

6th Chakra Treatment

(Experimental phase 2018/01 - Pietro Roat)

The idea of this treatment comes from the teachings of Paramahansa Yogananda. The sixth chakra has two poles: the spiritual eyes in front and the medulla oblongata (see figure 1) on the back. At page 338 of his book *Autobiography Of A Yogi*, Yogananda writes: «The medulla oblongata is the main door to receive the Cosmic Energy and to send this energy to all the other chakras, from where the Cosmic Energy will be sent to the entire body.»

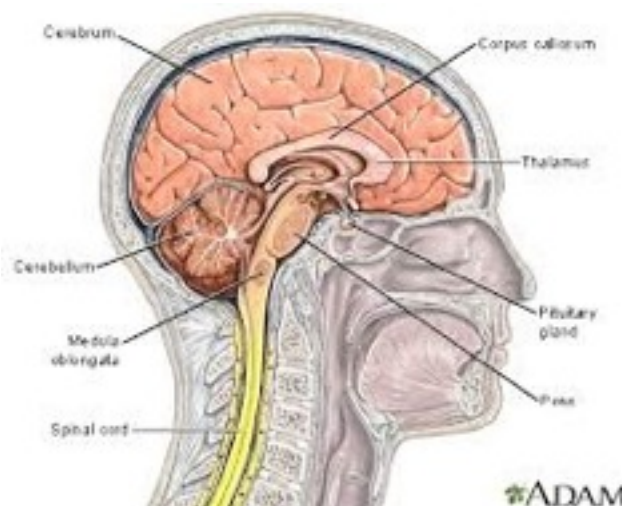


Figure 1 - The anatomical location of the medulla oblongata

The goal of this sixth chakra's treatment is to send/activate more Cosmic Energy in the medulla oblongata and consequently:

- a.) improve the nutrition of the Cosmic energy in the entire body;
- b.) 'improve the individual spiritual consciousness' = improve the individual *ki* level.

Instructions

- Find the exact location of the two poles of the sixth chakra: new chakra sensor (see figure 2) + “Gyo” sound (sixth chakra sound); or new chakra sensor + “Kee” sound (Cosmic Energy sound). “Sticky” means we are exactly on the right point.



Figura 2 - The new Chakra Sensor discovered by Tetsuro Saito

- Touch with your middle finger both the poles of the sixth chakra. “Smooth” indicates the right middle finger to use. Until today, all my trials have shown:
WOMEN = middle finger of the right hand on the front pole. MEN = middle finger of the left hand on the front pole¹.
- Press gently, sending the energy from one pole to the other, during therapist’s inhalation, and imaging “Kee” sound. [During this gently pressure, it’s quite easy to sense a particular ‘layer’ beneath both poles of the sixth chakra: this is the right layer to apply the pressure].
- Final check: “Ji” = “smooth” in hara.

When practicing

In any case we find a weakness in the Cosmic Energy in any Divergent Meridian/Organ.

When any chakra doesn’t work well.

Also if we like to try on working on a deep level of our client’s consciousness.

Effects

This treatment is quite effective to ‘balance’ all the Meridian Systems and it’s really deep and relaxing. At the moment, it’s too early to say something more...

¹ At page 47 of the book *Risveglia i Chakra* by Jayadev Jaerschky, the point between the eyes is reported to be as positive pole (+) and the medulla oblongata as negative pole (-). Considering this fact, it’s possible that what I found until now is not exact regarding the treatment of women (middle finger of the right hand has normally a positive polarity), but it’s also possible that what Jaerschky writes in his book reports only the polarity as it should be in the man’s points.