

Worry Vs. Stomach

- Ateeth.

What is worry? Where is it generated? Why is it generated? What are the consequences of it? How to get rid of it?

Worry is a feeling generated which is meaningless and worsen the situation rather than helping the person in worry. It is mental uneasiness caused due to some event happened. Sometimes it is developed anticipating trouble. Many of us do not know that worry starts from stomach. Worrying does not solve the problem. Because of worrying we can utilize our ability fully. It blocks our caliber. The best way to get rid of it is by letting the things happen. It is not so easy as it is said. But practice makes men perfect!

We always express saying “my stomach got upset!”, “My stomach is churning!”, “My stomach burning!” responding to the different scenarios. We use these phrases, but we do not know the inner meaning. For example, if one of our colleagues gets appreciation from boss, we start worrying about our job, we worry about not getting appreciation from boss, sometimes even start hating our colleague – which spoils the spirit. We should change our attitude in such a way that wherever we see something appreciable, we should appreciate it no matter what the consequences are. Some times we say “Don’t hit on my stomach”, if someone is taking away our earnings.

Stomach is having one of the energy centers called “Manipuraka” (Navel center) which means ‘The City of Jewels’. We can think of Lanka, a beautiful city, which was ruled by king Ravana. Similarly we are also kings of beautiful city ‘Manipuraka’. We heard that Ravana had a pot with nectar in his stomach. That was what attacked by Rama, leading to Ravana’s death. When we chant Pranavam, we need to originate it from Nabhi (Navel) region. In Chinese literature also they say this energy by name ‘Chi energy’.

If we analyze, we can understand one thing. Our stomach (Manipuraka) area is the origin for worry. Because of different kind of emotions, we feel them at stomach first. If we are jealous about a person, it is reflected in the form of burning sensation in stomach. If we see something unbearable, we feel our stomach churning. Most of the emotions like anger, jealousy, greed are originated at stomach. We should accept the things as they are rather than opposing them. Even if we oppose, we can not change. If a river is flowing with high speed, it is foolish to go against its flow. You might get washed away. We can watch the flow from a distance. Similarly if we try to witness our thoughts, we can see the clarity about our worries.

(With blessings of my spiritual masters.)

Love in Thought is Truth
 Love in Action is Dharma
 Love in Experience is Santhi
 Love in Understanding is Ahimsa