

Dear friends,

The economic crisis is a reflection of a deeper disturbance – egocentricity and the mis-use of power on the planet. We see instances everywhere of misguided values, egocentric behavior and short-sighted thinking. Though many of us are living a more heart-centered life and don't feel that we are the cause of these problems, yet we are not only affected by them with financial insecurity ourselves, we are continually confronted with the limits of the system and with small-mindedness from the people running it. The affects on our lives are to limit our freedom, disempower our actions, and diminish our worth.

It need not be this way. This moment of planetary crisis is also a tremendous readjustment, a time where we are challenged to find new strength, trust and inner connection, and to act to change the things in the world around. Though things may look dark, we feel a deep positivity that we are undergoing a moment of reorientation and change that will give us as individuals and humanity as a whole an entirely new positive direction and empowered state of living.

Towards this end we would like to invite you to join us in this upcoming module on the third chakra. From an energetic point of view the problems mentioned above are primarily a result of issues in the solar plexus (third chakra). The solar plexus is THE problem chakra for humanity today. And in our own lives it is one of the most active centers that create disturbance for us.

The solar plexus is concerned with four things – our power, our self worth, our identity (roles) and just “being ourselves”. As our solar plexus opens we discover a new potency. Our energy becomes dynamic and creative, and we are able to stand strong and manifest our dreams. It is this chakra, more than any other, which gives us the strength to create the life we want to live. In addition to opening our power, this center gives us a new sense of self-worth and inner dignity. We KNOW who we are. We value ourselves. We can hold our head high in authentic dignity. We discover a new healthy sense of our own boundaries and caring for our needs that allows us to more easily be with others without fighting or giving ourselves away.

In this module we will work to change the issues that occur when our solar plexus is not in balance. And as modern 21st century people we are in the midst of constant third chakra imbalance! A great deal of our lives are spent caught in one pole or the other of an unbalanced solar plexus. We are either spinning – caught in tensions, doing, busyness, power and competition, or we are feeling like a victim, caught in the “I can't” attitude, feeling insecure, depressed or lacking self-worth.

Here are some of the challenges that arise from 3rd chakra imbalances that you might be dealing with:

- Feelings of lack of worth and self-criticism - or the opposite – puffing yourself up, proving and performing, ego, selfishness
- Feeling collapsed or that your power is held back - or the opposite – dominating and aggressing
- Fighting - with your self, with others or with life, or attracting people's aggression towards you
- Competition
- Caught in the hierarchy game
- Anger, aggression or irritability
- Being caught in pushing and doing –spun up, busy
- Control issues – either of yourself or others
- Unable to relax or let go
- Victim consciousness – feelings of “I can't, I don't know how to, it won't work for me”, or victimizing others
- Issues of shame – about aspects of your life that you tend to hide, of the sense of not being okay
- Masks and roles obscure your authenticity
- Identity and role confusion, or being stuck in a role that's not right for you

These are the issues we will address in this module as we seek to unfold an authentic and natural power that is in balance with our heart and guided by our higher consciousness. And we will help to open a new and positive sense of identity and self-worth – of coming to love and accept ourselves.

You can prepare for this module by looking at the themes of power in your life. Take note of the ways in which you could be more in your energy and your power. Watch the ways in which shyness, shame or fear of being judged make you not be true to who you are or hold back your energy. Watch the ways that you keep yourself small when you could be big. Ask yourself the question, "How would I be or act if I am fully in my strength?" On a most practical note, throughout your day focus on breathing a bit more deeply into the solar plexus and paying attention to what needs to happen there – either relaxing it or expanding it, or both.

For those of you in the Level III Masters Program we will continue to deepen the work you have already done on your solar plexus. As you know, we place a greater emphasis on the work with the soul, and on what it means to "live essence" – in this case supporting a next step in your strength and worth essence. We would suggest in your meditations to contemplate this thought, "What does it mean to be identified with myself as a soul, and what would soul power expressed more fully in my life look like?"

We look forwards to exploring with you this important piece of inner work. To have a healthy and empowered solar plexus in balance with your heart and your consciousness brings a dynamic, full and empowered state of living. This work is one important way that we can change the current world problems into something beautiful.

In love and friendship, Ritama and Kabir