

SOLAR PLEXUS IS THE THIRD CHAKRA,
CALLED MANIPURA, WHICH MEANS
LUSTROUS GEM.

You, Goddess, are a Lustrous Gem!

Welcome to Solar Plexus Chakra!

When your Solar Plexus is open and activated you have a strong sense of personal power and healthy self-esteem, even a warrior or wild woman energy, this is your SASSY that we refer to. Activating this Chakra will ignite the power of transformation. This Chakra is correlated to your metabolism and digestion and how you metabolize and digest food, as well as emotions.

This Chakra is the Element of Fire, and correlated to goals, desires and intentions and when you have clear goals, and an open and activated Solar Plexus Chakra, you can easily and gracefully move forward to receiving them.

Achieving goals fuels the fire of feel self-confidence, giving you a strong sense of purpose, and self-motivation. As you activate your Solar Plexus you will feel a healthy and empowered passion that will align you to receive your desires.

Money Magic is about utilizing your Solar Plexus, creating an intention and allowing the Magic and Miracles!

As you know by now my name is Christi Kendall, Founder of Love Your Life. It is my passion to help you breakthrough the barriers to wealth and abundance by helping you Align Yourself to Money Magic!



SOLAR PLEXUS IS ABOUT CREATIVITY AND GOALS, DESIRES AND INTENTIONS AND IS FUN, AND CREATIVE.

It is YOUR time to CLAIM and RECEIVE your DESIRES! So ask yourself, what is it that lights your internal flame, what is it that your soul desires? It's time to give yourself the permission to walk in the power of your birthright!

Visualization is powerful, and in this exercise you will be using the power of your Solar Plexus, along with your creativity (sacral chakra), and Vision (third eye) to create a Vision Board and set your intention with goals and desires.

Using your Feminine Power, Sacral Chakra energy, and the magnetic from your Solar Plexus Chakra and doing this exercise you are creating magic. You are creating the vortex for the miracles to manifest and become aligned to the vibration of wealth, success, and grace, which then invites the miracles into your life. This is the Money Magic Formula for miracles and success! I am excited to share this process with you!

It's yours Sista!



1. Understanding:
What is DESIRE?

Desire is an expressed wish, a request, and all that you desire, desires you. It is your inspiration as a woman, therefore, God meant it for you. The things you desire bring you

comfort, joy, luxury, and those are life's pleasures that are here for you. The Universe supports your natural gifts.

Desire is what makes each woman her own unique person. God/Source/Goddess gave every woman her own thoughts, feelings, personality, gifts, and individuality. Therefore when you have a desire, what you desire is meant for you. God intended you to have the thing that you desire.

As you are looking into this core truth of yourself, listening to your inner wise Goddess, the thing that whispers to you is feelings. How you want to FEEL? As you are journaling and filling out the desire guide/goal section, listen to those whispers. Discover the most desired core feeling, then let loose all that passion, and all that you desire. You will then begin to create the magnetic vibration to all that you desire and begin receiving, this leads to living the Life You Love!

Goal: the result or achievement toward which effort is directed; aim; end. (masculine structure)

Desire: an expressed wish; request. (feminine power)

Another word for Goal is Desire, when you change the FEELING around a word it creates an entirely different vibration. A "goal" can feel very masculine energy, very driven, and hard. As a woman, you are the creator and co-creator in the world. We want to be in the sensual feminine energy of DESIRE. What you desire, desires you. If you have a desire it is because it is a part of your inspiration as a woman, therefore, God meant it for you. If you desire love, it is your birthright to have love. If you desire happiness it is your birthright to have happiness. If you desire a beautiful home, it is your birthright to have a beautiful home. Things that you do not desire, were not meant for you, the things you desire are meant for you. The

things you desire bring you comfort, or joy, or excitement, and those are life's pleasures that are here for you.

