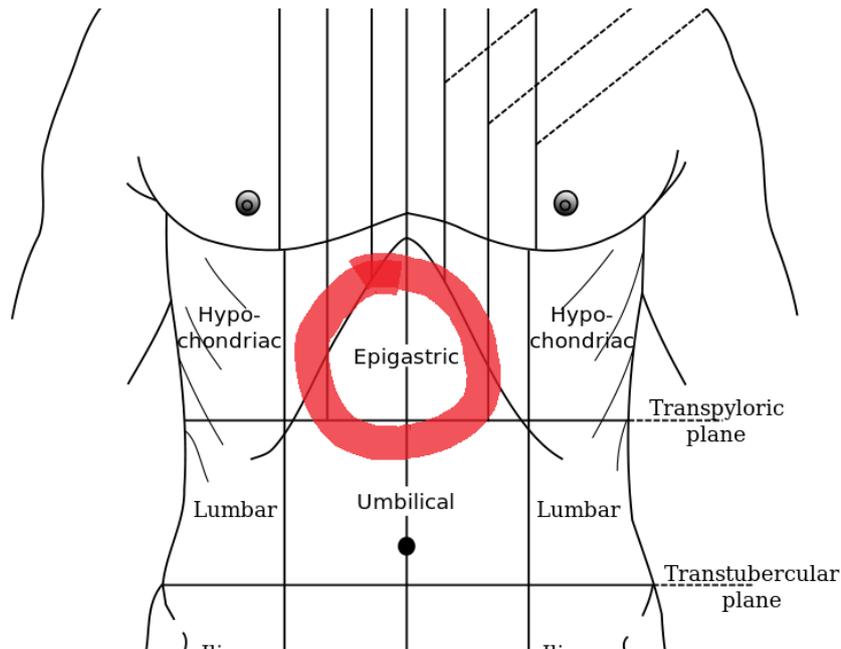


Practice - Newsletter - April 2024

Power center of the month

Wisdom in the solar plexus



The next round of the annual seminar "Life success through applied spirituality" starts on June 11, 2024. Part of the annual program is my course "The Twelve Steps to Self-Knowledge", which takes place once a month as an online evening course. In this course, I introduce twelve physical power centers, each of which is linked to a spiritual power or cognitive ability such as faith, love, steadfastness, discernment, etc. I will use the next twelve newsletters to briefly introduce one power center each, the detailed information as well as a guided imagination journey to beautiful music will then be available in the evening courses. Elke and I will provide more information on prices and dates in good time. Today I will briefly introduce the pit of the stomach and the power of wisdom (discernment/ discrimination) associated with it.

The epigastric region, i.e. the pit of the stomach in humans, is located in the abdominal region between the costal arches and the navel. The expanded region is called the "upper abdomen", the exact location of this power center is in the pit of the stomach. It is also called the "pit of the heart" and begins directly under the breastbone, where we can feel it as a shallow depression. The upper part of the sensitive "solar plexus" is located here, which allows us to feel disorders of the stomach and intestinal tract in particular. In addition to the stomach, the duodenum, pancreas, liver, gall bladder and spleen are located in the enlarged upper abdomen. Because there is so much going on there and the solar plexus is almost as complexly networked as the brain in the head - hence the name "abdominal brain" for the solar plexus - upper abdominal complaints must always be clarified very carefully. After all, the heart lies just above this area. We will look at the posterior wall of the heart in the next newsletter. The pit of the stomach and the posterior wall of the heart are connected by nerve bundles and are also closely related metaphysically. This is where the body's

greatest intelligence is located. Everything that influences the stomach also influences the heart sympathetically. The stomach enables us to eat a few large meals so that we don't have to eat all the time. It first stores the food and then passes it on in doses so that the body is always supplied with energy. Stomach acid also kills pathogens and thus protects us. Pre-digestion, storage, dosed transfer, protective function. A wise organ that distinguishes, discriminates and protects.

