



Solar Radiance. Re-establishing Our Core Connection

“For a newborn baby, the most important experiences are the somatic, non-verbal dialogues with the parents. Upon these mirroring relationships and *felt* experiences the young child’s brain slowly forms. In these first few years of life *feelings* are the predominate mode through which children experience their lives.

Young children seem to recognize the importance of the navel center—the radiating nerve center of the solar plexus—by displaying a close connection to it in many ways. You can see it in a young child’s posture that supports their belly and exposes it, naturally, out in front of their body. Children often rub or clutch their belly in times of joy or suffering as a self-comforting movement. Watch as any child sleeps and you can see them fill air into the belly with every breath. Some toddlers walk with their navel center leading the way, their bodies following behind their belly-buttons as they take each step. Even in their “first drawings” of people you might notice an emphasis on the torso and belly button with limbs connected to it.

It is through their navel centers that children comprehend the life around them. For them *this is the mind*. With this center as their core, they express themselves vibrantly and it is easy to see that their head-brain offers little critical resistance. As children mature, with long years of training and education, they begin to comprehend their experiences more ‘in the head’ and the life of the navel center diminishes—like a native language that is no longer practiced.

All the way into adulthood there *should* remain a close, unabashed connection to the navel center as if it were the foundation or seat for the rational mind. But somewhere along the furious road of education we lose awareness of our first and primary mind, and we even suppress it. In so doing we lessen our capacity for *real* rational thinking—the type of thinking that can make sense of the *whole*.

We love children for their vibrant energy and refreshing creativity. When they mirror us they do so in order to learn and grow. But in this dynamic dance we also get to see our own roots and we get to hear the language of childhood once again. When we listen, signals are sent to our core being to wake up!

How can we increase our connection to our solar plexus? First by breathing into it! Remember the sleeping child who fills air into his belly with every breath? Nourish your own solar plexus by consciously breathing air into it. When we breathe into our belly it can feel like quenching a long forgotten thirst.



We can learn to remember our own core connection by imitating children in this way. Imitate the toddler who walks with his navel ahead of his body, whose core-distal connectivity is vibrant. Charge your own solar plexus to lead the way. Allow your movements to come *from the core*. Let it act as the source of your energy while you do daily work. You will find that tension in your muscles is proportional to your lack of working from the core.

Children don’t think about how it will look externally to have a belly full of air or a perfect posture like a Buddha. They find it completely natural to do these things. For adults, our ‘critical’ mind has endeavored to overthrow the Buddha from his home in our belly. Prove to yourself and your children that people need not lose this foundational support when they grow up. Prove that we do not need to be so psychologically top heavy.

Through awareness on the core we can lessen the energetic load on our mind by bringing that energy down to where it belongs. Then we can learn to experience life at the level of our solar plexus and revive our native language of the feelings.

This is our solar radiance—the source of our understanding and the source of our connection to our children.

- John Marc

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