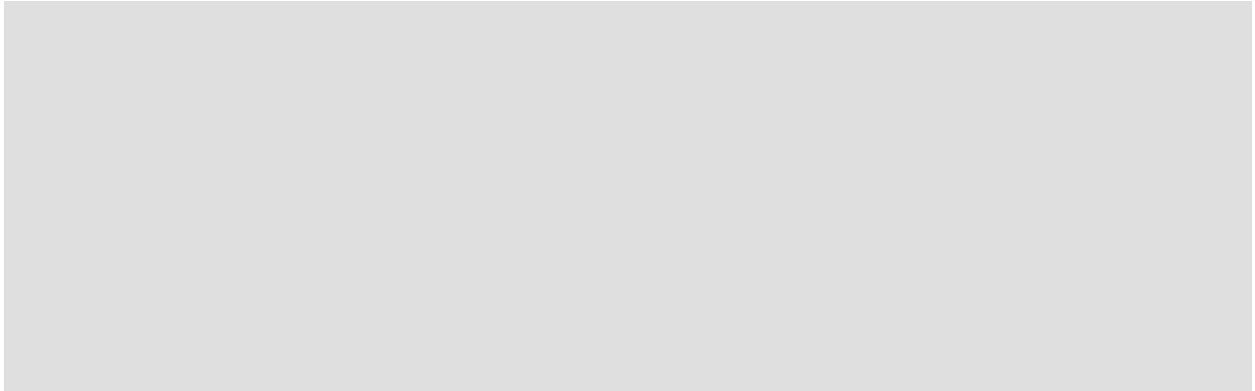
To receive a desire you set an intention of what you want, as well as how you want to feel, and what you want to experience. Commitment is a big part of receiving your desire, without commitment the universe gets confused and doesn't know what to send you. Mixed messages and conflicting desires create confusion, so let's get you crystal clear on what you want to feel, what it is you desire, set intention, and be in the energy of now, present tense. (I am, I have, or I do)

Writing down your desire starts the energy flow moving toward the results. Many times your desire is attracted to you by the pure energy of desire and being in the matching vibration of all that you desire. There are also desires you may have that need your co-creation with God/Source/Goddess/Universe for your desire to happen. Therefore more is needed than just the feeling of desire. Some desires require specifics, vision, inspired action, and a support system.

It is so much easier to be in the vibration to receive your desire if you have people to encourage you, support you, and uplift you. That is why we created the Facebook group. Unfortunately, most people don't set up support systems for themselves so it's very easy to step outside of the vibration of your desire. Make the conscious choice to utilize your tribe, and the Facebook group so you have the support you deserve! If you don't have a support system, or allow the support to help you be accountable, you're setting yourself up for bigger bumps in your journey and delaying the process.

