

The essence of chakra care using color / resonance

Basic course

The essence of chakra care using color / resonance

Written by Shigeki Nishiyama



®

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Light is hidden in your body

This mysterious power is given
to everyone to live this life

I dedicate this research result to all the lives of the past, future, and present.

Preface

Materials required for experiments to know chakras

- Existence that you
- The sun
- The earth
- Appropriate colors (It works well just by cutting the paper output by the printer from the data created by the illustration creation software " Illustrator " that can mix the four colors of red, blue, yellow, and black into small pieces.)
- Cellophane tape (medical tape)

For many years I've been doing research on using color to care for chakras.

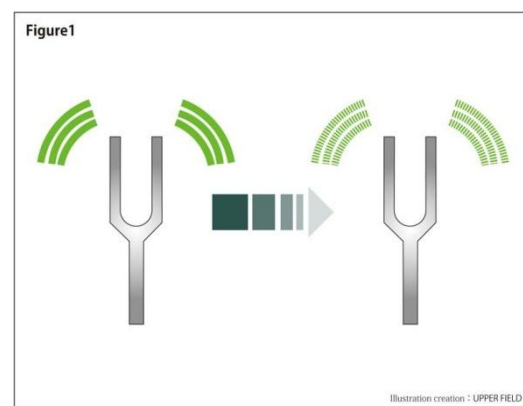
It is named " The essence of chakra care using color/resonance. "

Applying the color corresponding to the chakras located in each part of the body activates the chakras in those parts. When the chakras are activated, the body and mind will be rejuvenated.

The principle is a very simple function called " resonance. "

If you prepare two tuning forks that

produce the same sound (equal frequencies), ring one and bring it closer to the other, the vibration will be transmitted through the air, and the tuning fork that is not ringing will also start ringing. (**Figure 1**)



The action of this resonance is applied between " light (color) " and " body. "

The two tuning forks used in the tuning fork experiment are " light " and " body. "

The part of body where the color and frequency match is activated.

This research, " The essence of chakra care using color / resonance " is the wisdom to rejuvenate the tired mind and body by making good use of the natural energy that fills the space around us.

I want to reveal the wisdom of 2,500 years ago again

This research follows the only voice that makes me act, since I remembered.

That voice asks me, "What is life?"

It is also a research that rediscovers and reconstructs the knowledge that humankind has lost for 2,500 years.

Looking back on the research results and process, we can see the answer that "people in the old days practiced this on a daily basis."

The culmination of human knowledge is often preserved in ancient documents, which are often religious books.

There are many clues in documents such as Buddhism, Christianity, Islam, and Hinduism.

And many of the chakra tips are hidden in Buddhist culture.

I am not asking for superiority or errata in traditional religions.

Buddhism has a very developed surrounding culture such as books, statues, and architecture, and there are many clues in that culture as well. There are several elements to this care that can be convinced that it was undoubtedly done in the time of Buddha 2,500 years ago.

And the described core section in this book are not seen now, I think that they

disappeared in the time of 2,500 years during this period. All the knowledge contained in this book can be reproduced by anyone if done correctly.

And if you follow me to the end of this book, you'll come to the same answer as I do "People who lived 2500 years ago must have known this fact."

This knowledge is so "natural, and right."

The fact that you are alive is the starting point

Is it happy for you to live in the present age? There are many people in the world, including Japan, who suffer. Why did it become such a painful world? There are as many answers to this question as there are people.

The reason why each person's various answers are connected by a horizontal skewer is that "each of us living in the present underestimates our own life." I think it's because the history of people who have continued to underestimate life is making the present. I think it is difficult for us to express the strength of being alive and to evaluate it.

However, if a person is alive, the power to revive the person again is also hidden in the state of being alive. That is the

function of the chakra.

Perhaps many people think of chakras as " a place where the body that exists as a thing is premised and the energy is high in the body as a thing. " But I think as follows. " The whole body was vibrating violently like light and electromagnetic waves, but the vibration calmed down and became a substance and became a body. In that body, the chakra had less vibration reduction than other places. It's a place (where high energy remains). "

The universe itself has expanded over time since the ultra-high temperature era immediately after the Big Bang, and the universe itself has cooled due to the expansion of space, the world of matter has begun, so we who live in that universe have the same mechanism. It takes a lot of effort to force an object with low activity to resonate with light and keep it on standby. Nature wouldn't make such a costly choice. Originally it is highly active. If it looks calm but the pilot light is still burning quietly behind it, it will be activated by giving a trigger. One of the tasks of " life " is to maintain this pilot fire, and the place where the pilot fire is settled is probably the chakra.

When I want to return something to this world as someone who has passed more than half of my life, it is in the

public interest to publish a part of this research, which is information that fills the 2,500 year gap for me. It is also the reason why I repeat the reincarnation.

I'm sorry for those who didn't make it in time for this book to make your life shine.

I'm glad that this book has been received by those who were in time to make your life shine.

This book was confirmed by Dr. Hiromichi Yamashita from a medical point of view.

He is a doctor I admire and is the director of the medical corporation Jinyukai Yamashita Clinic. (7-5-25 Nishinakajima, Yodogawa-ku, Osaka, Shin-Osaka Doi Building 1F <http://www.dr-yamashita.com/>) .

Thank you.

He has the belief that " human hands and mind are the best treatment tools " and is working on the treatment of various intractable diseases with manual therapy. The hospital is a mysterious hospital where you can hear laughter constantly during treatment, and I am constantly learning a lot. He is a rare doctor who creates an impossible world.

Regarding physics, I had my acquaintance's high school physics teacher M supervise it.

We received his wisdom during the busy period of the educational field. Thank you very much.

Rest assured that the hurdles for the experiment are low

Look again at the " Necessary Materials " at the beginning.

★★★★★★★★★★★★★★★★

Materials required for experiments to know chakras

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- The sun
- The earth
- Appropriate colors (It works well just by cutting the paper output by the printer from the data created by the illustration creation software " Illustrator " that can mix the four colors of red, blue, yellow, and black into small pieces.)
- Cellophane tape (medical tape)

★★★★★★★★★★★★★★★★

There are five. Everyone already has the top three of them without doing

anything. One of the other two, the tape, is really a medical tape, but if it's hard to get, you can use cellophane tape. Therefore, in this book, it is written as cellophane tape. The other one is color. You can experience it as long as you get the color. If there are some hurdles to experiencing the experiments in this book, such as not having a printer, ask a friend to output them. Let's lower the hurdle that way.

Notes

You may would like you to understand before you'll continue reading. Some of the things found in this study need to be annotated. If you experience it, you will discover the truth of what is written in this book. It consists of things that you have no choice but to admit.

Note #1 Experience the entire contents of this book

I think that human beings have essentially carved out history by raising the question, " What is life? " Not only medical care, religion, philosophy, but also agriculture, food, art such as music and painting, economy, etc., all the elements that make up the world today

will lead to the question " What is life? " In the future of the various jobs that everyone is doing, there is always the question, " What is life? "

Whenever we spend our time in life, we are designed to come across this question along the way. If anyone hasn't been asked in the past or at this moment, they will always be asked later in their lives.

Whether parry or respond to the question, is each person. If you want to answer this question, the chakras are a very reliable clue when approaching " your life " while firmly feeling the existence of " your body " as a thing. Chakras are physics. You can only clearly understand that " the world and people were actually like this. " Therefore, please experience all the experiments in this book.

At that time, there is the issue of experience. It happens that sensitive people are immediately recognizable, and those who are not are unaware.

Sensitive people have lived hurt while exposing their sensibilities in their lives. Please learn how to use energy to heal and recover yourself in this book. Actually, I would like to give a polite face-to-face communication at the study session, but I think that many people can receive this research only through this book.

I think this book will be useful for those who have lived hurt until now. I think

this book is most valuable to such people.

If you find it difficult to experience the experimental results. Many people have less communication between consciousness and the body. They have adopted a policy of not listening to their physical voices, because when they hear their current physical voices, they only answer " No, I'm tired, I want to take a rest. " If you have no workaround, you can only choose to block this contact. So, if you don't understand the experience in this book, realize that you've been keeping yourself by not listening to your body. Please praise yourself that you have worked hard until now.

Note # 2 It's different from known concepts and information, but don't be shocked by it.

Please understand that this document is not intended to hurt or mislead people.

If you had to feel hurt or embarrassed sorry to. Please forgive me. I think as follows.

There are many items that I have been able to prove by my experiments about the information about chakras that I

generally see and hear. I am grateful for the knowledge and efforts of those who have passed on as a chakra researcher, and I am glad that I was able to back up that wisdom. However, some information came to different conclusions. As for the different information, from my point of view, I think that what was conveyed without verification was mixed in.

Information is that kind of thing. Even in the creation of the body by genes, it is basic to transcribe and reproduce information. There is no objection to the nature of the work itself of information transmission, which itself. However, I have been researching the causes of the discomfort I feel and the realities that can be reproduced in my own life.

If anyone relies on existing information, don't be confused that there are some differences between that information and what you will know in this book.

Notes #3 chakra is, do not believe.

Chakra is physics

This book pursues the truth, it is composed of a list of clear facts. For example, when I dreadfully opened the curtain, there was a beautiful rainbow in the sky, and I was impressed by its beauty. That's why I tell people who haven't seen the rainbow yet, " A

beautiful rainbow is coming out. " All you have to do to see how beautiful this rainbow is is to open the curtain and see for yourself. If you have been with me until the end, I think you will have a desire to teach someone. Like me, you'll want to say, " Look at this rainbow. " I have shown three annotations in advance.

