

# *A Massage from the Cave*

*Awaken the Ancient Memory*

*'Your Navel'*



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# Gayatri Mantra



OM BHUR BHUVAH  
SVAH  
TAT

SAVITUR VARENYAM  
BHARGO DEVASYA  
DHIMAHI  
DHIYO YONAH  
PRACHODAYAT

.....

English Translation

*Throughout all of  
existence*

*"That" essential nature  
illuminating existence is  
the Adorable One.*

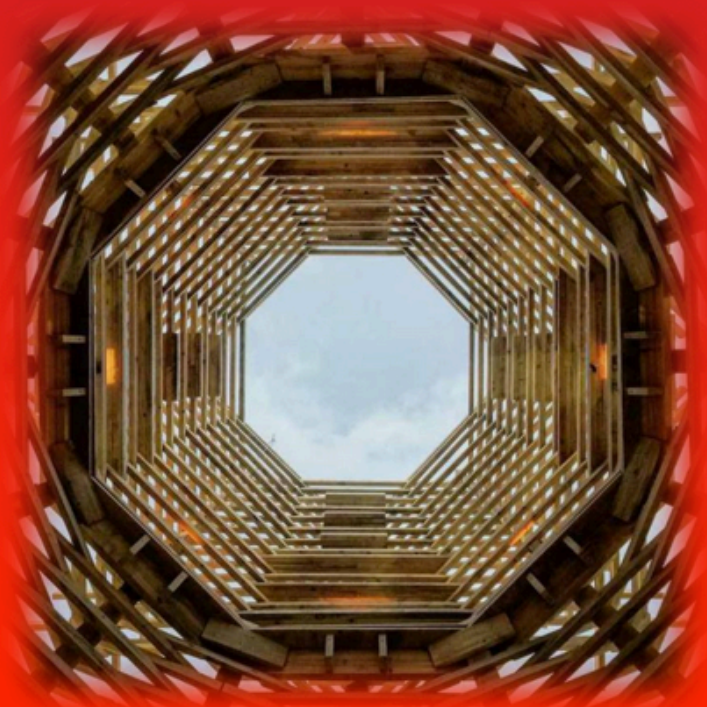
*May all beings perceive  
through subtle  
meditative intellect  
the magnificent  
brilliance of enlightened  
awareness.*

## *Insights and Research of Interest*

Some thoughts just came that I want to share. The word delivery came to my mind, the German word is actually literally translated to un-bind. Which I think is interesting since the word itself seems to be a deceiving inversion... depends how to look... delivery is not the process of giving birth rather than the moment of the cut of the chord which might be the moment of where the memory of being one is cut off. De-livery can mean to be taken off the uniform (livree in French means livery which is a dress/uniform) and uniform is one form. Maybe it is a kind of an energetic shock like those we work with in a soul retrieval... and there we work with the drumming and the memory. So the memory is always there and will be awakened by tapping/drumming the navel. And this is very important exactly to re-bind the energetic "path" of union and love....

I just got this picture...

Sarva



We possess some spiritual, etheric organs which can be utilised on many ways. One of them (besides the third eye) is the navel chord.

Everyone has one and there is a german slang-word "an etwas hängen" (=cling to, hang on, be attached to) which can be seen as a reminder of old knowledge in this context.

The chord's origin is the navel, even in the spiritual version. We can awake it from this point and use it. The awakening



Manipura Chakra is combination of two words, Mani – (Jewel) and (Pura) Place. It is located just behind the navel on the spinal column. This chakra plays an important role both in the physical and spiritual realm. It functions as a Auric energy generator.

Manipura chakra has ten major nadis, functioning at different levels to help to achieve goals. **These nadis** have dual role to play, one on the physical level and the other at the psychic and spiritual level.

The Navel center collects and transforms the universal, human plane and earthly forces into life-force energy. It needs to be clear of emotion it feeds energy to the body, mind and spirit.

