

Neuro-Tantra: A "Brain Sex" Exercise

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A simple key to turning stressful emotions into a blissful wave can be engaged by a very simple exercise that one can apply in almost any situation, and especially in moments where one is down and blue, anxious, or overloaded with stress.

This is part of the novel field of "brain sex", or neuro-tantra.

Within our 7 brain chakras that span our 3 primary brains, the limbic system has as its emotional processor the gland of the amygdala. This gland receives all information which it computes into emotional content, or feelings.

The amygdala has two ports through which to process the same information.

In one, all that comes to it is translated as stress, worry, fear, and anxiety, and with the other as bliss and a unified oneness.

This gland connects through other organs to the pituitary gland which then translates the amygdala's emotional processes material into hormones and neurotransmitters, which then gives our body an embodiment of that emotional information, as the emotional and chemical soul.

Whether by birth or by society, the standard processing route is the back of the amygdala gland. This largely is the default imprint, so that most people go through life and process emotional content in terms of stress, survival, fear and anxiety.

However, the 2nd route of the amygdala, is on the forwards part of the amygdala.

The amygdala even can be enlarged for people who have undergone extreme stress and anxiety situations, and this setting does not stop, even in calm situations. Normally medical drugs are used to blanket these symptoms.

A simple solution is to "click forwards" and engage a rapid change in ones outlook of the emotional ocean overlay of our worldview.

The forwards click of the amygdala takes the energy and chi information flow through it in one unified ocean, that is a unified sun. The back amygdala takes this same wave of information, and processes it as a rainbow of competing diversity.

So the One Sun Ocean, is an ocean of infinite, unending bliss, of eternal knowing reflective divine bliss, at the foundation of everything, even the deepest illusions. By clicking forwards, ones vantage point of the world can rapidly transfigure.

"CLICK IT BABY"

This emotional gland is situated in the head at the position of the brow-forehead into the head, and into the head at the position of the temples and just in front of the top of the ears.

Simple bring the focus of Self, that you know well (for instance when you are looking from the back of your head, or on the right back, or from the middle, *this* focus), forwards. Bring a forwards flow of focused energy, the energy that follows ones focus, to massage the entire forehead to expand outwards from the brain at the temples.

One technique to assist the forwards click to the bliss circuit of the amygdala, is to imagine that a feather is softly brushing the brow of the forehead, upwards from between the eyes up to the top of the forehead, like a gentle breeze, and follow your awareness with it, and the flow of energy that result, begins to fill in the front of the amygdala.

Flower Power for Girls

The female gender furthermore has olfactory, or smell receptors that most men do not, that can engage the frontal amygdala circuit. Thereby, the sweet scent of fresh flowers, gently sniffed through the nose, often causes a lady to experience the bliss of the front amygdala circuit. This can be joined with the feather brushing of the forehead.

Letting the eyes tickle, and smile to one another, in a gentle intercourse to the forehead, as they look up, and smile unity to each other, along with the feather brush, can be used intermittently to assist this forwarded clicking resetting of this emotional processing centre. And gentle allow a breeze to expand the forehead through the front of the brain, outwards and forwards and upwards to open and click into the bliss circuit.

As the tickling energy emerges, one may find that this forwards expanding and upwards wave, also causes the head to nod up and down, activating the cranial pump. Until a clear window opens on the brow, at the place of the Bindu Soma drop (which to this day the Hindu's mark).

One can use this forwards expanding blissful clarity and its energy to focus on a cloud in the sky (at first a small one) and melt a hole in it, as a biofeedback exercise.

The more consciousness is in the bliss circuit the more the cloud appears to dissolve accordingly.

Strong black chocolate can be used to assist in re-learning to click forwards the amygdala into bliss. Melting the chocolate in one's mouth and licking it onto the top pallet of the mouth. Then feeling the energy released by the chocolate and focussing this forwards to the front amygdala using the above process and as your Spirit further guides you — for a part of you already knows this and will assist one, once one begins to engage this forwards click into the One Sun Ocean of Bliss.