I / To know the facts shown in this book, it is necessary for the person to experience it, and there are individual differences in the experience.

II / This book has no intention of hurting anyone.

III / Readers do not have to decide whether to believe or disbelieve the contents of this book.

I bowed from the beginning to thank someone who received the truth in this book for their courage to shine on the light of the future that will surely begin to shine. It is my manifestation of intention.

Those who want to know the truth should experiment ...

Why life involves the body

What is shown in this book is the steady work of repeating experiments.

There was a 13th century English philosopher named Roger Bacon. He was a Catholic priest and a scientist. He leaves behind the phrase, " those who want to know the truth should experiment. "

My research policy is consistent with this word. I am continuing to work with the will that experimentation and verification are needed to reach the truth. Bacon's words, " those who want to know the truth should experiment, " are very strict, but given that this person was a religionist, if there is " love " in the code of conduct. Maybe he just kindly reminded us, " Try it, you will know the truth. "

This world is not one. There are as many worlds as there are creatures. Not only humans but also animals, insects, fish, plants, bacteria ... There are as many worlds as there are all lives.

The need for experience is also the reason why this world (the world of each person) exists. Because there is reality with their own body, there is a world centered on that person.

The fact that we have this body as matter means that we are given this body to experience the phenomena that occur because of matter. Phenomenon will occur because there is a physical body. You cannot experience the phenomena that happened to others, only the phenomena that develop on your own reality. Everyone can only

walk their own way.

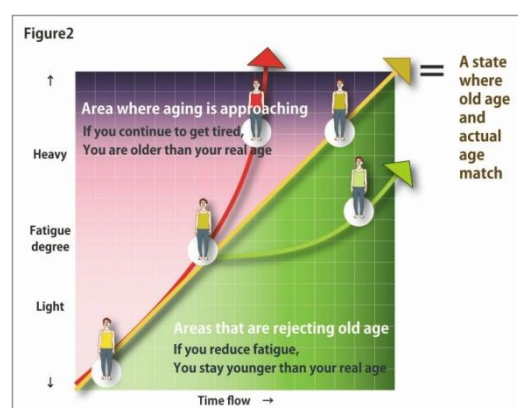
Aging = fatigue x time ...how to escape from suffering

You miraculously got a life. However, your body becomes painful against your will.

The reason can be found by the calculation " **aging = fatigue x time.** "

Time accumulates at a constant speed on the earth, so it is unlikely to change. But fatigue is actually a very easy factor to change. So if left unimproved, aging will increase in sharp curves. Fatigue and time will damage you in add up. Because it is add up,if you improve the fatigue state, aging will slow down.

(Figure 2)



Why do you do chakra self-care in the first place? If you comfortably change your own existence, your world will change.

There is a reason I want you to "self-care your chakras." I want you to stop accepting the physical "excessive aging" that results from the calculation of fatigue x time and the extra suffering that results from that aging.

If even one person can make himself comfortable, he will go around and brighten the whole world. My world will be brighter with someone's lights.

Chakra self-care is done to help you

Chakra care is also good for controlling the "fatigue x time" calculation. It is suitable for eliminating physical fatigue, the phenomenon also facilitates the transition to a better one.

In the first place, what is the "main" of the main chakra?

Speaking of main dish, it is a dish that symbolizes the meal. Speaking of the main personality, he is the person who symbolizes one program such as radio and television. So what about chakras? The most widely known chakra information would be something like this. "There are 7 main chakras." And the main chakra is shown in these purplered layouts

(Figure 3 and 4).

Now, print out the colors shown in this figure with a printer, and paste them in the appropriate positions.

You can check the data for the experiments conducted in this book from the URL below.

<https://www.marma-treatment.org/selfcare/chakradate.html>

Figure 3 / Colors used in Experiment 1

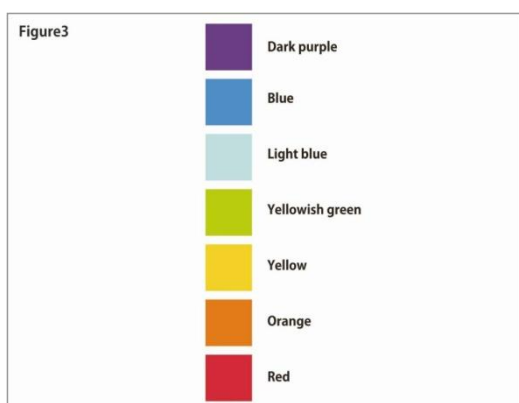
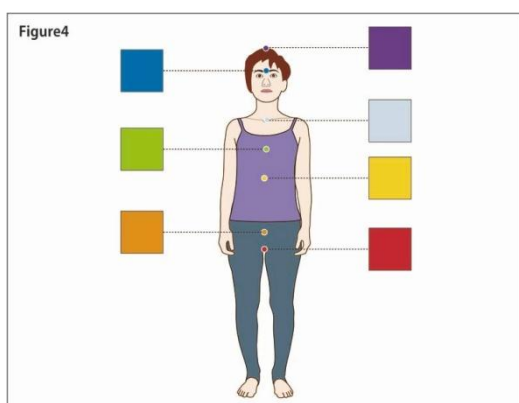


Figure 4 / Color arrangement performed

in Experiment 1



Experiment

Experiment 1

Experiment 1 / Reproduce existing knowledge as it is

Items to prepare / 7 colors: red, orange, yellow, yellowish green, light blue, blue, and dark purple

Experimental style / Can be done alone

1. Red / For men, stick between the testicles and anus. For women, stick between the vagina and anus.

2. Orange / Stick 8 to 10 cm below the navel.

3. Yellow / Stick on the epigastrium.

4. Yellowish green / Stick on the heart.

5 Light blue / Stick on the throat.

6 Blue / Paste between the eyebrows.

7 Dark purple / Stick on the crown.

Explanation 1

If you reproduce this existing knowledge as it is, do you feel uncomfortable, such as feeling sick?

This discomfort was the catalyst for my research. When I investigated the main chakra and its surrounding parts in detail and repeated the experiment, I found that there was know-how to obtain comfort in a different arrangement from the “ experiment 1. ”

This comfort meant that the energy flowed cleanly. The colors and arrangements were as follows the

Figures 5 and 6.

Figure 5 / Color for clean flow of energy

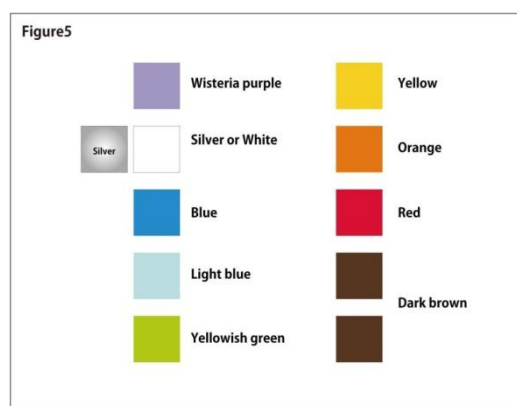
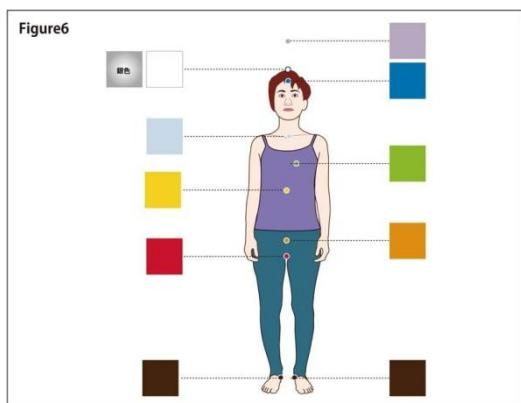


Figure 6 / Arrangement for clean flow of energy



In other words, the well-known **Figure 4**

cannot create a flow of energy.

The reason why the energy flow cannot be created is the misalignment and the misalignment of colors.

The settings required to improve **Figure**

4 and allow energy to flow are:

- ① The 8th chakra is wisteria purple.
- ② The 7th chakra is silver or white.
- ③ The 6th chakra is not between the eyebrows but the hairline of the bangs.
- ④ Dark brown on the soles of the feet.

The method of arranging the wisteria purple of the 8th chakra will be described later.

The arrangement shown in **Figure 6** is the minimum required and is related to each other to form the main chakra. Activating the main chakra is directly linked to making life shine, it requires

not only the knowledge that it is " just there " but also to do " proper care. "

What is proper main chakra care?

- ① Strengthen the energy of the body
- ② Move it
- ③ Adjust the flow
- ④ It is the wisdom to lead the whole body to a comfortable state.

The layout and colors shown in **Figure 6**

make this possible. Therefore, it makes more sense to think of the main chakra as the nine parts and colors in **Figure 6**.

By identifying the color and location, it became clear that the chakra is not a conceptual story, but a physical phenomenon that feels strength and heat when activated. This discovery makes a leap in the care of the main chakra, but the discovery of the exact placement of colors reveals an even bigger mystery.

The mystery is " I don't know why these nine colors were placed in that position on the human body. "

Solve the mystery of chakra color

It turns out that the mystery of the

main chakra that I have to unravel was " the very reason why these nine colors are placed in that position on the human body. " No matter how long you look at **Figure 4**, whether it's 10 or 20

years, you probably don't know why these seven colors are there. I have been thinking based on this figure for many years every day from morning till night, so I know the difficulty of developing my thoughts from this figure.