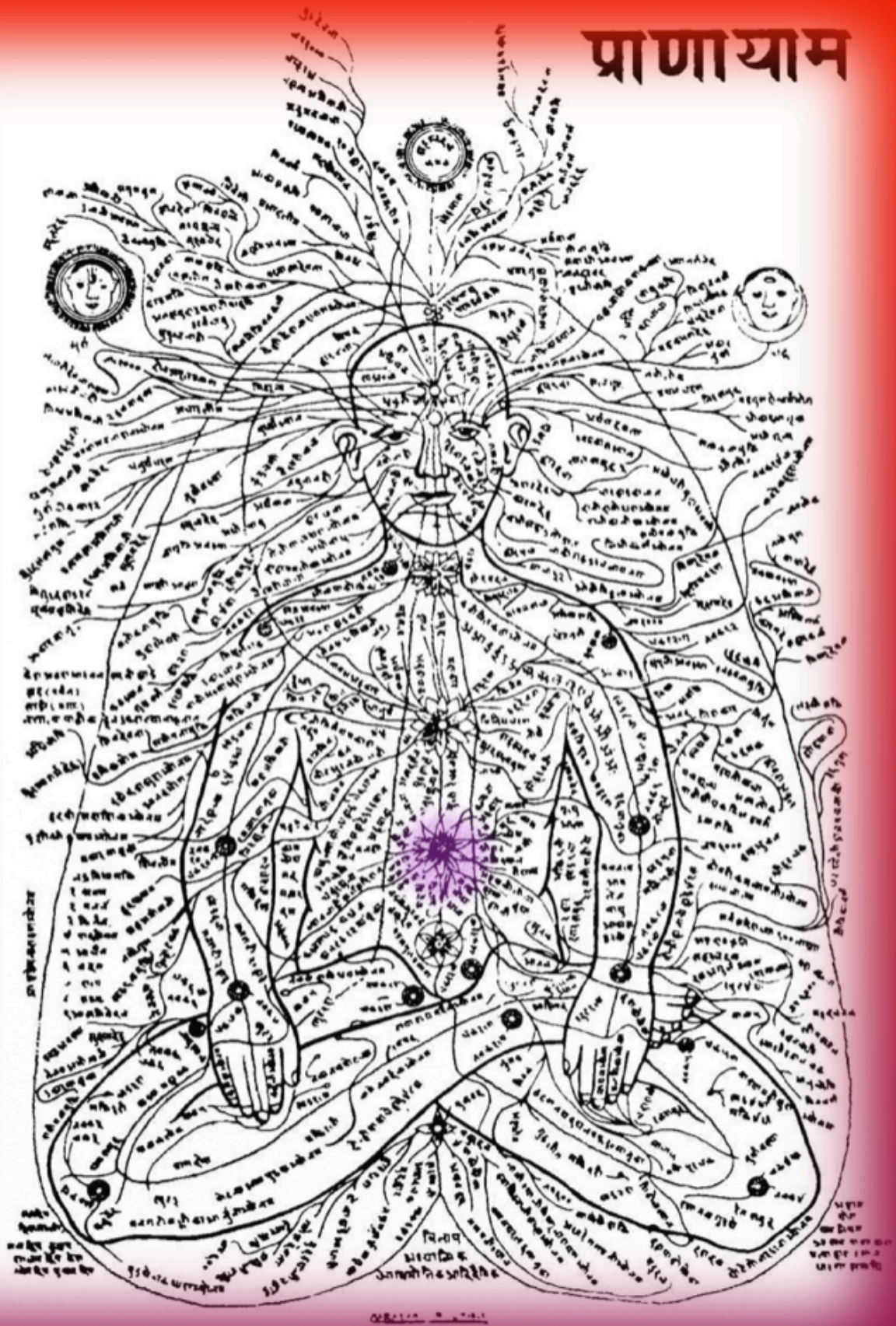
The navel center balances all forces and is the center of physical gravity when sitting, standing, or doing Yoga. The navel is one of the energy centers in the body that transforms energy frequencies and center of internal alchemy.

#### Awakening the Navel Might

1. Awaken knowledge of subtle energies,
2. Evoke the knowledge of the cosmic plane,
3. Provides knowledge of stars and the world beyond, and also balanced inner elements, such as Water, Earth and Fire.
4. Healing touch, and knowledge of the body.
5. power to control hunger and thirst. The Navel Center or 'fire in the belly,' is the key to success, focus, patience and energy to burn!

The Navel Center is our rejuvenating center.

The navel and heart are set a little high-up on this ancient nadi map. Research the nadis they are quite amazing



**nave**<sup>1</sup> | nāv | noun the central part of a church building, *intended to accommodate most of the congregation*. In traditional Western churches it is rectangular, separated from the **chancel** by a step or rail, and from adjacent aisles by pillars.

**chancel** | 'CHansəl | noun the part of a church near the altar, reserved for the clergy and choir, and typically separated from the nave by steps or a screen. **ORIGIN** Middle English: from Old French, from Latin *cancelli* 'crossbars'.

This says much about the body and *collective humanity at the nave-l*. Three steps to the place where the message is delivered inspiring the congregation...I found this very interesting.



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## THE NAVEL IS THE SOURCE OF A LONGSTANDING THEOLOGICAL DEBATE.

Among Christians, the debate over whether Adam and Eve had belly buttons is a little like the age-old “chicken or egg” question. One popular argument holds that Adam and Eve weren’t born naturally from a mother, and thus they wouldn’t have had umbilical cords or belly buttons. Others disagree for various reasons and insist that navels have been around since the dawn of time. Both Raphael and Michelangelo depicted Adam and Eve with navels in their artwork (including the Sistine Chapel's ceiling painting), leading one 17th-century doctor and philosopher to decry these “vulgar errors,” according to the [book \*Umbilicus and Umbilical Cord\*](#) by Mohamed Fahmy. Other artists tried to avoid the issue altogether by concealing the couple’s abdomens with foliage, forearms, or long hair.

A few centuries later, a U.S. House of Representatives subcommittee refused to distribute a booklet called *Races of Man* to World War II soldiers because it contained pictures of Adam and Eve with navels. Members of the committee ruled that this image “would be misleading to gullible American soldiers.”

**In some places around the world, the navel holds cultural and even spiritual significance.**

Some Hindus believe that a lotus emerged from the [god Vishnu’s navel](#), and at the center of the flower was Brahma—the creator of the universe.

**YOU GET OUT OF IT WHAT YOU PUT INTO IT!**