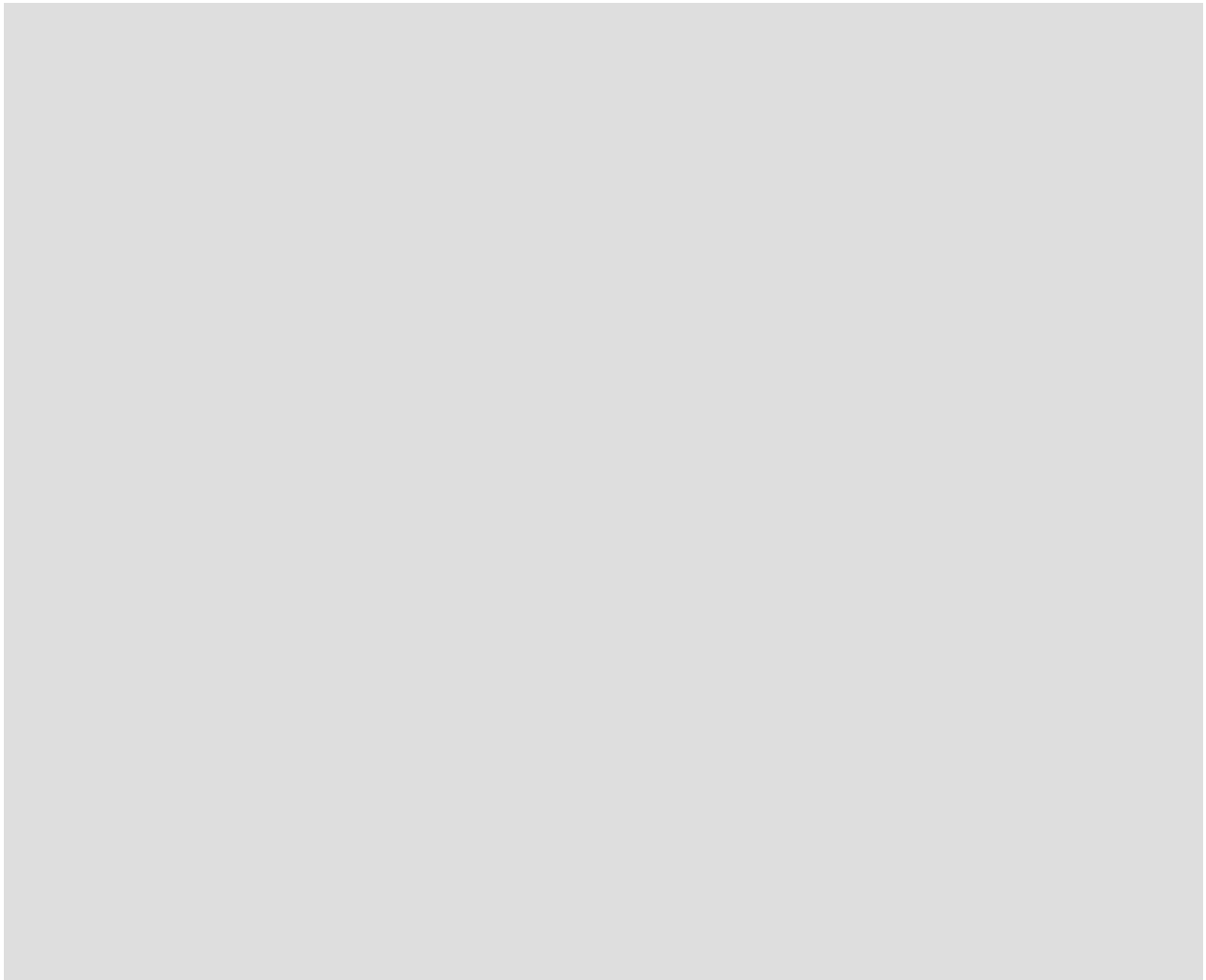
To sum up the Desire guide; there is a core underlying feeling to every desire. When we tap into that feeling then what we desire will be co-created with the universe/God through your magnetic vibrational energy.