I was able to solve this mystery. It is thanks to the secret of the chakra on the sole of the foot and the dark brown color placed there. Proper care of the sole chakras will release the energy of physical fatigue from the soles of the feet. If handled improperly, the outlet will close and discharge will stop. If the fatigue is discharged, the person will feel better. However, the people around suffer.

This know-how itself is a study of body care by my procedure " **Marma**

treatment. "

I knew that long before I started research chakras.

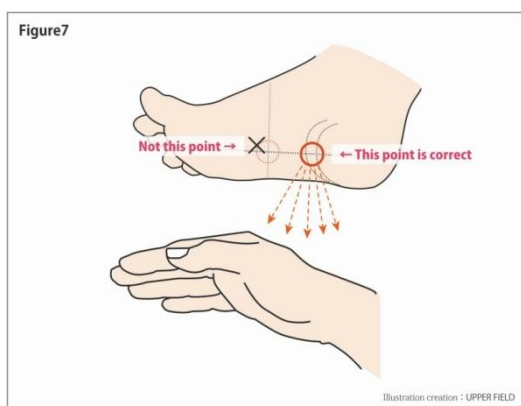
Experiment 2

Experiment 2 / Make a " foot to put out.
" An experiment to eliminate physical fatigue from the soles of the feet. Use your little finger.

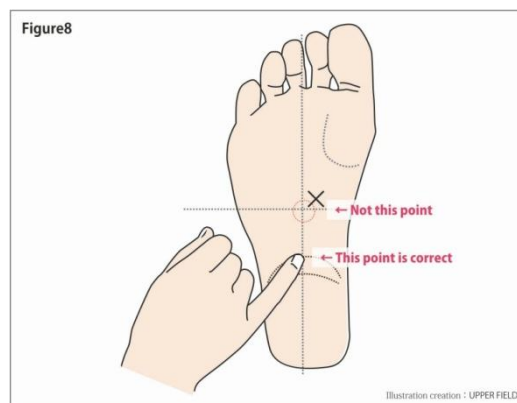
What to prepare / Please be barefoot

Experimental style / Can be done alone

- ① Sit safely on the floor.
- ② Bring the back of your hand close to the sole of your foot. (**Figure 7**)



- ③ Check if you feel pressure or temperature on the back of your hand that is not body temperature.
- ④ With the little finger of your hand, lightly touch the chakra on the sole of your foot for 10 seconds. The position of the chakra on the sole of the foot is not the center of appearance, but the slope on the heel side that shifts from the soil to the heel. (**Figure 8**)



- ⑤ Release your little finger and feel the pressure and temperature that are not body temperature again.

Explanation 2

Some people immediately start to blowout energy when they care with their little finger, while others wait for about a minute and then start to get out.

Experiment 3

Experiment 3 / Effect of " foot to put out.
" Experiment to receive fatigue from the
soles of others

What to bring / Keep barefoot

Experimental style / Two people
(therapist and client)

Conditions for choosing a client

I . People who have not done
Experiment 2 (have not been able to
eliminate fatigue).

II . The client must not be a relative or a
cohabitant with the therapist.

... Please select a partner in.

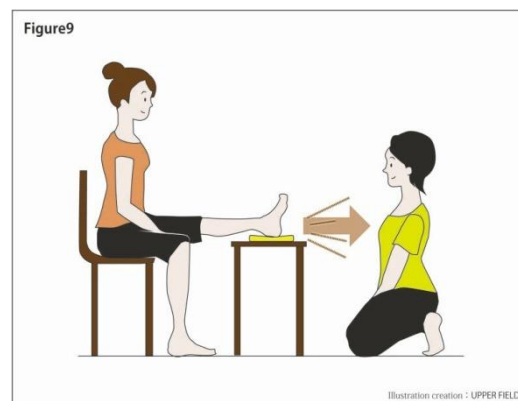
① Client, who has not done Experiment
2 sits on a chair and puts your foot on
another chair.

② Therapist, you should adjust the
position of your body so that the sole of
the client's foot and your heart are
connected in front.

③ Therapist, you should lightly touch
the chakra on the sole of the client's foot
with the little finger of the hand for 10
seconds.

④ After 10 seconds, release your hand
and adjust the angle of your body so
that your heart and the chakras on the

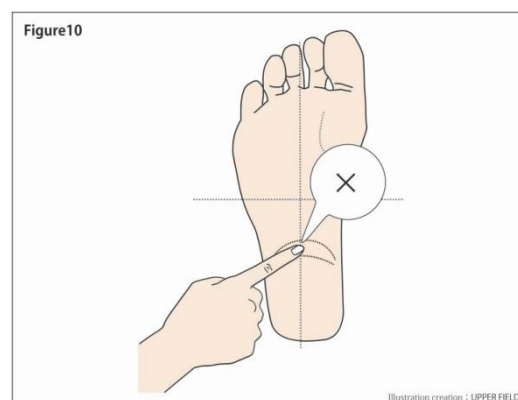
soles of your feet are connected in a
straight line. (**Figure 9**)



⑤ Therapist, do you see that your
breathing becomes difficult?

⑥ The fatigue from the sole of the
client's foot comes out in a straight line,
so if the therapist shifts to the side by
about 1 meter, breathing will recover.

⑦ Therapist, you should lightly touch
the chakra on the sole of the client's foot
with the index finger of the hand and
write an " x mark. " (**Figure 10**)



⑧ Therapist, should adjust your body
again so that the sole of the client's foot

and your heart are connected by a straight line.

⑨ Therapist, feel that the pressure of the energy coming out of the sole of client's foot is weakened or stopped, and your breathing does not become difficult.

Explanation 3

The client is comfortable because he is relieving his fatigue. However, others tend to feel this energy stuffy. I experienced the following events.

I asked an old couple as model at study session for my research of **Marma**

Treatment.

The couple are on good terms. Several therapists participated in this study session. The wife has cancer spread throughout her body and the husband is not a cancer, but he is suffering from fatigue. I opened the chakra on the sole of the wife's foot with my fingers and released the energy of her fatigue.

Participants became stuffy and eventually couldn't breathe, so all the therapists, including myself, left the room. The fatigue of others is very heavy. But, the husband said, " This air is comfortable. "

In other words, it was a moment when I realized that they had lived in the limited space of their house, feeling the fatigue of his wife and the fatigue of her husband. It was a beautiful and sad experience of knowing the deep affection of the couple and at the same time easily knowing that it was eroding each other's body.

The same thing is more likely to happen with parents and children. In particular, mothers and children share physical energy with each other, so it tends to be difficult to understand each other's fatigue. The purpose of this experiment is to understand the energy of fatigue, it is easier to understand if it is done by others.

One of the sites where this effect is likely to occur undesirably is the treatment scene of foot care therapists. There is a timing when you have to be in the position shown in **Figure 11** due to the convenience of the treatment.



At this time, the therapist naturally opens his mouth and many people

change to mouth breathing instead of nasal breathing. Because it's hard to breathe through your nose.

One of the ways to read changes in physical condition is "nasal breathing", so I will continue to talk about "nasal breathing."

Experiment 4

Experiment 4 / Use " foot to suck up " and " foot to put out " properly.

Experiment to change the direction of opening the chakra on the sole of the foot.

What to prepare / Keep barefoot

Experimental style / Two people

We will move on to more advanced experiments.

Therapist and client, touch the chakra on the sole of your foot with your index finger and write an " x mark " to stop the emission of fatigue.

① A pair of client and therapist will work together. Experience the same thing with each other.

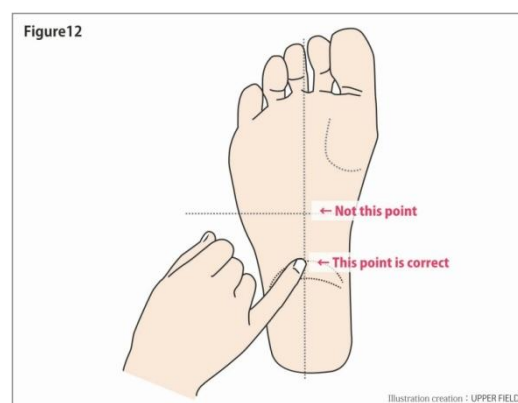
② Therapist, you gently steps on the instep of the client's foot with the sole of the foot and gradually puts on weight.

③ Client, you should feel the pressure and weight of the therapist's foot on your foot.

④ Therapist, you should feel how your foot is pushing the instep of the client.

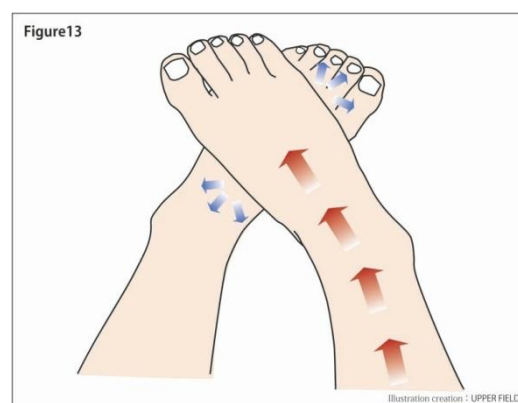
⑤ Therapist, you touches the chakra on the sole of your foot with the little finger of your hand for 10 seconds. Then step on the client's instep in the same way.

(**Figure 12**)



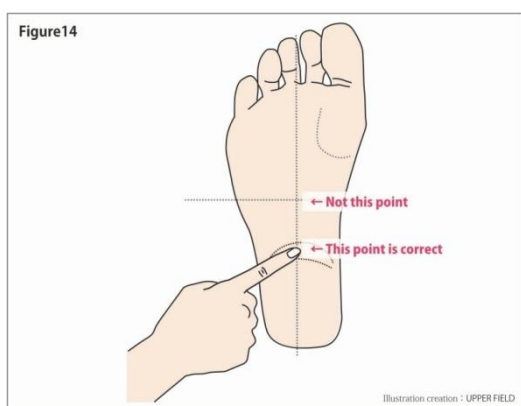
⑥ Therapist, do you feel that your feet are getting into the client's feet?

