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Essay: Our Solar Plexus

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APPLIED META-PHYSICS, THE SCIENCE OF BE-ING AND KNOWING

ESSAY: Our Solar Plexus

*The meek shall eat and be satisfied: they shall praise the LORD that seek him: **your heart shall live for ever!***

To be 'meek' is to be highly trained mentally. To be centred in the presence of the Spirit, which strengthens us, and be able to resist being drawn into the world and the contentions and temptations of the Race Thought Atmosphere. It means to have Spiritual Power, and be Wise and Loving in expressing it. It means having total Self-control, and being the sovereign of one's life. It means having totally overcome the degenerate influences of the Race Thought At-



mosphere AND to have attained consciously to one's 'Daughter of God/Son of God status'.

"The 'meek' shall inherit the earth."

Like all achievements, we only attain to Spiritual awareness through effort. In the case of seeking to attain to the higher mind, and the power of the Spirit, our main task is one of purging our hearts and minds of all the degenerate thoughts, words and attitudes of the lower 666 mind.

The lower mind is not 'evil' per se, as all 'evil' is the result of ignorance of the tremendous beauty we all contain, and our ability to achieve the desires of our Higher 888 Mind, by aligning ourselves with the Divine Law and Speaking the Word.



Again, I remind the reader that this whole world is shaped by Words, and the greater powers of the Word are hidden within every one of us. No one lesser, or greater than another.

In this essay, I AM discussing the INNER FYRE of the Solar plexus, which everyone will have experienced to a lesser or greater degree at some time or another, through a warm glow within oneself. This is merely a taste of the power we have within us, which, when kindled, burns warmer and brighter within us, than the noonday sun in the desert sky, radiating powerful electrical currents of energy which heal and vivify us.

No words have yet been invented to describe this flow of molten



gold, ecstasy or bliss flowing through us, which few are teaching about even now, yet, *the whole world will come into this experience and understanding, and, this inner light and fyre will awaken every member of the hu-man family from the sleep of death.*

It is this inner fyre, which supplied the healing energy to the disciples when they preached the Gospel, and ‘preach’ is a form of liberation: where the disciples taught what they had **pr**-acticed and they set out to t-**each** as they focussed their hearts and minds on speaking words of truth.

Truth is Spirit, which charges our words with the fyre of the light of life; and once spoken and



heard and received into the heart willingly, the Spirit transforms those who hear and accept it.

The reality is that our Hearts are *Organs of Fyre*, they are *Dynamos of the Spirit*, turning us into living generators, when we have purged heart and mind of the degenerate thoughts planted within us, as we were growing up.

The lower mind cannot know this, yet, the numerology teaches us that the lower mind, when ready, is on the threshold of the higher mind level 777, called 'the Cross'. The number 6 is the end of a cycle and represents new beginnings.

In our case, the new beginning is when one determines to follow



Jesus (I AM) in the ReGeneration and leaves the lower 666 mind, and entering into the process of metanoia, on the way to attaining higher levels of the mind. In the ReGeneration, we look at ourselves and identify *everything* living within us, which is unlike love, and using the power of the indwelling I AM via the spoken Word to purge consciousness of all degenerate thinking.

When we have purged consciousness, even in a small measure and seek to live in alignment with the Divine Law, we are given a healthy immersion in this Spiritual ineffable Light.

The profound Joy and bliss experienced defies all attempts at description, and we are im-



mersed in Spiritual power which reveals to us, the PROMISE OF MORE TO FOLLOW, as we continue to purge heart and mind of all degenerate thinking and behaviour and live in alignment with the Divine Law.

Our Heart is an electromagnetic generator of LIFE!



In the illustration above, the “Sacred Heart of Jesus” is radiating this power—and this is not exclusive to Jesus—Jesus is a *way-shower*, that is He repre-

sents the I AM within us, teaching us, how to restore unity with God and with each other.

Our forebears recognised TWO HEARTS—one in the brains of the Head and one in the chest.

So, the ‘heart’ in the head is the seat of the intellect, which has been hijacked and darkened by the Race Thought Atmosphere and the satanic consciousness.