A. Determine exactly how you want to feel, and your intentions.

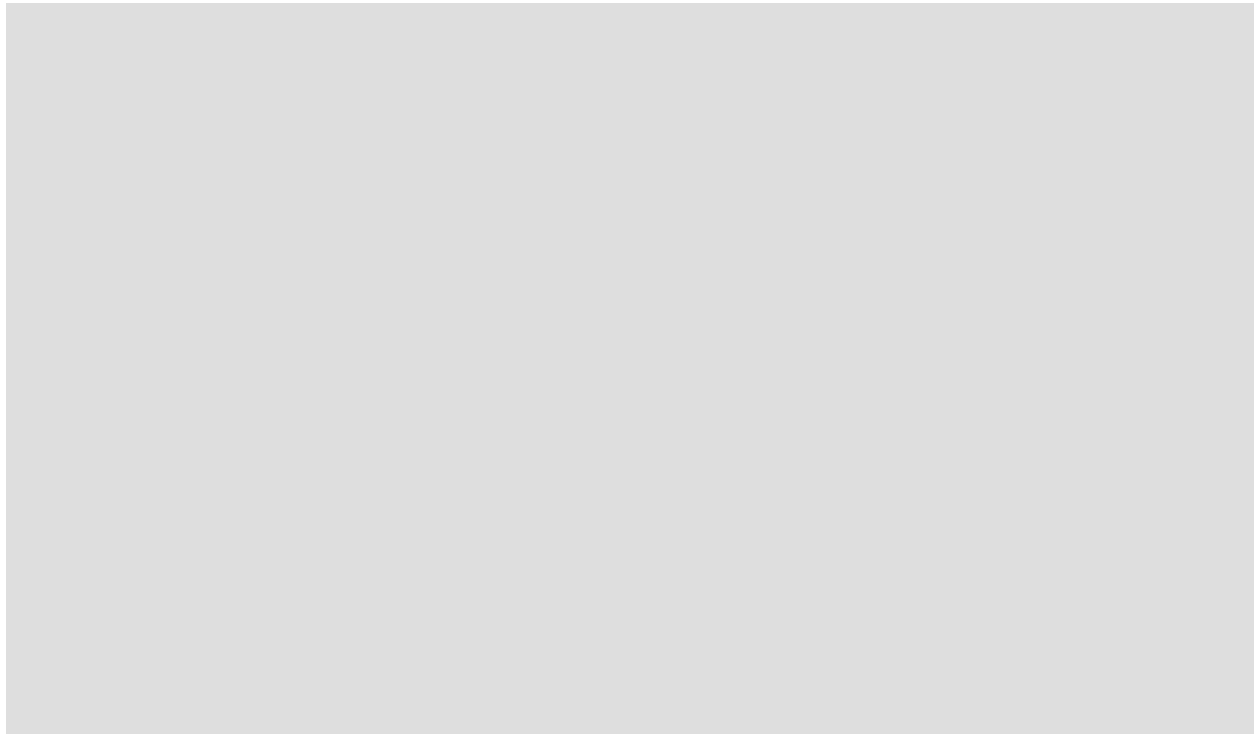


B. Write down your desire/desires.

What specifically you desire. (you can do this with each area. Personal
ie:fitness Business ie: financial etc.

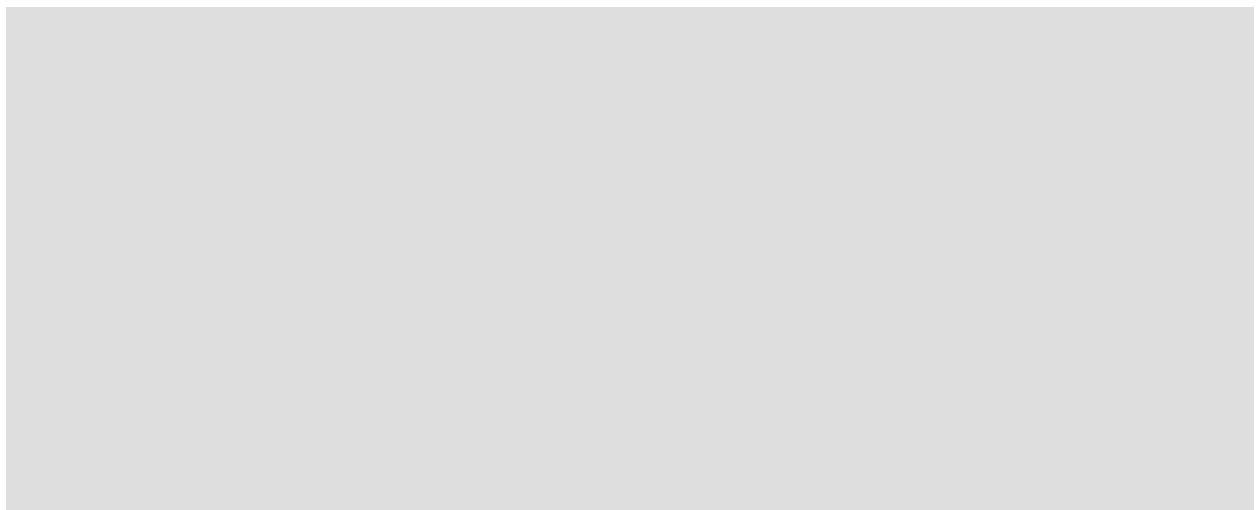


C. How Does The Desire Feel (how do you feel, what will you feel when you receive the desire)



D. Utilize Your Support System!

How does it feel to reach out and allow your tribe to support you in creating your desire, encouraging you, and uplifting you so you follow through through through with your desire, even when things get uncomfortable.



