



Dissolving Fear in the Solar plexus

9th July 2023 - 06:00

<https://divineconvergence.love/>

**** Please notice that the recording was transcribed using automatic transcription software and might contain errors and discrepancies*

Now we would like you to shift your focus to the solar plexus, which is a lower emotional center, lower, but still important in our existence. It may be beneficial that you touch your solar plexus with the hand. It is important to develop sensitivity to that center. First try to determine what it is that you feel. Is it relaxed? Is it contracted? Are there any emotions happening? Usually in solar plexus we experience basic emotions, which are related to our survival. It is basically a center that is supposed to assure our survival. This is why we experience the fight and flight response. The main strategy that existence is using in order to assure our survival is fear, anger, some kind of a strong energy which is supposed to mobilize us into action in the face of danger.

People also tend to experience anxieties in that place, which is anxiety is a reverberation of fear. So breathe your solar plexus and be one with whatever it is that you experience there.

It is not enough to be conscious, to be aware what is happening in the solar plexus. You really need to experience it fully to become one with the experience. Notice that we are not just fearful in respect to different things. We are also afraid of fear itself. We are afraid of anxiety. We are afraid of anger. So before you resolve the matter of fear you need to stop being afraid of fear. More like with a sense of interest trying to experience it fully, to become that fear, not just looking at it from outside or trying to resolve that fear through some kind of changing your psychological attitude. At this point you just want to experience that fear totally.

You don't want to really change anything at that initial stage. Usually these emotions of fear, anger, anxiety, the tension, the contraction in the solar plexus are being triggered through different things. Threat from some external source or through the mind because mind can also activate fear. But eventually that fear becomes an invisible part of our experience of the solar plexus. Even if there is nothing to be afraid of, objectively speaking. But it is easier to understand what is happening there if you, for instance, imagine situation that you are in confrontation with other people. It can be physical, it can be intellectual, it can be emotional. You are being threatened. And then irrespectively to how you respond, whether you respond with anger or some kind of withdraw yourself or hide yourself, in yourself, there is the same response in the solar plexus, contraction and fear. I would like you to feel it. You have enough imagination to recreate this kind of situation of confrontation in your mind.

You feel enough that you can create this kind of response in the solar plexus. Heart responds too. There is also fear in the heart. In extreme situation where you are really threatened, somehow solar plexus is even more comes to the forefront of your experience, emotional experience. The thing about that reaction of fear is interesting because its purpose is to mobilize us into action, to assist us in our survival. But actually at the same time it does just the opposite. It causes us to become, to freeze. Even in animal kingdom, when a creature is really threatened, it cannot even run, it freezes. And then it is being killed by a predator. There is something quite not so efficient in this mechanism. It is supposed to protect our survival but at the same time it is sabotaging it. And here what we are speaking of, that sabotage goes even deeper because it is hurting you emotionally, existentially. It is hurting you emotionally, it is hurting you physically. Because the body releases influx of stress hormones which are basically toxic to your very health.

So the remaining question is what to do? Can it be resolved? Are we to be victims of the same issue over and over again? Of course one solution is just not to be afraid. But how not to be afraid? You can try not to be afraid from your mind but you will have very little

success. You need to go to the root of fear. Heart and solar plexus. I already spoke about how to dissolve fear in the heart. And a similar principle applies to solar plexus. So imagine you are in that confrontation, you are being threatened and there are so many things happening in your solar plexus. It contracts, there is this fear, there is this great discomfort. Here the solution is the same. First you should not be afraid of fear. You should not live in denial.

Part of you is trying to pretend that you are not afraid and that you are not responding in that particular way even though you do. Second, you need to experience that fear totally, truthfully. Even with that fear, breathing into it until it dissolves. You cannot stop before it has dissolved. Because if it has not dissolved and you prematurely stop experiencing that fear fully, it will come back. So you need to stay there until it dissolves. And one of the ways you can identify that it has dissolved is that that contraction in the solar plexus, in the diaphragm, as such on the muscular level has dissolved and all the space becomes open and you can breathe. Friedrich Nietzsche said that it is better not to exist at all than to exist in fear. And he was quite right. Living in fear is undignified. The common strategy to counteract fear is to develop the quality of courage, the opposite energy. But it is not the best solution because courage, in some way, in this sense, can mean repression of fear. You repress it. You are actually fighting with fear using your courage. What you want to do here is something else. Of course, you do need to have courage in order to enter fear. But it is a different kind of courage.

You are not trying to suppress your fear. You want to experience it fully so that it can be dissolved. At a certain point you should feel this peace in the solar plexus. Actually, nothing is happening there. It is relaxed. It is still present because it serves as a center of positive emotional empowerment, but in a certain neutral way. You know, like Tan Tien is the center of empowerment of the vital force, the solar plexus is meant to be the center of emotional empowerment, certainly different emotions than in the heart, more basic, but still important. But when there is a fear, it is not empowerment, it is disempowerment. You are disempowering yourself. So now, again, imagine you are in a situation of a serious confrontation that is affecting you in your... You feel threatened, as I said, physically, intellectually or emotionally. Can you, at the same time, feel that nothing is happening in your solar plexus? It is entirely relaxed. Maybe it is mobilized. You feel some energy in the solar plexus, more than usual, but there is nothing negative. And you can still breathe correctly, slowly, from your belly, from your nose. You are not hyperventilating.

You can only imagine, again, how it will change your response to that situation in which you have been confronted. Or rather that someone confronted you, or challenged you, or

threatened you. Of course, you will be able to respond from a deeper place, from a more truthful place, from a more real place, from a more loving place. Because instead of fighting back, you respond with compassion. It is common that people, some of my students, for instance, have issues with receiving criticism, even if that criticism is constructive. So, they feel like they are being threatened. Their self-image is being threatened. All that world they constructed, which revolves around that self-image, is about to collapse. So, the only way for them to respond is with denial, somehow blocking themselves entirely, or with counter-attack, so to speak. But if you have no fear, if you have actually nothing to lose, if you are fully relaxed inside, if your solar plexus is relaxed, if your heart is relaxed, then you can listen what people have to say. It is not necessarily that what they say is true, but you can listen and try to draw some objective conclusion. In a way you feel like you are referring to another person, because you become so much more selfless. Selflessness is the key of everything. So, I would like you really to be conscious in your solar plexus and to release that fear, to release anxiety, release that fundamental contraction inside of it.

Just by being one with whatever is there. And then in the future put it into a test, in activity, when you connect to other people. Because even though you may be able to release it right now, hopefully, there are maybe still some residues. Solar plexus is not the center of love, even though love eventually pervades, permeates through the whole body. But what you should feel is that you are in the center of love. But what you should feel in this solar plexus is certain positive emotional empowerment, emptiness and bliss. When fear departs, bliss arrives. So, because I will not be speaking this retreat probably about solar plexus, so please observe that place in yourself.

It is not like you are observing your heart. Be watchful and feel what is happening there. When you are alone, of course, less is happening, unless your mind activates different things or your memories, but especially when you are interacting with other people. Okay. It is important. I saw some students in the past trying to work with the solar plexus, because they do experience contraction and tension and fear. It is basically blocking them. They cannot go into being because they are so locked in the solar plexus, but they work with it so unskillfully. They work on the surface. You need to enter the very root, emotional root in the solar plexus and becoming one with it, experiencing it totally and truthfully. And that is the only way to dissolve that negativity, that obscuration.