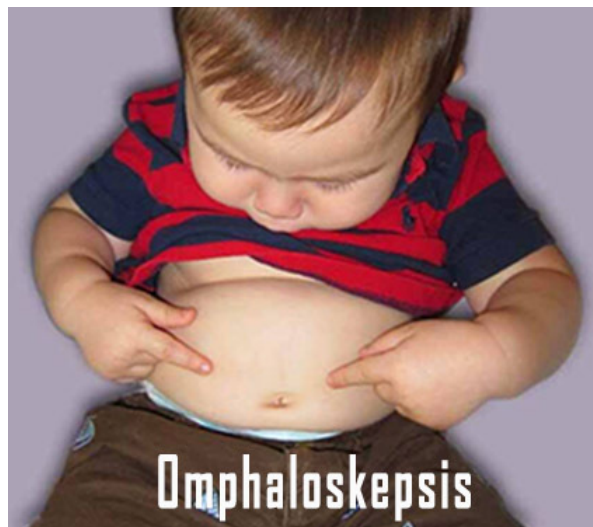




"Then again, in the human body the central point is naturally the navel. For if a man be placed flat on his back, with his hands and feet extended, and a pair of compasses centered at his navel, the fingers and toes of his two hands and feet will touch the circumference of a circle described therefrom."

Marcus Vitruvius Pollio (born ca. 80/70 BC?; died ca. 25 BC) was a Roman writer, architect and engineer, active in the 1st century BC.



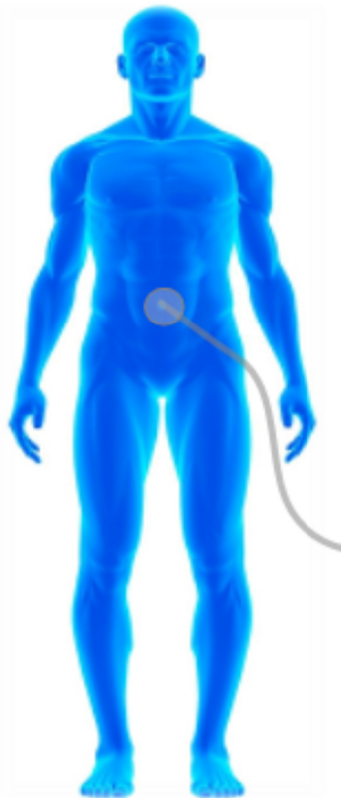
Omphaloskepsis or navel-gazing is the contemplation of one's navel as an aid to meditation. The word comes from Greek omphalos (navel) and skepsis (act of looking, examination).¹

Phrases such as "contemplating one's navel" or "navel-gazing" are frequently used, somewhat humorously, to describe self-absorbed pursuits. The actual use of the practice as an aid to contemplation of basic principles of the cosmos and human nature is found in the practice of yoga, in Hinduism and sometimes in the Eastern Orthodox Church.² Some consider the navel to be "a powerful chakra of the body".^{3,4} It's this chakra concept that I briefly want to touch on, but first some basics.

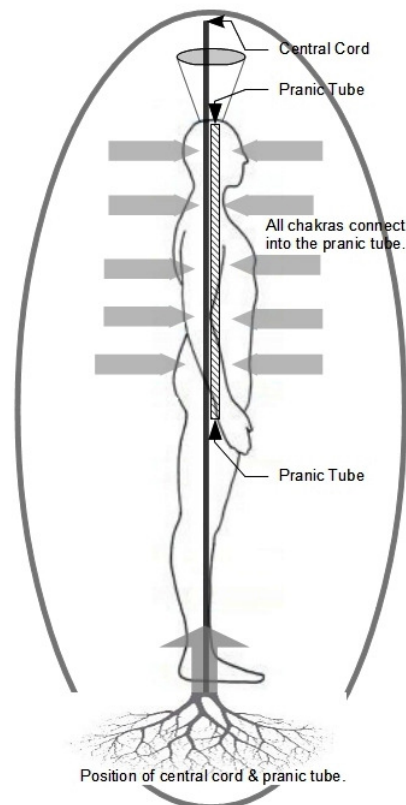
Most people would be aware of what many spiritualists describe as the silver cord. According to spiritualist ideology, this cord keeps your spirit attached to the physical body when in astral time and other out of body experiences, until the time of your death. At that point of transition, the cord breaks and the soul is released to heaven. Depending on what book you read, the silver cord may be described as being attached at the navel or the head. The following is our understanding of the silver cord.

There are two cords that are fundamental aspects of our human, earthly existence. One is known as the **silver cord** and the other is the **central cord**. The silver cord is attached to the area of the navel and not the head. Anyone who believes they are perceiving the silver cord attached at the head are likely to be witnessing the manifestation of the central cord. The silver cord is like a positioning antenna within your current existence on the Earth plane. When off in astral time or during meditation, your Spirit continues to be connected by this cord and can find its way back home to the body. It also maintains a connection during times of stress or trauma when the Spirit is forced out of the body. At the time of physical death, this cord dissolves and your Spirit is released so it may move on. It is possible for this cord to be broken other than at death, but that is very rare.