Have you heard that statement that you are the average of the five people you spend the most time with? This can be a difficult area to clean up if you are hanging out with people who aren't going where you want to go. Take note, make changes.

- ♥ Choose who you spend time with wisely.
- ♥ Utilize Your Tribe (the women in the Love Your Body Love Your Life Facebook Group.
- ♥ Join groups that support your growth, development, goals and desires.
- ♥ BELLY DANCE!

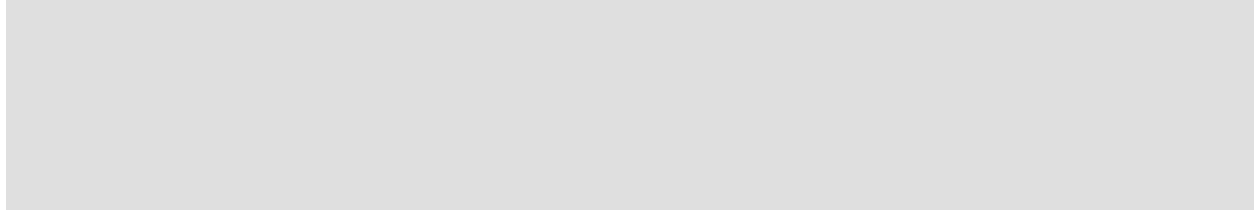
Choose your support systems, and use this box to map out your system, list your people, and acknowledge those who already are supportive of you.

E. How do you want to FEEL, and what is your core intention? (Ask WHY. Then Journal. Get clear so you can determine your alignment)

2. Clearing the clutter: Letting go of the past, and forgiveness.

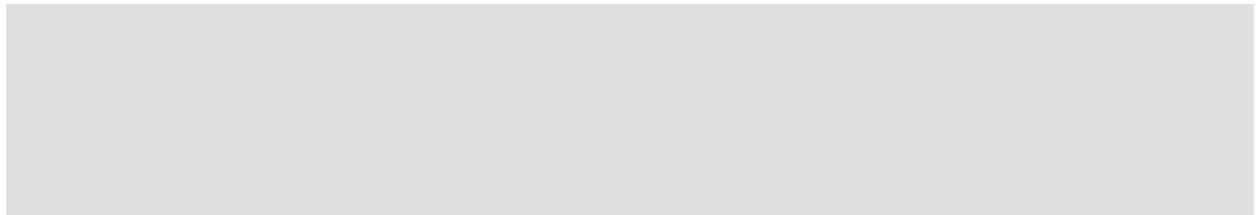
Addressing the baggage allows for you to unpack! When we unpack we open up the space for abundance and success! Take a moment to address any areas where you may be harboring a resentment, regret, or fear of rejection?

Failures, or things you feel you failed at...
Mistakes you think you made...