(**Figure 13**)



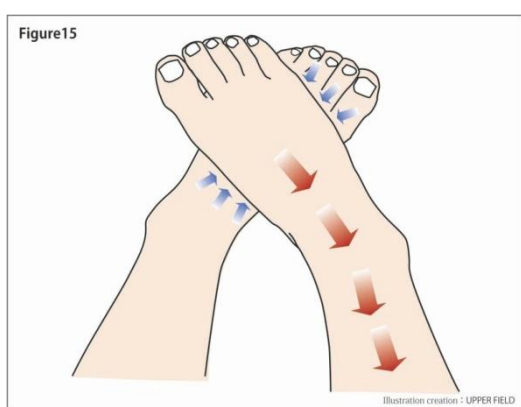
⑦ Client, do you see the therapist's legs are heavy, and it pushed your feet?

⑧ This time. Therapist you touches the chakra on the sole of the foot with the index finger of the hand for 10 seconds, and then steps on the instep of the client in the same way. (**Figure 14**)



⑨ Therapist, do you feel that the client's foot are sneaking into your foot?

(Figure 15)



⑩ Client, do you find that the pressure from the therapist is relieved and comfortable?

Explanation 4

If you touch the chakra on the sole of your foot for about 10 seconds with the index finger of your hand, it will turn into a " foot to suck up. "

When the therapist steps on the instep of the client's foot with a " foot to suck

up. " the client's fatigue enters the therapist's foot. From the client's point of view, it's easy because it absorbs client's fatigue, but the therapist's body becomes painful. On the other hand, if you touch it with your little finger, it becomes a " foot to put out. "

In the case, the therapist's fatigue is sent to the client, so the therapist becomes more and more comfortable, but the client is in a state of " feeling good by pressing, but getting tired for some reason. "

In this way, the sole of the foot can be used for both the exit and the entrance.

Experiment 5

Experiment 5 / An experiment in which one foot is set to "foot to suck up" and "foot to put out", and the foot is returned to the earth without receiving the fatigue sucked up by the sole of the foot.

Things to prepare / Keep barefoot

Experimental style / Two people

If you are a therapist who has a foot-stepping style of treatment, I have an idea I want you to carry out.

Therapist, you touch the chakra on the sole of client's foot with your index finger and write an "x mark" to stop the chakra working.

- ① Clients and therapists will experience the same thing alternately.
- ② Therapist, you decide the foot for the treatment to step on the client, and the other for the pivot foot.
- ③ Therapist, you touch the chakra on the sole of the foot used for the treatment with the index finger for 10 seconds. Make it a "foot to suck up."
- ④ This time, it is the setting of the pivot foot for therapist to stand.
- ⑤ Therapist, you divide legs into two legs already, one for the treatment and

the other for stand. In this state, step on the client with just the foot that steps on the client, and try the treatment as usual.

- ⑥ Therapist, do you understand that even though your foot goes deep into the client's body, and you do not feel the damage by sucking up the client's fatigue?
- ⑦ Client, do you understand that you have not received the therapist's fatigue? Do you find it comfortable?
- ⑧ Therapist, you used your foot properly, the energy of fatigue flows as shown in **Figure 16**.



- ⑨ Please change the roles of the therapist and client and experience the same thing.

Explanation 5

The therapist clearly separated the foot on which for step the client and the other foot for stand, and each has a determinate function. It will be in a state of "suck up the fatigue of the

client with the stepping foot and returning the fatigue from the pivot foot to the earth. "

This works not only on the ground, but also on higher floors such as condominiums, so the therapist can protect yourself and your clients.

It will be an indispensable device to further enhance the effect of the wonderful foot treatment that you have practiced so far.

It makes sense to put these four experiments first, ahead of color care.

What I got from these four experiments is the following four understandings.

I There is a chakra on the sole of the foot

II It becomes an exit of fatigue

III It becomes an entrance to absorb fatigue

IV It can be easily adjusted with one fingertip

What all the statements in this book have in common is the fact that " chakras are present in the body and can be specifically activated with proper care. "

First of all, I decided to introduce this experiment so that you can grasp this fact with your body and consciousness.

I would like you to share the important point of the basics, and move on to the main theme of this book, experiments

using colors.

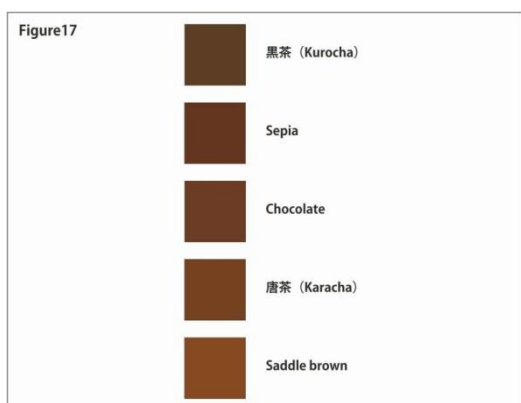
Experiment 6

Experiment 6 / Dark brown experiment to discharge fatigue from the sole of the foot

What to prepare / 1 cm square dark brown piece of paper (felt), cellophane tape

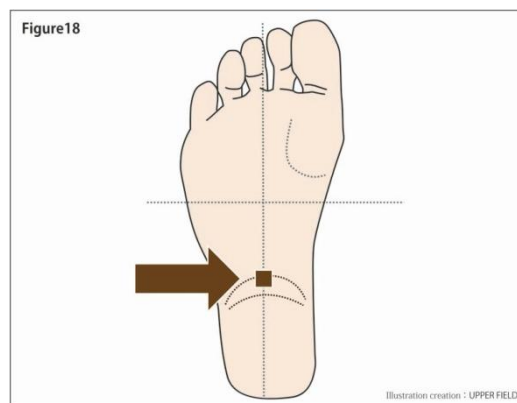
Experimental style / Can be alone or in pairs

Figure 17 / Dark brown example that resonates with the chakra on the sole of the foot



- ① You can be alone or in pairs.
- ② Write an "x mark" on the chakra on the sole of your foot with your index finger to stop the fatigue go out.
- ③ Cut dark brown paper or felt into 1 cm squares and stick them to the chakras on the soles of your foot.

(Figure 18)



④ Check that the energy of fatigue is ejected again from the chakra on the sole of the foot.

⑤ When experimenting with pair, please feel the “ state of discharge ” such as the “ strength, speed, and amount of discharge ” of the energy of the other party's fatigue.

Explanation 6

When you stick dark brown on the chakra on the sole of your foot, it will become a " foot to put out. "

In other words, the function of the chakra itself on the sole of the foot prioritizes the function of " put out the fatigue. "

This dark brown experiment revealed that the " foot to suck up. " confirmed in

Experiment 4 is a special use of chakra.

The key was that " when you stick a dark brown color on the sole of your foot, it will become a foot to put out your fatigue. "

This fact is the key to solving the mystery of " why the color of the whole chakra is placed there. "

Dark brown has a long wavelength in visible light and is located near the boundary of whether it can be recognized as a color or not. (**Figure 19** and **20**)

Figure 19 / Arrangement of visible light, ultraviolet rays, and infrared rays

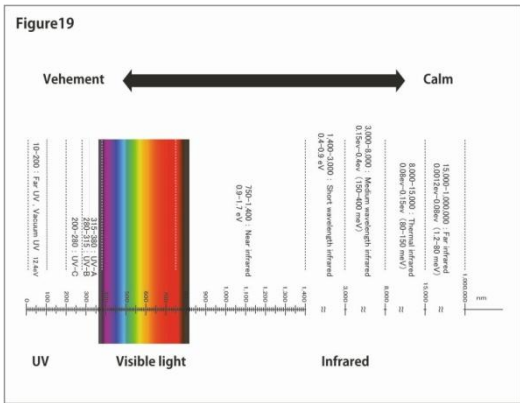
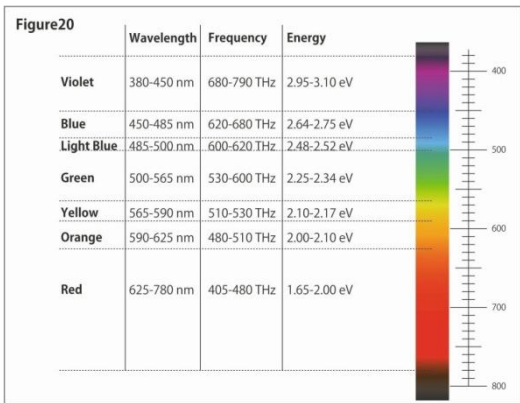


Figure 20 / Color arrangement in visible light



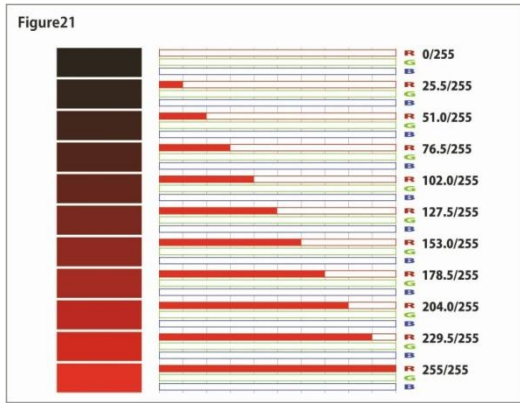
Both created using Wikipedia data

In the widely known description of the main chakra, it is activated in order with age from the 1st chakra to the 7th chakra.

