



# Solar Plexus Tidal Waves

*Bringing awareness to the movement of the emotional tides within you.*

1. Feel into your body as a your own ocean. Feel the ebbs and flows of the tidal movement that occur within you as you sense further and further out. Feel the waves breaking in your physical body. In your emotional layer, your primal layer, your mental layer. Feel the longer swells and surges of powerful oceanic tide as the waves break in your cognitive layer, spiritual and etheric layers. Feel the huge waves that are building within as they break in the soul layer.
2. As you sway and move with your inner tidal experience bring the dominant emotion you are feeling into consciousness -no matter what emotion it is.
3. Focus your energy into one enormous expression of that specific feeling as the wave builds from the physical body and moves throughout the entire structure. Feel the Tidal Wave of this emotion as you get ready to break upon the shore of your edge.
4. Stop moving for 1 minute. Stand still and feel what is happening in your body, mind, heart and spirit.
5. Draw or write down that emotion.
6. Ask the question: How do I live with and use my emotional tides?