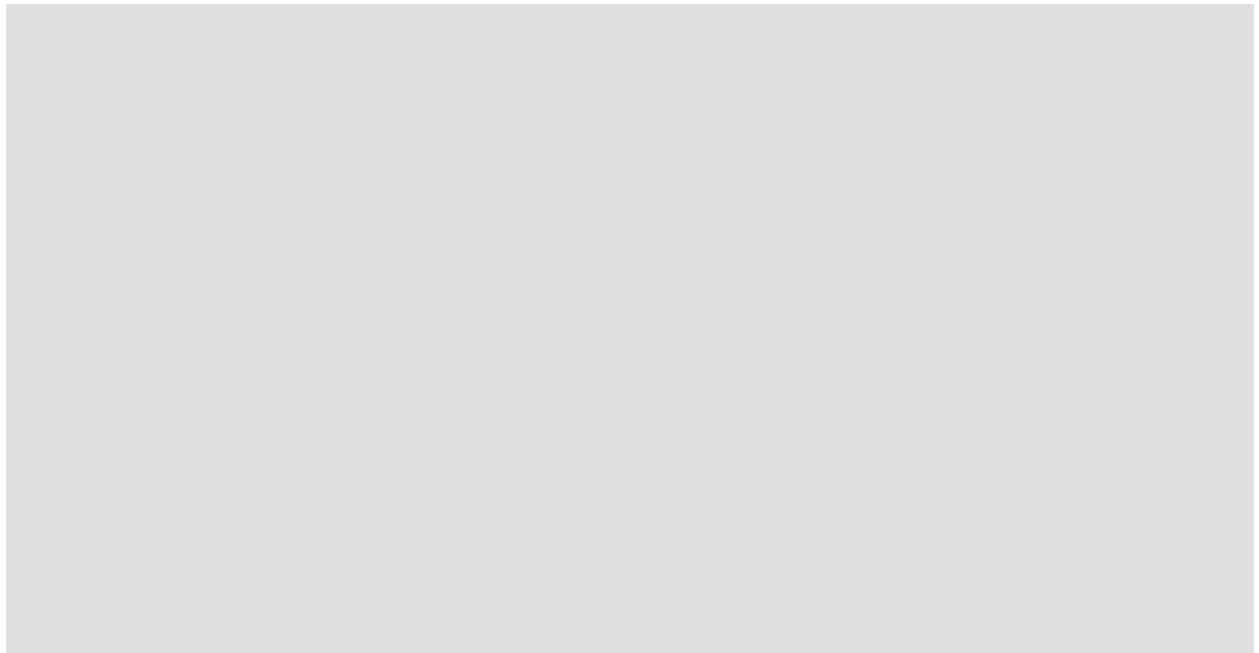


Wounds that need healing...

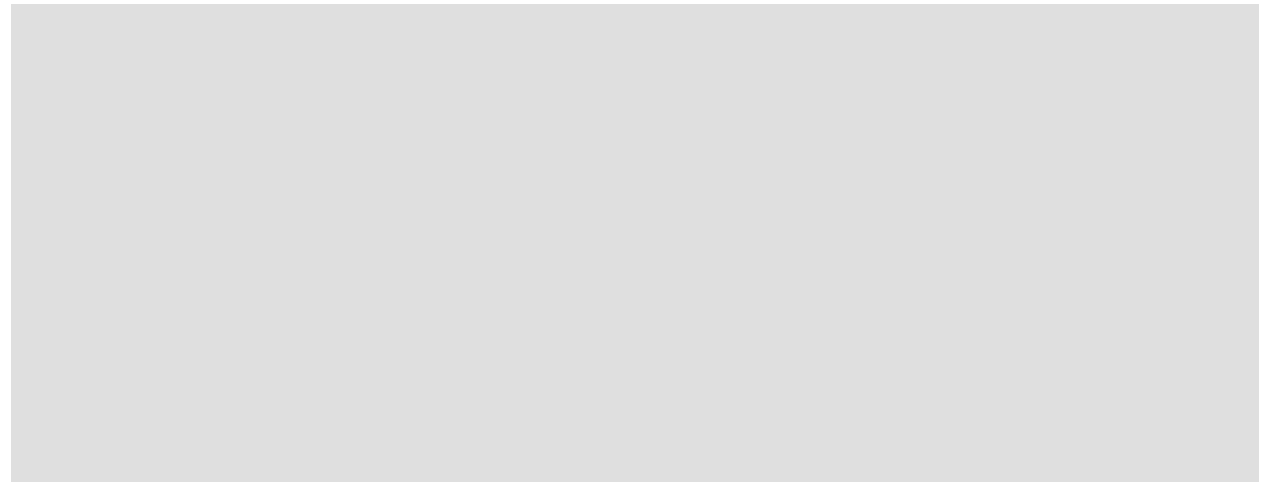
What do you need to acknowledge or address to let it go so you can have a successful new year?



To raise your vibration list every success that you can recall and let's celebrate on paper!