The sole of the foot is a place that is activated faster than the 1st chakra. Wavelengths shorter than the dark brown wavelength (wavelengths that oscillate more actively than dark brown) are red, and red corresponds to the 1st chakra.

Dark brown has a longer wavelength than red, and vibration is gentle.

Figure 21 / Dark brown indicates when red ends



Meaning of dark brown

As I will show again in **Explanation 53-2**, there are two types of colors that we can

see with our eyes.

It is a mechanism based on the three primary colors of light (red, blue, green) and a mechanism based on the four primary colors of printed matter (red, blue, yellow, black).

The brightness (brightness) of the three primary colors of light is adjusted in steps of 0 to 255. If all three colors are 0, it becomes pure darkness, and if all three colors are 255, it becomes pure white (light itself).

For the four primary colors of printed matter, the color depth is adjusted from 0 to 100%. If all four colors are 0, the color is pure white, and if all four colors are 100%, the color is pure black.

The body matches the colors created by the three primary colors of light.

However, the color must exist as a " thing " to be attached to the body, the color created by the four primary colors of the printed matter is " substitute. "

The dark brown color that corresponds to the chakras on the soles of the feet is also based on the wavelength of light.

Dark brown in the three primary colors of light is obtained by darkening the red color.

The reason why the body reacts to dark brown is not the brown made by mixing other colors, but the brown that appears by darkening the red. The reason is that the brown color obtained by darkening the red color means " when the red color ends. " In terms of the time axis, the

infrared region is not " before the red color starts " but " when the red color ends. " The beginning of the universe was extremely hot in a small space, but with the passage of time, the space expanded and the temperature dropped. The light vibrated violently, but the wavelength increased as the space expanded. If I explain the color from the flow of time, the one that vibrates violently is the start, and the vibration becomes gentler. is the end.

The chakra is a natural principle, rather than there is a meaning in brown made by mixing a variety of colors, there is a meaning Precisely because the time the red ends.

Why you need a part that starts moving before the 1st chakra

When the fetus is going to be shaped, there is a life activities that make the body. Even in this first life activity, there is fatigue to be eliminated. Fatigue must be abandoned so that it does not remain in the fetal body. The work of abandoning this fatigue is concentrated on the sole of the foot as the fetal body is formed. The corresponding color was dark brown, which has a longer wavelength than

red.

Also, this mechanism has very important implications. Once a person is born, he stands on his feet. The sole of the foot is the part that connects to the Earth.

The original human ancestors were born about 1.8 million years ago, Although humans have lived for 1.8 million years, they are still not born on the premise of wearing clothes and shoes. As usual, the soles of the foot are set to connect to the earth.

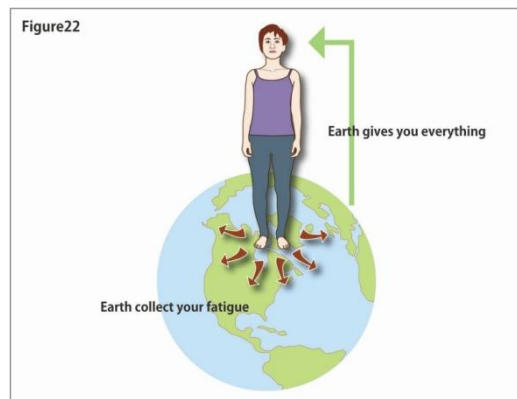
There is no willing to hurt people with disabilities. When the bird's-eye view of the human being as a species, the feet has given such a role. I just want to talk about that.

When a human dies, the body is decomposed by cremation, burial, burial at sea, sky burial, and wind burial.

We use the elements contained in the Earth to compose our bodies, our bodies are 100% returned to the Earth. There is nothing in the body that does not return to the Earth. Some things, such as skin, bones, and hair, tend to remain, but that doesn't mean they won't return to the soil.

Human life and death, is the circulation of materials and energy between the Earth and human beings. Daily activities such as breathing, eating, and excretion are also circulation with the Earth. The discharge of fatigue from the soles of the foot is also a circulation with

the Earth, and our fatigue is a nutrient for the Earth. (**Figure 22**)



No matter what happens, human beings are never born on the premise of wearing shoes.

This is because the " rule of living creatures on the Earth " is to constantly return fatigue to the Earth by connecting the soles of the foot to the Earth.

Once you have the born on the premise that wear the shoes it, break the relationship with the Earth, because it is choice of quit to live on Earth, it does not happen.

In urban life, people intentionally take off their shoes and do earthing on the beaches and parks.

That is not an unconscious act, but a special act that is intentional, albeit with a relatively low hurdle.

For creatures that live barefoot, this cycle is completely unknowingly established just by living.

It is clear that the structure of the human body was originally a condition

for living in that way. To know the chakra on the sole of the foot, it is important to know which way to open it and what to use it for. However, it also teaches us that human beings live a life that deviates from the proper way of being as a living thing.

In this way to issue the fatigue from the sole it is very important. when you receive the fatigue of others, you get tired. The challenge is how to effectively get rid of fatigue and not receive it, or reduce the impact on third parties. The following knowledge is quite useful. If you're not feeling well, or if your family isn't feeling well, or if you're a therapist practicing at a salon, remember this knowledge.

Experiment 7

Experiment 7 / Plant mediation ...
Return fatigue to the Earth

What to prepare / Vegetable chips, weeds, freshly fallen roadside tree leaves, etc. " living plants "

Experimental style / Can be done alone

- ① Prepare a scoop of leaves that have fallen from the trees in the garden, weeds that have been weeded, and vegetable scraps that were cut when cooking. You need to prepare a plant with living cells.
- ② You should wrap these plants in a black towel to prevent the light from the outside world from reaching the inside. If it is damp, put it on a plate and wrap it in a black towel. The light should be completely blocked. Do not cover it with a black plastic bag or can as it requires air circulation. (**Figure 23**)



- ③ By the above mentioned " method of sticking a dark brown piece of paper on

the sole of the foot to discharge fatigue, " the chakra on the sole of the foot is opened outward to release fatigue.

- ④ You should sit on a chair or floor and place your feet on a black towel wrapped with vegetable chips.

- ⑤ Can you see that the energy discharged from the sole of the foot is absorbed by the plants in the towel?

- ⑥ While the plants are absorbing your fatigue, you can get a feeling that the air in the room is cool and comfortable. Then, when the plant capacity reaches the limit and you can no longer inhale, the temperature of the room will rise and other changes will occur. This is the end of the first stage of the experiment. If you don't mind burying the plants used in this experiment in the ground, such as your garden, bury them as much as possible and return them to the earth. If you cannot do this, please follow the normal garbage disposal method.

Explanation 7

Living plant cells absorb the energy of fatigue. By wrapping the plant in a black towel and blocking the light. When light leaks through the gaps in the towel, the plants also try to put out the fatigue. This experiment is successful by wrapping the plant tightly in a towel and making it " night. "

The amount of plants used is about one with both hands for one person's fatigue. The plants stop to absorb, changes such as a rise in room temperature will occur, so you will know immediately. Fatigue, which should be returned directly from the sole of the foot to the Earth, cannot be returned because the connection is broken, so we have the cells of living plants mediate it. Please return to the Earth in the state of living cells as much as possible. That is, throw it away on the soil or bury it on the soil. This plant mediation plays an important role in studying chakras.

As you experience the contents of this book, you will find many things that are easier to understand if you do group work. As several people activate their chakras in one room, a surprising amount of fatigue energy erupts. Fatigue energy accumulates quietly from the floor like carbon dioxide. Then, you will feel that the room temperature rises, you feel stuffy, and the body odor of the person in the room suddenly becomes stronger. In old wooden houses, the heavy air quickly escapes. But, new reinforced concrete condominiums are difficult to remove the fatigue energy. This is difficult to remove even if you open the window and ventilate.

I had the following experience with this. In the room of the latest tower apartment, while I was having a study

session with several therapists, all the participants including me gradually became difficult to breathe due to the exhaustion, and at first I was sitting on the floor. We stood up, but it was still painful, so we had to stand on a chair and breathe.

It was an experience to understand the nature of fatigue accumulating quietly. I think this is easy to experience if you try it with a few people.

There are purification methods such as burning incense, but it is faster to use the plant mediation shown here. Also, those who are not in good physical condition have a lot of fatigue, so it is better to get rid of that fatigue. It's the same whether you live alone or with your family, and you'll be mediated by plants to avoid being affected by what you put out.

In the room where the therapist treats, you can replace the " towel-wrapped plant " for each client, or after the day's treatment, put it under the treatment bed and throw it away the next morning. Although it is a foliage plant, in the case of potted plants, when the room is pitch black, the fatigue in the room is sucked in, but in the morning, the accumulated fatigue is excreted. This is because potted plants are not connected to the earth. Therefore, please think about establishing a cycle between your fatigue and the Earth.

By the way, there is also such an experiment as a way to visualize that fatigue is the nutrition of the Earth. This photo is of the therapist's garden who did this experiment. (**photo 1**)



In the 2020 experiment, The left photo is April 10th. The right photo is April 15th.

After **Experiment 7**, it was thrown away at the root of a plant that grows naturally in the garden. At a later date, the plant will grow faster only on the side that was thrown away. The soil becomes healthy and the energy is transmitted to the plants. The dying plant absorbed fatigue as a nutrient and regenerated. How powerful would the Earth be if many people were able to actively perform earthing and return fatigue directly to the Earth? Isn't it exciting to think about that?