It can be particularly powerful, when one has strong depressed or down emotions to bring this heavy duty energy into the forwards click motion of activation its translation through the bliss circuit of the amygdala. Powerful transformations can happen in just minutes. Do it relaxed, with a breeze, with forwards expansion, and the Boddhisattva or Mona Lisa smile. Click forwards and step into Neurogenetic Tantric Bliss, and pioneer re-imprinting the bliss circuit for mankind.

Additionally, to stabilize the bliss, one may trinitize one's foundation. It has been well established by scientists mapping into spiritual territories that 8 cycles per second (8Hz), is the precise signal that the DNA released in rebuilding itself, as well as being the frequency emitted from the hands of all genuine healers measured from a diversity of religions, traditions, and spiritual backgrounds.

The heart in love, has been shown for the last 24 years by specialised cardio-scientists, to peak its magnetic ECG waves in the golden ratio, at 8Hz.

Simply breathing in deeply, and upto the thymus gland, half a thumb beneath the manubrium (where the two collar bones meet), and holding the breath momentarily with all the prana-chi breath energy focussed to tickle at the thymus, as one holds, and then breathing out with a loud AAAHHH, usually activates this 8Hz compassionate love foundation. The primordial "A" this is called in the highest Tibetan traditions of AnutarraYoga tantra and Ati Yoga. The "A" of "AUM" rooting back to the archaic Vedas.

This is the foundation of the Compassionate Love Sphere of the cosmos and the Self.

Scientists have measured that when the uterus and prostrate are contracted in gentle contractions, an EEG signature of 8Hz is detected. This uses the plexus coccygeal muscle. All focus on the various organs of this plexus in repeated contractions assists to engage the 8Hz doorway of the Life Force Sphere of the cosmos.

With a foundation of 8Hz in the Heart; 8Hz in the Life Force; and 8Hz in the head with the amygdala bliss click bringing the wave of bliss into the middle of the head to the pineal gland third eye and its Clear Light (which when done successfully will lead to a brain orgasm

of sorts, touching *ecstasis*) — then one has a true fully grounded foundation, of 8-8-8Hz, in Love-Life-Light:

8Hz Head (amygdala bliss circuit to pineal gland)	= Light. Intellect
8Hz Heart (heart compassionate love to thymus)	= Love. Intuition
8Hz Life Core (prostate/uterus, plexus coccygeal)	= Life. Instinct.

Being in all 3-as-1, in the immaculate emptiness foundation of the cosmos, that is indivisible with the One Sun Ocean of infinite bliss, the Primordial Foundation and root of Self, is unveiled in its 4-fold Godhead nature:

<u>QUALITY</u>	<u>RG VEDA</u>
Bliss	Soma
Being	Indra
Divine Intelligence	Vivasvan
<u>Consciousness/Awareness</u>	<u>Agni</u>
	= SIVA

<u>QUALITY</u>	<u>RG VEDA</u>	
Being	Indra	
Bliss	Soma	Universal Sum/Moon
Divine Intelligence	Surya/Savitar	Universal One/Sun
<u>Consciousness/Awareness</u>	<u>Agni</u>	
	= ISSA	= Seed Mantra: "AUMNamh SIVA ISSAnamh AUM"

The alchemical primal essence of this world and cosmic reality is the re-realisation of our indivisible unity with the All-Oneness of the cosmic Godhead (*Maha Purusah/Mannauvah* in the Rg Veda).

Let us dance Forwards clicking into the Awakening Dream of our NOW AGE.
Happy clicking:-)

This is amidst one of literally hundreds of techniques we have assembled in an overall totally complete unified system of exercises, meditations, and protocols, where all polar opposites of the body are unified in compassionate love, to the Primordial Foundation, unified field vehicle of All-Onenesship, in our Diamond Body Lotus Training, for the last 20 years.