What do you need to get rid of in your physical space, at work on your desk, in your office, your home, your closet. What does your closet look like? What does it feel like? Do you have a “junk” drawer at home? Time to make space for miracles and magic! What are you going to commit to now to get rid of? What is the timeframe in which you will complete this de-clutter? If you are afraid to get rid of something, that is all the more reason to let go, and let free!



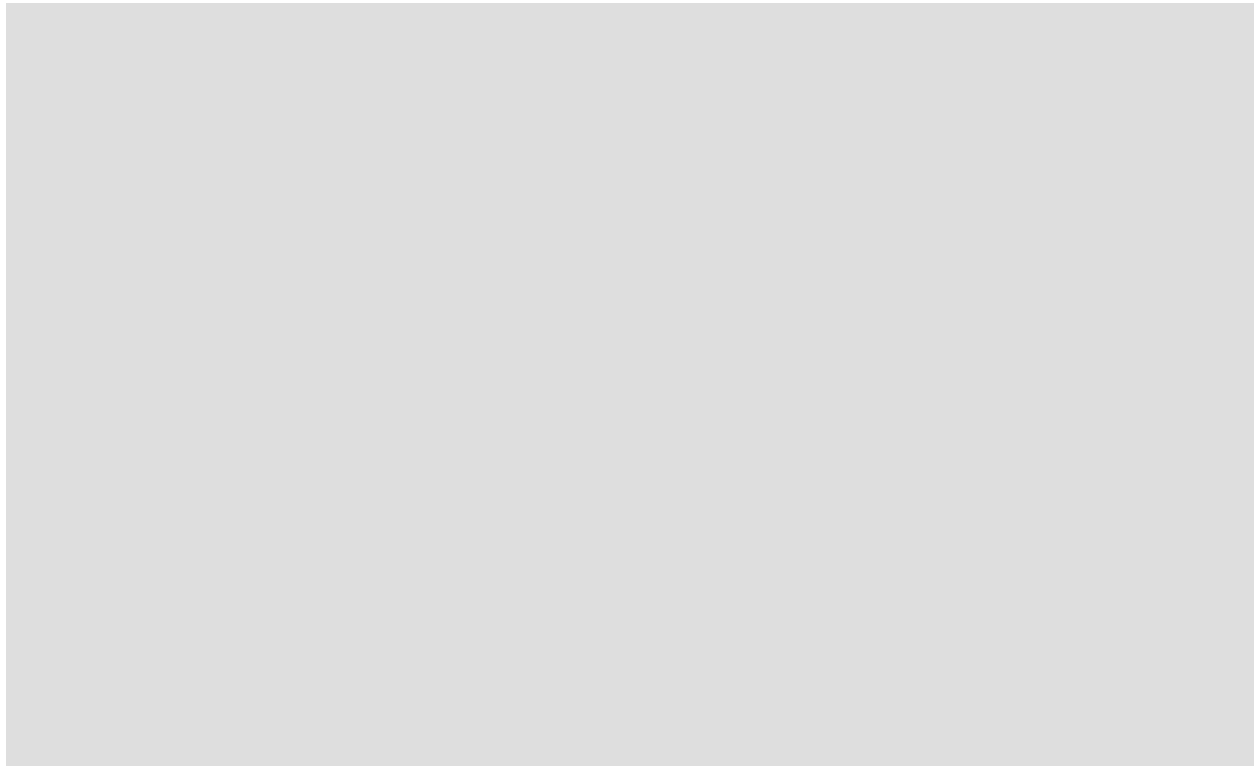
3. Gratitude

Feel some Gratitude!

I AM INVITING YOU TO DANCE IN THE ULTIMATE, EXPRESSIVE FORM OF LOVING YOUR LIFE.

Through gratitude, you can acknowledge the pleasurable experience of co-creating your life as a Divine Feminine Creator with God. As his daughter, he has already extended to you unlimited access to his abundance, which he is eagerly waiting for you to allow into your life. For each aspect of your life that you give gratitude for, an intimate, loving completion of yourself begins to manifest and grow. This is your Segway to living your life of abundance. I suggest expressing your gratitude each and everyday, gratitude attracts more of the amazing, delightful, pleasures of life to you. Delight in the glory of it all!