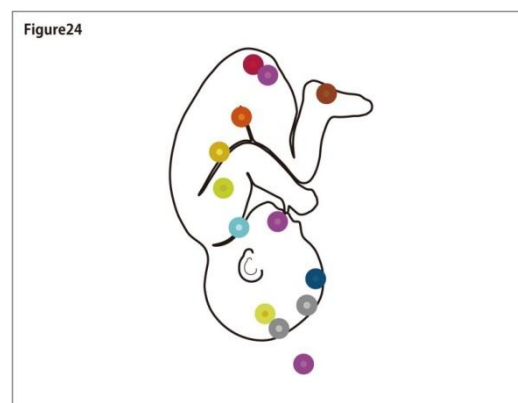
The reason for this color is there

This big mystery was solved when I realized that the dark brown sticking on

the chakras on the soles of my foot worked in the same way as my manual care.

This figure is the basis of the chakra.

(**Figure24**)



This looks like a picture, but it's a map of the body, not a picture.

When I discovered this fact, I wondered how to leave it in the world and registered the map itself as a trademark. (Registration No. 6075696)

This map is left permanently in the institutions of the Japanese government's Patent Office, anyone can see this answer from all over the world. This allows me and those born after your life to know the truth.

The foetation is in the womb.

He is floating in the sea of light coming from the sun

It was not surprising that I couldn't get

an answer no matter how many years I looked at **Figure 4** at the beginning.

The fact that the chakras are in the body proves that when humans emerged in this world as physical beings, they were given the energy needed to move them. It activates with color. The color is light. In our case it is activated by the sun.

All living things on the earth depend on the earth. And the earth is 100% dependent on the sun. The essence of the system of a huge solar system is reproduced in a small body of about 100 to 200 cm on the earth even as an adult. We use this light as energy to move our bodies.

Therapists who care for chakras with scents or sounds should also remember " The essence of chakra care using color / resonance." By using color, it becomes clearer that " the body is both an object and light ", and your method becomes even deeper and more attractive. The array of colors contained in visible light is reproduced in the same array as visible light, in a straight line from our head to our feet. And it was placed at the time of the fetal.

By unraveling the secret of the 8th chakra, which will be described later, we can see that the timing when the chakra mechanism was given was when the body appeared, that is, when it was

a foetation. This mechanism was given because it has a purpose. There can be no such a lean and wonderful mechanism without a purpose. Its purpose is to control the body that puts in and moves your life as you emerge into the world.

This also makes it clear that the main character of our existence was " life itself " struggling without mastering this existence. When I understand this, I also realize that I was given a clue to live my life before I realized that I was struggling.

Originally, life was designed so kindly. Incredibly kind is our blueprints and design philosophy. This is the " reason why colors can be used to activate chakras " and " why the colors are in that position. " In this way, I was able to grasp the outline of the mystery.

However, by seeing the outline of the mystery, a deeper mystery became clear. Who drew this mechanism? Why is this mechanism common to all? This will not reach the answer unless we take a deeper look at the reality of life, even beyond the physical body. Roughly speaking, it's about the realm of God. I can only say " I have surrendered " and " Thank you " for that.

I want to bow my head on the existence that gave me this mechanism.

I would like to bow my head on the existence that gives me the power to

live by using this mechanism.

I would like to bow my head on people who are suffering without knowing how to use their existence without knowing this mechanism.

And, I want to honor the people who start the action for oneself and others by understanding how this works.

There are many things found in this study that can help to make your life easier. Unfortunately, humanity has forgotten that fact for a dauntingly long time, and because of it, it suffers more and more. Now, following the foot of the chakra let's unravel the mystery of the next main chakra.

About the 1st chakra

What happens when the 1st chakra is activated? The energy of the Earth enters the body. The 1st chakra is in a delicate place, so the experiment is divided into a part with the cooperation of a partner and a part to be done by oneself.

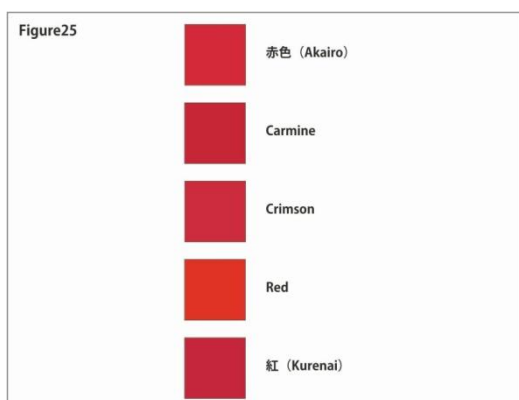
Experiment 8

Experiment 8 / Activate the 1st chakra with color

What to prepare / 1 cm square red piece of paper, cellophane tape

Experimental style / There is a part to be done by oneself and a part to be done by two people (therapist and client).

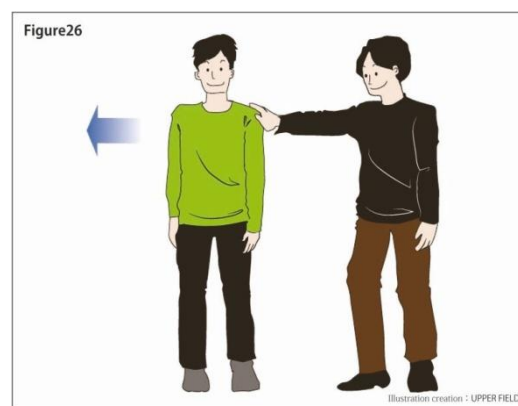
Figure25 / Example of red that resonates with the 1st chakra



① Client, you take a standing

position, and firmly hold out.

② Therapist, you will try to poke the client's shoulder from the front, back, left and right. It is dangerous to push it too hard, so please be careful about the amount of force. **(Figure 26)**



③ Client, you should check how much power, you have to put in so that you will not fall down.

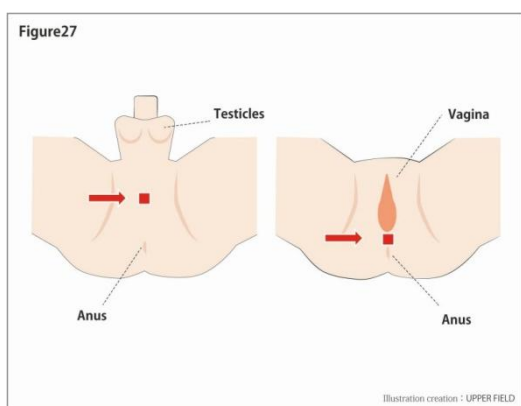
④ Please understand that it is very difficult for client to continue to demonstrate their power.

⑤ Client, you relax while standing.

⑥ Therapist, when you push the client from the front, back, left and right, please experience that the client can not resist and stagger immediately.

⑦ The 1st chakra of the male is located between the testicles and anus. The 1st chakra of the female is between the vagina and anus. Stick a red 1 cm square piece of paper here. It is enough from the top of the underwear.

(Figure 27)



Note # 1 Please be careful as hair loss may occur when peeling off. For male, if you put it on loose underwear such as trunks, it will separate from the skin and will not work, so in that case, put it directly on the skin.

Note # 2 Select a material that is safe enough to prevent the skin from being rashed or scratched by the components of the tape or piece of paper.

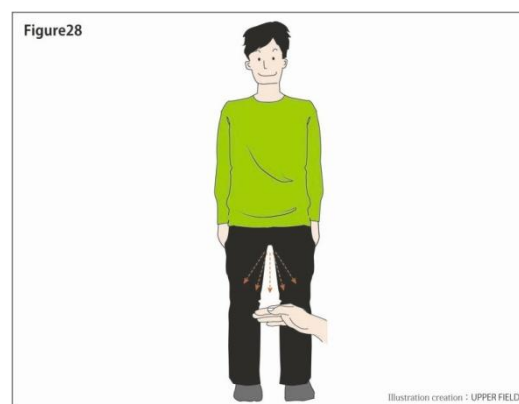
Note # 3 There is a delicate place, the client should paste it by himself.

⑧ Client, you stick a piece of red paper on your 1st chakra, perform the same experiment as before and experience the difference in results.

⑨ Client, do you see that, you can stand firmly without being particularly conscious of it or putting in the power?

⑩ Please touch the space around the client's knees.

(Figure 28)



⑪ Can you feel that there is a lump of hot air?

⑫ Swap the positions of the therapist and client and do the same experiment.

Explanation 8-1

When the 1st chakra is activated by red, the energy of the earth enters the body from this place. This energy enters even when you are just standing. This experiment reveals a very scary fact.

We were standing and moving our bodies with our own muscles. All the constituents of our body are in the Earth. Our body is assembled by those constituents. Therefore, our body is the same component as the Earth. Nevertheless, we were trying to stand and move without using the power of the Earth, which is one with ourselves. How many years have you passed since you decided to act on your own without receiving the benefits of the Earth? If

you are 30 years old, it will be 30 years. All the while, the body fatigue progresses, so tired, regardless of whether or not feel at the surface consciousness, vitality as living creatures is the state that do not have enough. That's very scary.

color to care for chakras. Conversely, if you remove a specific position and color, it will not work, and depending on the combination, malfunction will occur. You can wear red pants, but the chakras that explicitly reject red will malfunction. So instead of wearing red pants, I try to stick them pinpoint.