Our intellect is hi-jacked incrementally as we grow up... and the deception of the dark forces is that everything appears to be ‘natural’ - all this suffering, robbery, war, rape, greed, etc., is according to the satanic forces, “a part of life” and this is the satanic delusion that the hu-man family has been deceived into accepting, because no one has taught it di-



rectly that every person is the temple of this Light and Fyre of God and that THE WAY to experience it is to live in alignment with the **Divine Law**.

The inlet of Spirit to our hearts is to “Love God”, and the *outlet* of Spiritual Power is to “*Love thy neighbour as thyself*”.

The inlet requires and outlet, and we are each it. What we receive inwardly, we express in the World and the FLOW of power behaves like electricity, flowing through a filament illuminating it—and this is synonymous with the illuminating of our HEARTS.

OUR desire to know God is God in us being expressed through us, as we purge our hearts and minds and submit ourselves to



the Spirit.

This desire fulfilled makes one a 'Gnostic', a word describing one who *knows* because they have *tasted* God in their hearts and minds, as the Holy Spirit has become real and tangible within them.

Gnosticism is conscious unity with the Spiritual world, within which this material world is nesting. To understand what a Gnostic is, one must understand:

Pistis (translated 'Faith') is the power to penetrate into the inner planes of being, and realise the substance of thing not yet seen and be empowered to make them manifest.

Gnosis is the knowledge of the inner spiritual world; the Know-



ing one reads/experiences on the inner planes and *retains* when they return to this plane of consciousness.

Sophia is the Wisdom lived by on returning to the outer plane of consciousness.

A Gnostic is a true Son/Daughter of God, called in the Helios Biblia ('Bible,') 'the Elect.'

Deep within us, we are ALL 'True sons and daughters of God' most without knowing it, because the hu-man family has been immersed in darkness, each of us, when we come into this world, and this has continued for millennia.

When there is an awakening to experience the inner Fyre of God, one becomes aware of the inner



LIGHT and Fyre of God, which imparts this Spirit of Knowing and Understanding. Thereafter, that one needs no hierarchy whatsoever, as they consciously share in the one mind of God.

Indeed, the greatest Gnostic, Jesus said:

“...and whosoever of you will be the chiefest, shall be servant of all.”

Gnostics recognise themselves and everyone, as aspects of the ALL, of the ONE Spirit.

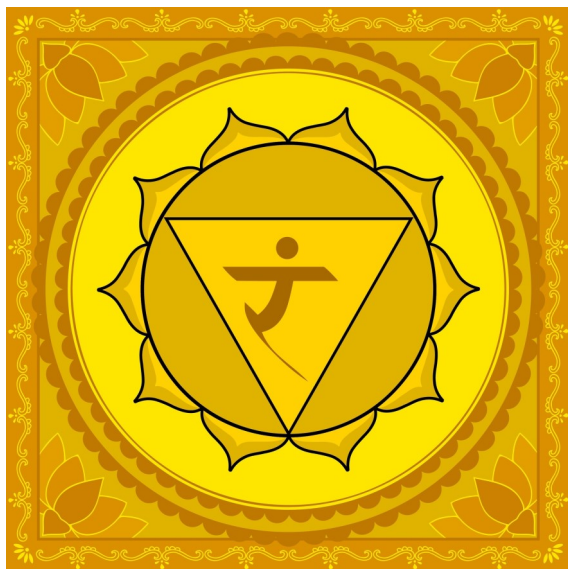
Gnosticism is being conscious of God within, and when one is conscious of God within, there is no exterior authority whatsoever.

Nor can there be for to submit to another hu-man is idolatry.

The next illustration below is of



the Solar Plexus Chakra. Few understand that a 'Chakra' and a 'Church' are the same.



The Truth of Gnosticism is eternal, and those who hijacked the scriptures and did not understand their real meanings, used the term 'heretic,' to dissuade others from joining them, so

those posing as 'the church' could rule over as many as possible.

The Light of the Heart, once experienced confirms to that person they are the offspring of God.

"A fire goeth before him, and burneth up His enemies round about"

The fire referred to in the above quote is an inner fire. A process of renewal, of ReGeneration, which is guided from within us, via the higher levels of the mind and the Holy Spirit which strengthens us.

Jesus gave us the formula for invoking the Holy Spirit and it is to gather together and speak words of Truth and Love and have compassion for one another. As we receive on the inner, we express in the world and it is



the flow of Spirit through us, which heals us.

