



The Solar Plexus

Between the physical and psychic state there is link.

For example, sadness affects the sympatic nervous system, which in turn, having a vasoconstrictive role, begins to obstruct the arterial system.

This contraption, caused by sadness, limits the blood circulation, and therefore the digestion, the respiration and so on.

In these cases we feel oppressed, clueless and abandoned.

In reality things aren't this bad, but this is how we feel anyway.

To get the nerves that help dilatation get started we must use joy, love and every morning when we wake up instead of thinking "I have no money, my wife/husband is having an affair, the papers I was waiting for haven't arrived..." we must make an effort to feed positive and joyful thoughts.

"Good Lord, our Creator, I thank you today for being alive and in good health, for being able to see the blue of the sky and to see the clouds that you draw, for being able to walk, feel and hear..." acknowledging the priceless value of these treasures. We must wake up full of joy thanking the Lord.

The Solar Plexus is an extremely important point and we should avoid everything that can make it contracts.

Every time it contracts, so do the blood vessels and various other channels of our organism. When blood and other liquids in our body do not flow freely deposits are formed with in time are at the base of different disorders.

What disturbs the Solar Plexus most are disordered manifestations of our astral body: fear, rage, jealousy, passionate love...

Since the Solar Plexus is our energy tank, such disharmony brings to complete demagnetisation.

When we hear a loud noise or we are afraid, immediately we feel weak, our legs do not hold us upright anymore, our hands shake and the head is empty.

This means that our Solar Plexus has exhausted its energy reserves. It can exhaust reserves but it can also recreate them and we have to learn how to replenish such reserves.

Here are a few tips:

Every tree is a reservoir of energy which emanates from the sun and the earth and we can tap at that reservoir. Choose a big tree and lean against it with your back, placing your left hand behind you with the palm in contact with the wood of the tree; at the same time place your right hand on your Solar Plexus.

Concentrate on the tree asking it to release part of its energies: you will receive such energy through the left hand and you will channel it inside your Solar Plexus with the right hand.

What is happening in this case is an energy transfusion.

You can replenish your Solar Plexus also by looking and listening to the water flowing from a spring, a waterfall or a fountain.

These seem insignificant things but they can yield impressive results.

Water that flows influences the Solar Plexus which is made alive and consequently enabled to eliminate harmful materials.

Often we look at water flowing, but we do this meaninglessly, without seeing the benefits it could bring to our spiritual evolution.

Besides, what do we know of the beneficial use of all elements that Nature places at our disposal?

When at home try and lie on your bed and place your hands on the Solar Plexus; imagine you are tapping at the entire energy of the creation.

When you feel demagnetised, upset or contracted, prepare some hot water and dip your feet in it conscientiously; wash them with great care.

You will affect the Solar Plexus bringing new energies to it and your state of conscience will be readily transformed.

If sometimes you cannot successfully meditate try a hot footbath: see if your meditation is more effective after that.

Many times we meet people who look tired, exhausted and without any more energy.

If they are in such state is because they do not know how to work with their Solar Plexus and their face is also a tell tale sign because nothing irradiates from it.

A face that is opaque and without light signals a Solar Plexus which is not working correctly.

You, at least, try to use these methods to effectively work with the Solar Plexus or you may run the risk to never feel its existence or that it is awake and ready to rescue you.

All the information will remain in your head fruitlessly; you will have no results by looking at the sun or the water flowing until your Solar Plexus manifests itself to inform you that your conscience has eventually descended into your bowels.

In order to live, man is obliged to constant exchanges with the creation: eating, drinking, breathing absorbing the sun's light and heat...we wouldn't survive a minute if these exchanges were interrupted: but man is so unaware of the importance of all this and does not see that life depends upon these exchanges and spends the time neglecting the ties with the universe, preventing these energies to flow within man.

In this way man upsets the harmony which naturally exists between man and creation without seeing that it is this very harmony that allows an intense life, growth and creativity.

This is why we should learn to find a few minutes every day to re-establish this harmony with creation within ourselves, trying to vibrate in unison with all the beings of creation and saying:” I want to be in harmony with you, I love you, may you all be blessed”.

This exercise helps the circulation of the energy.

It happens also to the wisest and the holiest, that they live moments of agitation, that they are upset; but they are aware of it, they immediately realise that their vibrations have changed and they manage in a short time to re-establish a normal state within themselves.

Most people instead remain in a disorderly state for days, weeks or years and they veer towards total destruction.

It is necessary once and for all that you start to comprehend what are the laws of nature, that you know the structure of man and know which must be man’s relationship with such laws.

If you long for happiness, if you long for your evolution you must think of harmony and be in harmony with the whole of the universe.

It won’t come soon but with perseverance you will feel one day that you are in communication and you will vibrate in unison with the cosmic life.

From a lecture of Mikhael Aivanhov.