Explanation 8-2

The body becomes stronger when the 1st chakra is activated. It's hard to understand from the appearance and atmosphere, but even people who look delicate can be strong. In addition, it is an experiment in which heat and pressure are sensed in the space between the knees after the activation of the 1st chakra, but the pressure and temperature differ from person to person. This will be an interesting experience, so please try it out with various people.

Explanation 8-3

When explaining the action of the 1st chakra, it is often said that " then you should wear red pants!. " I don't recommend this. The reason is that the red piece of paper used to activate the 1st chakra is only 1 cm square.

" Specific color " is applied to " specific chakra. " This is the basis for using

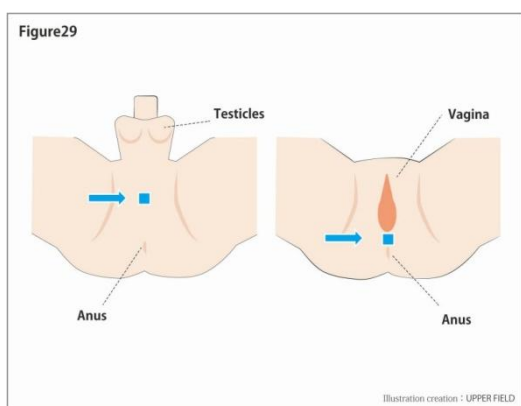
Experiment 9

Experiment 9 / Malfunctions when blue is stuck on the 1st chakra

What to prepare / 1 cm square blue piece of paper, cellophane tape

Experimental style / Two people

① The same thing as in **Experiment 8**, but remove the red piece of paper stuck to the 1st chakra, and stick a piece of paper and blue. (**Figure 29**)



② Try pushing from the side according to the procedure of **Experiment 8**.

③ Follow the procedure in **Experiment 8** to put your hands in the space between your knees and check if you feel heat.

Explanation 9

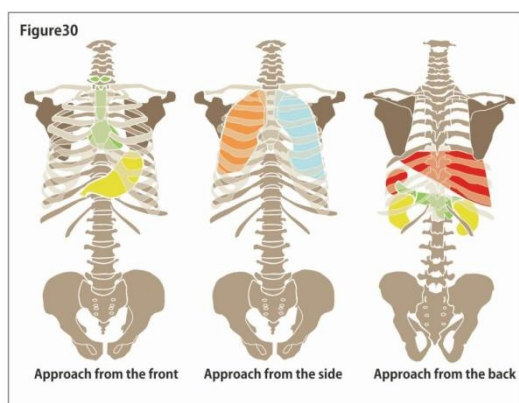
You'll find that your body gets cold soon after you remove the red piece of paper from the 1st chakra and replace it with a blue piece of paper. The client will be in a standing position. When the therapist pushes the client's body from the side, the client becomes unbearable and staggers. Also, if you look at the heat in the space between the client's knees, you'll see that it's cold.

This means that the chakras have a corresponding color and will not rejuvenate the body unless the color is applied properly.

Activate the sub chakra connected to the main chakra

The experiment will become even more interesting. The internal organs have sub chakras. It shares work with the main chakra and is connected to the main chakra.

It is divided into three directions, front, back, and side of the body, depending on the ease of approach. (**Figure 30**)



Experiment 10

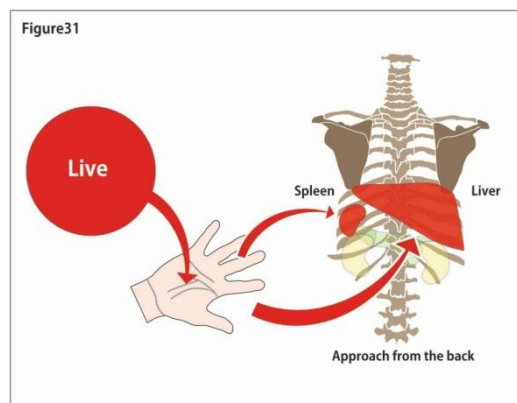
Experiment 10 / Supplement the theme of the 1st chakra with the sub chakra

What to prepare / Nothing in particular

Experimental style / Two people

The main theme of the 1st chakra is "live." Let's strengthen this energy by activating the organs connected to the 1st chakra.

- ① We will do it in pairs.
- ② Therapist, you stand on the back side of the client and examine the positions of the liver and spleen. The liver is located in a large area (volume) under the right scapula, but the easiest place to care for is around the 8th to 10th ribs on the right. The spleen is around the left ribs 9th to 12th.
- ③ Client, you should experience the weight of your body when standing. Also, lift a slightly heavy object such as a bag or chair and feel the weight.
- ④ Therapist, you should bring your hand close to your mouth and say "live."
- ⑤ Be aware that the message "live" is on the palm of your hand, touch the position of the client's liver and spleen from the back side, and push in that message. (**Figure31**)



- ⑥ Client, do you feel your body will become hot? Do you see that the upper body has become lighter?
- ⑦ Client, you should lift the bag or chair. Do you find yourself stronger and able to lift them lightly and easily?

Explanation 10-1

This is an experiment to find out that the 1st chakra is connected to the liver and spleen. Pushing the 1st chakra theme, "live" into the liver and spleen activates the liver and spleen. The power of the liver is strong, this message will have a greater effect on the whole body when pushed into the liver. Therefore, it becomes easier to feel the improvement of the body.

Explanation 10-2

The energy of "live" controlled by the 1st chakra is the stage before the ego sprout, and it is important to establish

it as a living thing, so the care by
message is not " I live " but " live. "

Experiment 11

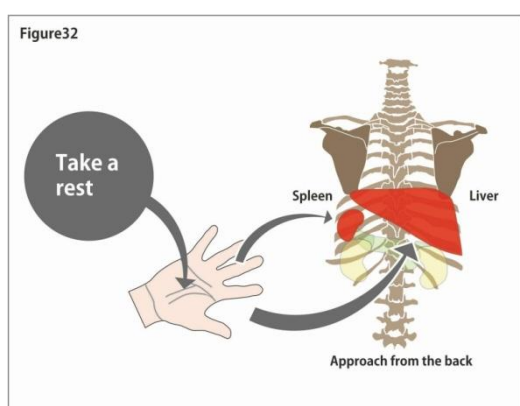
Experiment 11 / Activate the liver and spleen with red

What to prepare / 1 cm square red piece of paper, cellophane tape

Experimental style / Two people

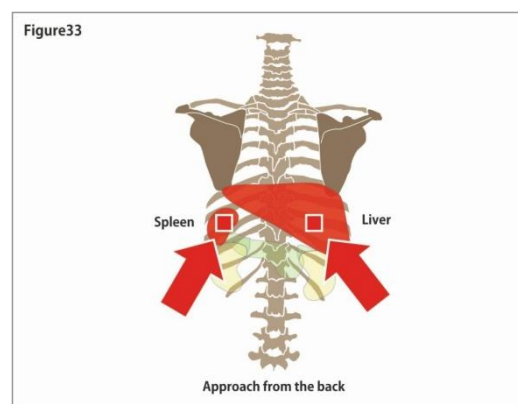
① Therapist, you put your hand on your mouth and say aloud, " take a rest. " From the back of the client, push the message into the liver and spleen, recognizing that the message " take a rest " is on the palm of your hand.

(Figure32)



② Client, you stand, and you check how heavy your upper body is.
 ③ Client, you lift a slightly heavy object such as a bag or chair. and check the weight, and check further, should you use how much the power to lift it.
 ④ Therapist, you stick a red 1 cm square piece of paper to the client's liver and spleen from the back side.

(Figure33)



⑤ Client, do you feel that you gets hotter and the upper body get lighter?
 ⑥ Do you feel that when you lift the bag or chair, it lifts lightly?

Explanation 11

By pushing the message " Take a rest " in advance of **Experiment 11**, the organ will temporarily release the activity created in **Experiment 10**. The client felt heavier and heavier when he lifted the bag and chair.

The liver and spleen are connected to the 1st chakra, which can supplement the theme of the 1st chakra, " live. "

In terms of color, it is proof that they are connected in red, so the sub chakras in the liver and spleen are also red.

Experiment 12

Experiment 12 / Feel the energy ejected from the liver

What to prepare / Nothing in particular
(continuation of **Experiment 11**)

Experimental style / Two people

① This is a continuation of **Experiment 11**.

Therapist, you turn in front of the client and hold the back or palm of your hand, over the liver and spleen. (**Figure34**)



② Can you feel the high-temperature heat erupting from the liver and spleen hitting the palm of your hand?

③ Next, using the fact that the liver is a large and powerful organ, we will continue experiments on how energy is transmitted. Therapist, you should stand in front of the client, about 1 meter away, and hold the back or palm

of the hand so that it is aligned with the client's liver.

④ Do you see that the heat generated from the liver hits your hands?

⑤ Sensitive therapist, please try away two meters. If you feel the energy of clients liver, try it 3 meters away. Check in detail how far you have reached in that way.

Note # 1 Be careful that your hands are placed horizontally with the liver. Keep a horizontal angle when moving away from the client.

Explanation 12

Just stick a piece of red paper to activate these two organs. In particular, the liver is large and has a high ability to regenerate, so it has a large amount of energy from the beginning, and when activated, it becomes easier to feel changes in the sensation such as an increase in body temperature. I have sensed the energy of the liver at a distance of about 5 meters, so if you carefully experiment with it, you may be able to detect it even if you are farther away.

About the 2nd chakra

Activating the 2nd chakra will significantly change the functioning of the body. This change is essential not only for the general public but also for athletes.