Unfortunately those born into the tradition of the 'church' and the idea of 'vicarious atonement' are never taught the Wisdom which empowers them, although more and more people are awakening as the omnipresent Spirit of Christ becomes more tangible in the air, or 'the clouds of heaven' all around us, and as more and more of the human family open hearts and minds to receive it and accepts its power and joy.

We come into this world with the fullness of the joy of God in our hearts. We only leave if we can be deluded into thinking that God is no longer WITHIN US.

After being submerged into this



present dark Race Thought Atmosphere, life's journey is from the darkness to the eternal Light. We are to become aware of this inner fyre, this inner light, by being 'born from above' - that is the 666 mind is renewed as it passes through the purgatory of the 777 level crossing out all error thinking from the mind, and through increasing clarity, attains to the Higher Mind, Christ, the 888 level.

So, this much abused term 'born again' or 'born from above' is to be renewed in heart and mind by the Holy Spirit and to start living in at-one-ment with God. Having passed from the 666 level, through the 777 level into the higher 888 level, and beyond.

EVERY spiritual tradition has



teachings revealing this, to one degree or another, depending on how corrupt those who assumed leadership had become.

Jesus tells us to serve one another, simply because to exalt oneself is suicide. Why is it suicide? Because it is the way of the World and when one aligns oneself with materiality, one reaps the harvest of that thinking, which is death.

The more one gains ‘materially’, the more empty of the Holy Spirit they become, and the deeper the sleep of death capturing their minds.

Remember, the ‘sleep of death’ is to live, just existing, not knowing God and replaying the ideas, which killed our forebears.



Now, they too are alive, for it is the body consciousness, which is dropped, yet, we are to re-embodiment until we master the lower realms, which is this material realm.

‘Master’ means *have dominion*, and the ONLY WAY to attain dominion is to attain to unity with the mind, which creates and sustains the very principle of LIFE!

The two examples given above of the Chakra, and the Sacred heart, are just two... of the inner fire.

“For God so loved the World that He gave His only Son...”

Now, the ONLY SON is the WORD, which you, I and every member of the Human family is specifically designed to be an expression of.



A reminder—look in the mirror, we are unique in the whole of creation, as we are each the vehicle of expression of the Spoken Word:

“Whatever you speak; you will create: Change your Words; change your fate.”

OUR body IS, our “Book of Life” and is composed of the thought-words and deeds we express, melding with our food and beverages and ‘cooked’ into a living organism by the Spirit.

I have referred to the inner fyre as the Urim and Thummim, the Lights and Perfections... in Hebrew: it is **the secret of all secrets**.

In the Hebrew Bible, the Urim and Thummim.

Hebrew: האורים והתומים,



Standard ha-Urim vaha-Tummim Tiberian hā'Ūrîm wəhat Tummîm; literally: “Lights & Perfections”).)

The Solar Plexus/Urim Thummim, is so called, because it is the ‘Sun Centre’ within everyone of us. It is the central core of our Self from where the Light and Perfection of our Spiritual Body radiates:

It is where we unite with Soul Consciousness.

When we kindle this inner Fyre, it radiates Light and Warmth, Healing Energy and Indescribable Beauty, which no words exist to describe. When the Lights and Perfections/Truths burn within us, we have, in a measure, attained conscious unity with God.



So, again, it is the destiny of the whole hu-man family to experience this inner Fyre, this beauty.

“In your patience, possess ye your souls.”

Intellectually and Physiologically the solar plexus or ‘coeliac plexus’ is so called because of its radiating nerve fibres - this is only a surface rendering of the real meaning.

Meta-Physically speaking, is it called The Solar Plexus because it houses the Solar Plexus/Heart Chakras - which radiates the ‘beautiful’ aspect of Life. It is our Love centre, represented by the Disciple John.

The word ‘disciple’ meta-physically means **‘controlled**



expression of life's energy' - and the Solar Plexus and Heart Centres/faculty of Love, is designed to **radiate Love and Warmth and when it does, **we feel the most immense beauty.****

Without this centre open, we do not really understand the beauty of life - yes, we appreciate the scenery, friendships, good food and experiences and travel - however the **real timeless beauty that makes us appreciate Life and the Unity of all things can only be known when we become aware of the Heart of Fyre.**

*Lk 24:32 And they said one to another, **Did not our heart burn within us,** while he talked with us by the way, and while he opened to us the scriptures?*



This “burning heart” is the very Light and Life of each of us' - until we become aware of it - we are literally “dead” on our Soul level, in “trespass and sin” .

