

THE SOLAR PLEXUS

According to the instructions of the professor, I used to sit every day, preferably at dawn, on a comfortable armchair with the face towards the east.

I imagined then in an extraordinary manner a gigantic golden cross, with the King Star as its basic centre, which cast divine rays from the east of the world that penetrated into my solar plexus after traveling the infinite space.

I was delighted when I combined this exercise with the mantric intonation of the vowel U, prolonging the sound, as it should be done: uuuuuuuuuu.

RESULTS

A result was the awakening of my telepathic eye (located as mentioned above in the region of the navel), and I became exquisitely hypersensitive.

Since this magnetic chakra has amazing capabilities such as the attraction and accumulation of the radiant energy of the solar globe, it is obvious that for this reason my lotus flowers or astral wheels could receive higher electromagnetic charges that intensified further the vibrating radioactivity.

It is appropriate to remind the reader at this moment that the solar plexus supplies all chakras of the human organism with solar radiations.

Samael Aun Weor. The Three Mountains.

Images of this Chakra: [Here](#)