockets, rumblings, tenderness, fullness, pain and / or discomfort,
- When you sense or feel something indicate the spot with an x on page 4 and write a note about the feeling i.e. pain, tension, stress, burning, coolness, memory etc.
- Notice if any emotions arise as you our touching your organs,
- Feel for your skin and observe it's condition,
- Feel the abdominal muscles and observe any sensations here.
- What organs have been removed?

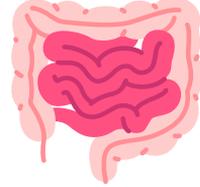
Sacred Solar Map



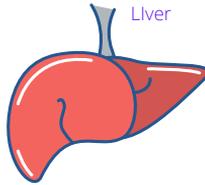
Stomach



Large & Small Intestines



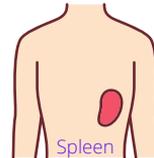
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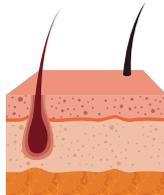
Gall Bladder



Pancreas



Spleen



Skin System



Muscle System

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