When we become aware of it, we realise, that that which we sought around us in the world, *existed within us all along.*

How can you know this for yourself?

The imagination is the inner eye. Use your imagination to look at your heart/solar plexus regions. Be still.

Be still and know the I AM is God. Be. Be aware that you are not breathing.

The breath of God is breathing through each of us. We are growing into an increased awareness of this inner Fyre with every



breath we take. Feed the Fyre, focus on it, bathe in its inner rays. Feel the warmth rising in your heart. Feel it deeply.

This is the Tabernacle of your Heart. The Holy of Holies.

It is where you are your own high priest/ess and you meet God 'Face to Face'. No more doubts.

Only a deep repose in the supernal Light and Truths of God. This is your real Self. It is God in You, It is I AM THAT I AM. It is 'Emmanuelle'.

Rest here awhile. Bathe in the Light. Feel the absolute beauty of Love flowing like molten Gold through every artery, and vein, through every atom and fibre of your being creating a divine bliss, which Words do not exist to describe.



When you attain this state, you will truly understand exactly why OUR Solar Plexus is called so, and you will have become 'Gnostic' one who has tasted and is guided by God...

Being a 'Gnostic' simply means that you've confirmed and experience UNITY with God for yourself. It does not confer 'authority' over anyone, rather it bestows the responsibility to you to be a servant to and succour for our brothers and sisters, expressing Love and Wisdom which liberates everyone from the Sleep of Death, exactly the same way you desire healing should you break a foot.

Indeed, as we express the Spirit in thought-Word and deed, with the MOTIVE of serving God and



healing the whole Hu-man family, this is when the power of the spirit becomes more real and tangible to our mind and feelings.

So, again, HOW to do this is to be in alignment with God's Will, which IS the Divine Law, and which is recited as a part of the Lord's Prayer:

"Thy Kingdom come, Thy will be done, as in the heavens, so upon the earth".

As each individual awakens and purges heart and mind of all degenerative behaviour, the Spirit strengthens them, renews them, and fulfils the statement:

"Peace on earth through the expression of good (God's) Will to all men (Minds)."

END



Applied Meta-Physics is the oldest Science in existence. It is the study of who we are and why we are here.

It is sometimes called 'The Science of Making the Ideal Real', because it identifies in concrete terms the abstract workings of the mind, and teaches the steps every eternal idea passes through in transition from the plane of the eternal spiritual world, to become manifest on the earth plane.

The sacred writings we have inherited are metaphysical in nature. This means they have been written through the inspiration of the Paraclete using words, which have varied meanings, interpreted accordingly, depending on which level of consciousness the reader has achieved.

The *art* of Applied Meta-Physics is to 'conceal, to reveal'. The Wisdom the writers concealed protects it from those who would destroy the writings, *and therefore destroy themselves*, until a time when the human family matured and awakened and realised its need.

The scriptures are like an offer to an addict deep in the throes of ad-diction, rejecting what they really need most, and lashing out, because they have lost control of their own minds. In the height of the loss of control the addict attacks those seeking to help them and would destroy them.



The parables, analogies, codes and koans in the Helios Biblia have preserved these writings, as the power of the Word concealed within them has worked in the hu-man consciousness to do exactly that.

Applied Meta-Physics is the Key opening the way to comprehending their riches and applying the Wisdom revealed in one's life and proving the truth thereof.

There is a simple fact of life:

We are all created equal, in that we are all the offspring of God, and we form our lives by the thoughts, words, deeds we think, speak and do. The equality is that the Divine Law is no respecter of personalities.

We are all held responsible for everything we do, and our body either regenerates or degenerates according to the motives of our hearts. If we seek to rule others, we are using the life we have been given to express ourselves contrary to the Divine Law, and this is slow and definite suicide.

If we submit to the will of another, this too is slow suicide and contrary to the Divine Law.

The LAW IS!

It is the Doorway to Everlasting Life.

PEACE.

