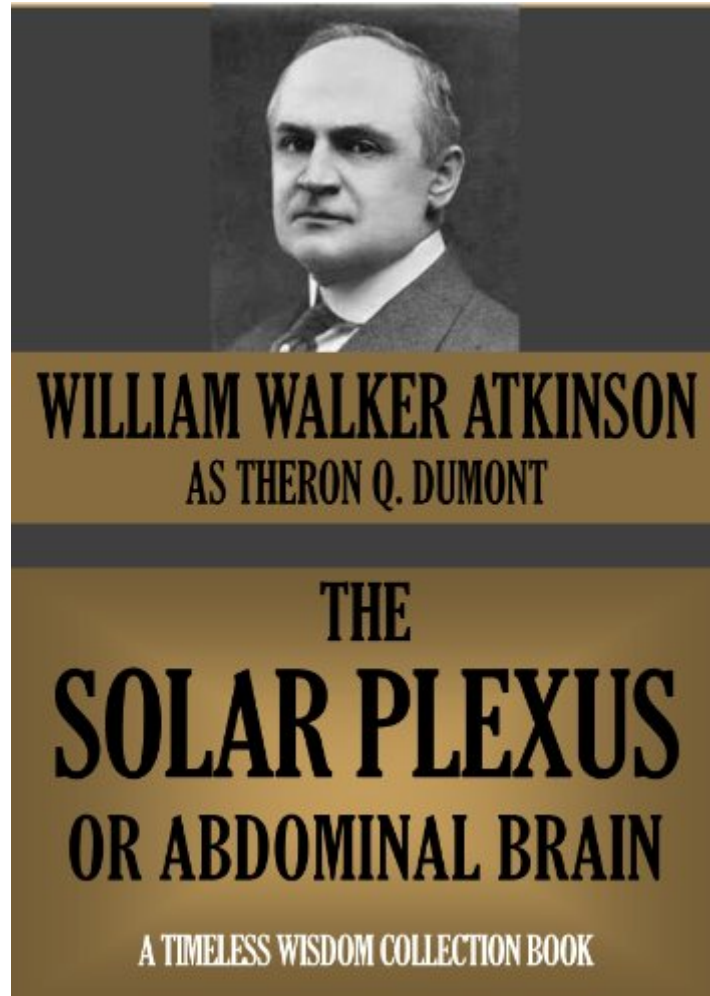


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# THE SOLAR PLEXUS OR ABDOMINAL BRAIN (Timeless Wisdom Collection Book 157)



## Synopsis

One of the great facts concerning the Solar Plexus, or Abdominal Brain, which fact is not as yet generally recognized by modern psychology and physiology, but which has been known for centuries by the occultists, and which is now becoming recognized by the advanced minds of modern science, is this important fact, i.e., that the Solar Plexus is the seat of the emotional nature of Man. In short, that the part popularly held to be played by the heart, is in reality performed by the Solar Plexus, or Abdominal Brain, the great centre of the Sympathetic Nervous System. The idea behind this book is so you learn to control your emotions by awakening the Solar Plexus.

## Book Information

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## Customer Reviews

I can't believe that for .99 cents, you can learn something as important as this book is teaching. What Atkinson is saying, is that we have a 4th brain and it's in the stomach. It's the solar plexus, and it's that place where you get a funny feeling when you're walking down an alley in the middle of the night and someone IS following you. It's your gut and as I used to tell the kids, always trust your

gut, it has no agenda, and everyone else in the world does. Atkinson goes through all of the brains with a brief explanation for each one. This was all news to me, because I only knew about one. Here's the gist of the book, you have an abdominal brain and that's what controls all of those pesky automatic actions your body needs to survive, you know, breathing, heartbeat and such. The gut is also in charge of your hormones, which turn on your emotions as every woman well knows, so the gut is very important. What Atkinson is saying, is that we have emotions because of the organs in the body, so say you're feeling blue, well it might be your liver is not well, or say you have no energy and you're feeling heavy and lethargic (who isn't?) that means that your bowels are constipated. Your whole immune system is in your gut along with your emotions, and since emotions are the engine that drives us to action, then I'd say that knowing how your gut works is imperative to knowing why you're feeling the way you are at any given moment. Here's a really crazy thought." . . . no emotions is completely experienced until its physical states are expressed . . . The emotion of anger begins to arise; but it will not be complete until it has found expression in some of the bodily organs.

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