



VICKI MURPHY

Understanding Your KARMIC Challenges

What your **BODY** is telling you!



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I'm so glad you are here!

This guide will help you understand your KARMIC SOUL challenges - what your body is telling you - so you can “get the lessons” and quit repeating them.

It will help you understand challenges - before they become louder, and/or manifest as disease.

SO ...

What is your body telling YOU?

ABOUT ME



Vicki Murphy

INTUITIVE LIFE COACH

Hello! I'm an internationally recognized Intuitive Life Coach and Integrative Energy Expert, dedicated to helping YOU succeed personally and professionally.

I love to take the struggle out of your journey.

I was sick, physically and emotionally. I wasn't listening to myself or trusting in my value. I didn't know how to receive! And I vowed to help others so they didn't have to get sick before they "got it".

I'm sharing these KARMIC SOUL studies so it doesn't cost you your health and helps you release struggle.

KARMIC CHALLENGES BODY-SOUL GUIDE

Root Chakra #1

SAFETY, SECURITY, SUPPORT

Challenge:

You are afraid to stand up for yourself, or don't feel supported at work. And, all of a sudden, your low back goes out, or you have other challenges in the lower body (tailbone, lower organs, procreative organs, hips, etc.).

Opportunity:

*To take your power back.
To stop making other people's feelings more important than yours.
To stop making others' responsible for YOUR safety/security, and gain strength to move forward into your soul purpose plan.*

Soul-ution Affirmation:

I AM Safe. I AM Capable. I AM in Charge of ME.

Sacral Chakra #2

WORTH, SELF-ESTEEM, VALUE

Challenge:

You are hurt by the words or actions of another, and feel nauseous, or your stomach hurts every time you think about going to work, where you feel criticized by your co-worker. Or other challenges occur in the mid-section/stomach area.

Opportunity:

To heal confidence, see your value, connect and use your gifts, setting healthy boundaries, and to stop perfectionism, or over-giving to gain approval or love.

Soul-ution Affirmation:

I AM Good Enough. I AM Important. I AM Lovable and Loving. I AM valuable, my ideas are worthy.

Solar Plexus #3

EMOTIONAL CONNECTION

Challenge:

You were taught that sharing your feelings was a sign of weakness, or selfish. So, you stuff them, until all of a sudden your gallbladder becomes impacted. Or your diaphragm begins to “hiccup” when you feel frustrated about not being free to share how you really feel, or other issues occur under the rib cage area.

Opportunity:

To connect to your true feelings, to gain soul guidance, to discern what and who is safe, or good for you. To stop being a victim to others.

Soul-ution Affirmation:

I AM Safe to share my feelings. My feelings are valid – I know how I feel. My feelings are my tools for guidance. My feelings are important.

Heart Chakra # 4

TRUST

Challenge:

Your boss calls you in for your review, and you fear that your performance may not be great. Your heart begins to race. fear your mate is cheating on you, and you feel pain in your chest (and if this is the case, definitely err on the side of caution and get it checked out medically, immediately).

Opportunity:

To Trust that all things can benefit you, that everything that happens is “for you”; that you are safe and strong enough to trust – even if you get hurt by someone or some situation. You will survive and possibly learn to thrive.

Soul-ution Affirmation:

I AM strong enough to handle anything. I Trust in myself. I have handled many things in my life and survived. I AM on the way to learning and thriving.

Throat Chakra #5

SPEAKING UP FOR YOUR NEEDS

Challenge:

You want to ask for your partner to do something caring for you, or are about to share an idea at work, and all of a sudden you lose your voice, or it comes out in a high-pitched squeak.

Opportunity:

To learn to speak up for your needs and wants, and to learn to hear what you need and to allow others including the universe to hear you and support you. This helps in self-love and worth, as well as with guidance on your soul's path.

Soul-ution Affirmation:

I and my sweet inner child deserve to have our needs and wants met. My voice is important. I deserve to be heard. My words are of value and I have value to add.

Third Eye #6

INSTINCT & INTUITION

Challenge:

A child announces that they do not like “that person” and the adults shush them, saying it’s rude to say that. The child begins to associate “knowing things” as bad or “not acceptable”. This creates a disconnection from their “safety system” and feeling energy or receiving helpful information on their path. As an adult, when this energy is repressed, you may experience a headache, vision issues or other issues near the forehead area.

Opportunity:

To connect to your instincts and intuition, your innate guidance and safety system, and trust what you know confidently. To stop allowing fear to cause you to miss opportunities, and to manifest goals faster.

Soul-ution Affirmation:

I AM safe to know what I know. I AM clearly seeing what I need to for my benefit. I Trust what I know and see.

Crown Chakra #1

SPIRITUAL CONNECTION

Challenge:

You struggle with loneliness and feeling alone on the planet, and begin to experience hair loss, and or scalp issues or irritation. Sometimes you even feel pressure or other issues near the crown of your head.

Opportunity:

Connecting to spiritual energy, the energy of God and the universe to learn that you are supported and not alone, and to gain trust in your abilities regarding your soul's plan and path, that you are guided. To heal any disconnection or lack of trust to this aspect of the higher self, to heal any feelings of loneliness and separation. To empower and enlighten, first the self, and then others.

Soul-ution Affirmation:

I AM never alone here. I AM surrounded by love. I have resources to call upon. I ALWAYS have myself and my inner child. I AM here for a reason, bigger than what I may see or understand.



Thank You!

*THESE ARE THE BASIC CORRELATIONS TO SOUL
STUDIES AND WHERE THEY SHOW UP IN THE BODY.
YOUR KARMIC CHALLENGES AND OR OBJECTIVES
VARY, AS MENTIONED.*

*I'M SO HAPPY YOU ARE
GIFTING YOURSELF WITH THIS INFORMATION
AND INCREASED AWARENESS
ON YOUR JOURNEY!*

*YOU ARE AN AMAZING SOUL
AND I AM HONORED
TO BE A PART OF YOUR JOURNEY!*

*DON'T HESITATE TO REACH OUT,
SUPPORT@VICKIMURPHY.COM*