Every person exists as a collection of various, harmonic states. In order to maintain the positioning of those states, every person has a central cord that connects them to all there is. In general, this central cord has two functions. Firstly it positions your existence relative to everything else, or "all there is." Secondly, it acts like a zero point around which the differing harmonic states coalesce to make up your existence. The central cord runs along the body in line with the pranic tube. The pranic tube is slightly forward while the cord is toward the back. Both are central to the mid-line of the body, running head to toe, as illustrated below.



The silver cord connects at the navel and may or may not, involve a chakra.



The central cord acts like a zero point around which the differing harmonic states coalesce to make up your existence.

It is possible for the central cord to be damaged and even snap for a number of reasons. It is a difficult process to reconnect or repair it, and must be done on multiple levels. Once broken and repaired, it is easily broken again. Breaking of the cord can result in a disconnection from reality because the sufferer has difficulty orientating between different dimensions; basically floating between different realms. This can lead to a diagnosis of mental illness. I want to stress however, there are many causes of mental imbalance.



CAUTION: CHALLENGING CONCEPT AHEAD

With regards to the navel and silver cord connection being a powerful chakra, we have certainly witnessed some evidence supporting that. While working with a distant client, we were initially challenged with the possibility of a portal existing in the abdomen of our client; literally a connection to another dimension. Our client had been aware of this "empty space" in the area of their navel for many years, and tried a number of techniques to heal it, with little success. I'm not going to describe the whole case here, as it would be giving away too many details. Suffice to say that our client had expended a lot of effort attempting to fill this "black hole" of emptiness.

When we eventually peeled away a number of emotional layers, we realised that the black hole was actually a connection to another life, on another planet. At first we believed it was a past life, but turned out not to be past at all. Sorry if this a difficult concept to accept, but there's no other way I can describe it.

This could be viewed in two ways. The experience or exploration of a particular emotion in the past had not been totally resolved and a direct link between the past and present life had been created. The exploration of similar emotions were evident in the present and past life at the same time. Commonly we bring reminders and clues of past lessons still to be consolidated, into the present existence. But in this case it was a direct link, and the client was feeling the effects. The second way to consider the situation is of the client living two lives at the same time. This is not totally new, as we are aware that the Higher Self of any person can be experiencing multiple existences at the same time. However, they are not usually, directly linked so the person is not aware of any influences except within their immediate form.

In this case the client continues to experience aspects of two lives at the same time on the emotional plane. We're not describing the experience of going through daily life in all it's detail in some bizarre, dual, reality. What we are describing, is that at some unconscious level, there continues to be an exploration of certain complementing emotions, almost like a mirror image of emotions. If you're shaking your head as you read this, I don't blame you, as mine is about to explode trying to describe what we think we understand from this case. So I'm going to bail out at this point by summarising what we know, and letting you mull it over.

In regards to the silver cord as previously described, every spirit is connected to their physical form via this energetic, umbilical cord at the navel. It orientates the spirit within the physical plane or dimension. It does not connect to the head or anywhere else. Some human beings have an active chakra at that point of connection, and some do not, depending on the choices of their life journey. There is a legitimate technique used by some therapists to connect to the past life of a client by "plugging into" the navel. This technique bypasses the need for long regression sessions to gain insight into any possible, past life issues that need addressing. And finally, as we have recently discovered, it is indeed possible to experience aspects of two lives simultaneously...two coexisting lives. The connection or intersection of those two lives, can exist via a chakra at the navel. If you can you accept this concept, then Omphaloskepsis or navel gazing takes on a whole new meaning. As for me, I'd be happy just to be able to pronounce it.

References:

1. Merriam-Webster Dictionary omphaloskepsis; <http://www.merriamwebster.com>
2. Becker, Udo (2000). The Continuum Encyclopedia of Symbols. Continuum International. p. 210. ISBN 978-0-8264-1221-8.
3. Craig, Royal L. (2010). Whispers beyond the Edge. Xlibris. p. 99. ISBN 978-1-4500-7972-3.
4. Norbu, Chogyal Namkhai (2008). Yantra Yoga. Snow Lion. p. 15. ISBN 978-1-55939-308-9.



As with all the information we publish in our articles and website, or present in our trainings, the reader is not expected to automatically believe what is offered. All I ask is that the information be considered. Where possible I include references to other credible sources. Much of what is presented is our opinion, information from our Guides, and interpretation of experiences. The only proof we have is in the results we achieve for our clients. We also acknowledge that what may be relevant today will change, as everything evolves.

It is the readers and/or clients responsibility to do their own research and seek professional medical advice in every instance. Any individual who has a specific health problem or is taking medications must first seek advice from his or her personal physician or health care provider before making any changes to their treatment. Do not cease any medication without medical advice. This information or any associated text is not designed as a substitute for any form of medical treatment or advice.