Feel all that you are grateful for, and let it all out on this page!...



4. Visualize, Visualize, Visualize!

Visualize Your Magical Life!

Create a Vision Board

A vision board is a visual reminder of what you desire, it also get's your mind looking for the things you desire which will create a vortex of energy drawing it to you. You can create one on your computer, or get out card stock, magazines, and your glue stick and get creative.

A vision boards takes your goals and desires a step further. When we have a vision it puts our subconscious mind to work, energetically this creates an

attraction, a vibration that is magnetic to the desire and goal. We have sight, and we have third eye vision, the vision board works for both sight and vision. There are different types of ways to use a vision board. You can have a specific goals vision board, a theme board, an inspiration board, or a combination of all three. When I finally did my 2015 vision board it was March 2015, I was trying to finish up my business re-brand, and sort of stuck in bringing it all together. I finally sat down and created my vision board, and it was magically the answer to finishing up my brand, copy, and web design. The things I cut out and pasted on my board are all of the things, inspiration and words inspired for my brand. This was my subconscious helping me out! I also put a map and some locations on my board and those locations are where we had our first retreats. Both retreats were successful! It can be so exciting creating the vision board and seeing what manifests from it.

Steps for creating your vision board:

1. Get all supplies:
 - ♥ Poster board in your preferred size.
 - ♥ Scissors
 - ♥ Glue sticks
 - ♥ Magazines

2. Brainstorm your ideas, inspiration, etc. from your desires.

3. Cut from the magazine things that inspire you, support your vision, etc.

4. Paste and create to your liking.



5. Hang vision board in desired location.

6. Take a picture and post it in the Facebook Group!

Vision boards are supposed to FEEL GOOD, to inspire you, motivate you, and support your goals, desires, and dreams!

Above is a picture of my 2015 Vision Board to use as example. Make yours your own and have FUN!

#5. Belief Work, subconscious programing and emotional freedom.

It is imperative to address each of your desires at the core. You can muscle test around each aspect of this desire guide, and your vision board to see if you are in alignment subconsciously! You can also feel into each piece and aspect and see if everything FEELS good. If there are any vibrations of doubt, fear, disbelief, feelings such as 'I did this last year and nothing happened' type of feelings then it needs to be cleared/healed. You can journal, you can tap, you can Belly Dance, those are your tools for clearing emotions, changing beliefs, and emotional freedom. USE YOUR TOOLS!

#6. Stay Positive, Stay High Vibrational, and BELIEVE!

Here are some affirmations that work for my clients, and myself. Use them!

Affirm Yourself and Your Goals.

Affirmations work with the conscious mind to create new neuro pathways that support higher vibration, and more positive thinking. Here are some

affirmation you can use, and creating your own to support your particular goal is recommended!

Affirmations:

I have divine guidance from within.

I am enthusiastic about life and filled with energy and joy.

I enjoy peace and love in every cell of my body.

***My thoughts are good and I create wonderful experiences
for myself.***

I choose to love and honor myself just as I am.

I am worthy.

My goals and desires are supported by God and the Universe

*"Every great dream begins with a dreamer.
Always remember, you have within you the
strength, the patience, and the passion to reach
for the stars to change the world."*

Harriet Tubman

#7. Meditation

Your subconscious mind does not know the difference between what is real and a thought or feeling. Using a visualization technique/meditation will raise your vibration and keep your mind on the prize! Visualize your future; as if you are already living that which you desire. See yourself as if you are living it right now. Imagine the scene in as much detail as possible. Connect all of your senses. What do you see? Where are you? What does it smell like? What does it taste like? What sounds do you hear? How do you FEEL, both physically and emotionally?

In the next lesson is the *Kahuna Mana Audio*, that I use for Manifesting and Visualization. Listen to this meditation often, it works! The best time to listen to and visualize with this meditation is first thing in the morning, and right before going to sleep, these are the times when your brain is in a Theta brainwave and that is when subconscious work is most effective.

*"Imagination is the preview of life's coming attractions."
Albert Einstein*