From this brief anatomical analysis, we can already deduce how sensitive and susceptible to disruption the upper solar plexus is on the one hand, but on the other hand, this "solar power station" can also supply us with infinite energy if we handle it wisely and carefully. This is because it is a "transformer station", so to speak, for energy of all kinds. While the stomach deals with the solar energy stored in our physical food from plants and possibly animals that we consume, the fine nerve plexus of the solar plexus in the pit of the stomach also absorbs subtle energies from the environment, processes them, attracts them or repels them. Just as in the denser physical food, there is also plenty of "indigestible" material in the more subtle energies around us. Fear, stress, aggression and violence literally hit us on the stomach and some situations have the effect of an actual punch in this sensitive area of the body and worse, because it lasts longer than the after-effect of a physical punch.

Acquiring wisdom is therefore vital. Without wisdom and discernment, we lead a life that only ever reacts passionately and impulsively to the respective stimulus and thus cannot develop its full potential. Without wisdom and discernment, we always rush impulsively into the next tempting adventure, especially in love, and inevitably head for the next shambles. But beware! There is a dangerous fallacy lurking here: Wisdom and love are not opposites! As described above, the heart and stomach are closely interwoven, and the two power centers - the posterior wall of the heart (more details in the May newsletter) and the pit of the stomach - influence each other.

So we add the mind and use our intellect to educate and train ourselves. Because in order to allow discernment, balanced judgment (discrimination) and ultimately wisdom to shape our lives, we need information. Among other things, we need a working knowledge of cosmic laws, communication, symbols of life, meditation and a little basic psychological knowledge (all these topics and more are part of the annual seminar "Life Success through Applied Spirituality"). But we can't get any further with our intellect alone. The twelve power centers can be connected with each other, because a wise decision without love, inner strength, willpower, deeper understanding and enthusiasm - to name just a few of the twelve powers - would not be worth much.

Academic knowledge, studies and a well-trained intellect alone do not help us to acquire the legendary power of judgment of the wise biblical King Solomon. To find out who was actually the mother of the child the two women were fighting over, Solomon had to activate all his power centers. In the end, he relied on the power of love to prevail when he suggested splitting the child in half with a sword. The real mother immediately backed down to spare the child's life, while the other woman insisted on having the child killed so that neither of them would receive it. Perhaps hard to imagine in today's humanist terms, but a good example of how destructive the intellect can be and, in the further course of events, how effective the combination of wisdom and love can be.

The goal of development is therefore to see with the heart and live intuitively, to harmonize heart, stomach and head. Acquiring intuitive knowledge is called wisdom. Success stories are usually based on intuitive knowledge and not on clinical studies. Studies and academic knowledge can be helpful, but they can never replace the view of the heart and the intuitive knowledge of what is right and wrong. Right and wrong is not meant in a moral or judgmental sense, but in the sense of the story of King Solomon's righteous judgment. The loving mother's heart knows that it is right to let the child grow up with another woman before it is killed. The hateful intellect of the false mother does not know what is right and wrong, the hateful intellect that is focused on separation and not unity only destroys.

Since we are currently living in a world that is once again very much approaching total annihilation because it is ruled by the hateful intellect that is oriented towards separation, I think it is fair to say that the attainment of wisdom is more necessary than ever for survival. In my course, we look at ways to attain wisdom and we also practice it.

With this in mind, I wish you an April filled with wisdom and a happy and relaxing Easter as we head towards April!

Dates, important and current events:

➤ Elke's date preview:

04/19/2024: [Discussion group](#) on the topic: "Vitality and self-assertion"

04/24/2024: [Self-help meeting point](#) for cancer

05/03/2024: [Online meditation](#)

! New 😊 New 😊 New !: Self-esteem and self-love - [summer intensive seminar](#)
Dates: 05/08/2024 + 06/14/2024 + 07/12/2024 + 08/30/2024

👉 Start of the annual basic seminar "[Life success through applied spirituality](#)" is on 06/11/2024 👉

[to register and for further information - click on the program name](#)

For more information, please contact Elke: naturheilpraxis.tegel@gmail.com

- At irregular intervals on Sundays from 15:00 - 18:00 we organize a spiritual devotion, i.e. common prayer and singing, Bible text with metaphysical interpretation, joint meditation. **Next dates: 21 JUL 2024, 20 OCT 2024.**

Your Jörg Schuber



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1. <https://de.wikipedia.org/wiki/Epigas-trium#/media/Datei:Gray1220.svg>
2. Jörg Schuber: private