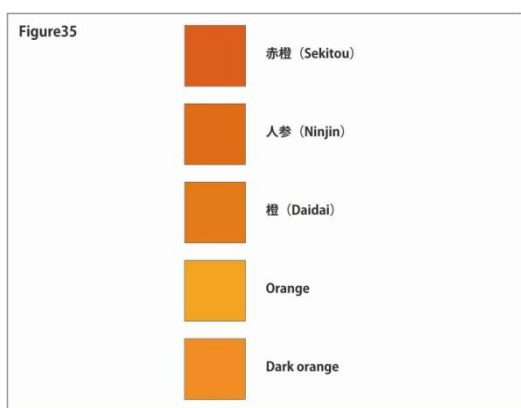
Experiment 13

Experiment 13 / Activate the 2nd chakra

What to prepare / 1 cm square orange piece of paper, cellophane tape

Experimental style / Two people

Figure35 / An example of orange that resonates with the 2nd chakra



- ① Leave a piece of red paper on the 1st chakra.
- ② Therapist, you will try to push the client's shoulder from the front, back, left and right in the same way as in

Experiment 8. If you push it too hard, it

will fall and it will be dangerous, so please adjust the force.

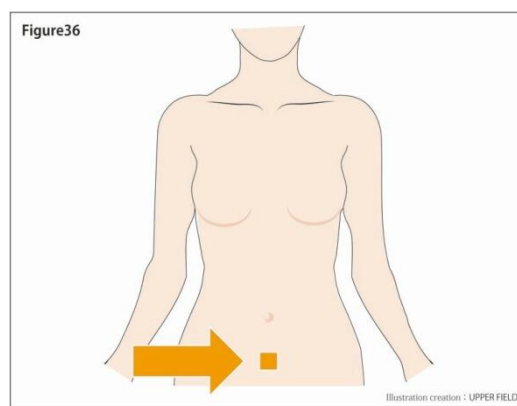
Client, you check how much force you need to step on to avoid staggering.

③ The 2nd chakra is about 8 to 10 cm below the navel. Client, you stick an orange piece of paper and slowly explore the area, there is a place where the piece of paper sticks to you.

The position of the 2nd chakra is slightly different depending on the person, so please find a place where this piece of paper will stick. If it is difficult to understand, first attach it to the center line of your body 8 cm below your navel.

If the change due to the experiment is reproduced, that position is fine, and if there is no desired effect, it is out of alignment, so repeat the adjustment.

(**Figure36**)



Note # 1 There is a delicate place. Client,

you should stick it by yourself.

Note # 2 If the relationship between the therapist and the client can be reassured, the therapist should take an orange piece of paper and explore the area around the 2nd chakra. Not only the client himself, but also the therapist who is another person can understand. This is a great learning experience, so be careful when working on it.

④ Therapist, you should try pushing the client from the front, back, left and right. If the orange color is correctly applied to the 2nd chakra, it will sway like a willow.

Explanation 13

Just by sticking a piece of red paper on the 1st chakra, it was a mechanism that could with stand being with its own strong force. However, when the activation of the 2nd chakra is also positive, the roots will remain firmly strong, rocking the body, it will be releasing the pressed the power.

The care of the 1st chakra alone is an earthquake-resistant structure. If you add the care of the 2nd chakra to this, it will change to a seismic isolation structure. The physical changes caused by the activation of the 2nd chakra are essential for athletes. Even just

strengthening the body by activating the 1st chakra will cause dramatic changes for athletes. In sumo wrestling where the body and the body collide, or in a competition like rugby, if your body itself surpasses the opponent's body itself, I think that activation of the 1st chakra is enough.

In reality, I think that there are many cases where the strength of the body itself is in competition, rather the opponent is inherently stronger. In that case, you will choose your own action based on the strength of the other party. If you can activate the 2nd chakra and reproduce the stability and fluctuation like a willow, the movement will be in line with your own thoughts.

Experiment 14

Experiment 14 / The singing voice changes depending on the activity of the 2nd chakra

What to prepare / 1 cm square orange piece of paper, 1 cm square blue piece of paper, cellophane tape

Experimental style / You can do it alone, but more than one person is more interesting

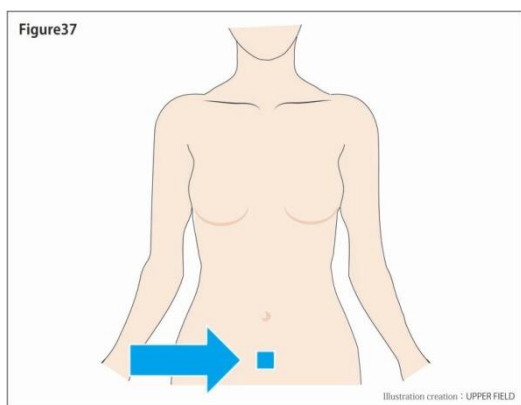
The care of the 2nd chakra is something that singers should know.

If you have ever take voice training, you may had a lot of effort getting a good voice.

The 1st step in creating " your true voice " that you have struggled to obtain is the activation of the 2nd chakra.

① Peel off the orange piece of paper from the 2nd chakra and stick the blue piece of paper to the 2nd chakra.

(Figure 37)



② Try to sing a song while standing. Please feel the sound and strength of the voice at this time. I think this state is close to " usually the feeling of singing. "

③ Peel off the light blue piece of paper from the 2nd chakra and stick the orange piece of paper.

④ Try singing the song again while standing. Please feel the sound and strength of the voice at this time.

⑤ Do you understand that the voice is strong and resonate.

Explanation 14

In this explanation, we do not intend to hurt anyone who has lost their voice or hearing due to illness or accident. By putting blue on the 2nd chakra, the 2nd chakra rejects the vibration and loses its energy. By correctly stick the orange color, the 2nd chakra will be activated, the body will become like the " body of the musical instrument ", and the voice will resonate. If you're a singer, you'll know that the care of the 2nd chakra is needed to sing.

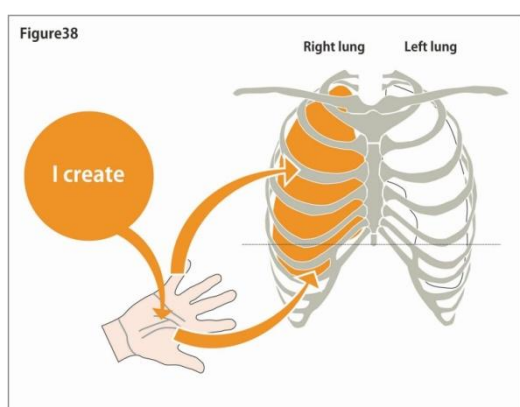
Experiment 15

Experiment 15 / Organ connected to the 2nd chakra ... Activate the right lung

What to prepare / Nothing in particular

Experimental style / Can be done alone

- ① First of all, take a nasal breath and check the amount of breathing.
- ② Turn both shoulders and check the weight and range of motion of the shoulders.
- ③ Bring your palm to your mouth and say "I create" aloud. Be aware that this message is on your palm and push it into your right flank (just below your shoulder joint). (**Figure 38**)



Note # 1 It is not "imagining" but "creating".

- ④ when the nose breathing, do you see that the amount of respiration only

right lung has increased?

- ⑤ Do you see that when you turn both shoulders, only the right shoulder turns easily and the range of motion increases?

- ⑥ In the same way, push the message "I create" into the left flank (just below the shoulder joint). But do you see that the respiratory volume of the left lung does not increase and the range of motion of the left shoulder joint does not increase?

- ⑦ Once again, bring your palm close to your mouth and mutter "I create."

Put this message in the palm of your hand. This time, push it into the part that has moved horizontally from the epigastrium to the right flank.

- ⑧ Confirm that the amount of breathing has increased.

- ⑨ Can you understand that the effect is stronger than when the message is pushed just below the shoulder joint?

Explanation 15-1

The right lung is connected to the second chakra. The main theme of the 2nd chakra was "creating", which was directly linked to survival, but the theme of the 1st chakra was physical survival itself. For verbal care, the 1st chakra is "live". At this stage, "live" is prioritized over "I live."

In the case of the 2nd chakra, the stage

of survival goes up one level, and the ego is added to the survival, so it is not "create" but "I create." Pushing this message into the right lung activates the right lung. The left lung is connected to another main chakra, not the 2nd chakra, so it does not react.

Explanation 15-2

The lungs are divided into upper and lower parts. The lungs are large and heavy organs, so it is said that men weigh 1 kg on the left and right, and women weigh about 900 g. When you lift a PET bottle containing 500 ml (about 500 g = the weight of one lung) of water to the height of your chest and then release it, it will fall at a tremendous speed, and when it hits the floor, it will have a considerable impact will occur. Please tighten the cap firmly. Please remember how it falls at a tremendous speed and how it violently hits the floor.

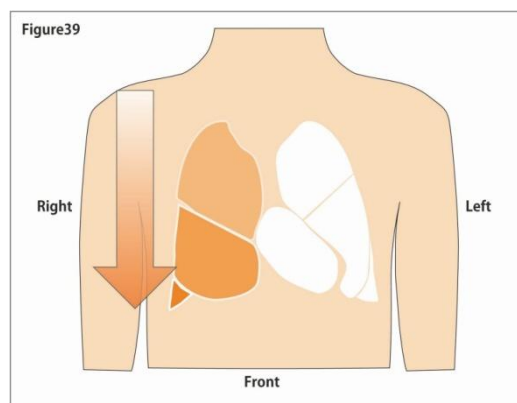
If only the lungs go out of the body while standing, it will fall toward the ground at a tremendous speed, just like when a PET bottle fell. This applies not only to the lungs, but to all organs and parts. Our bodies are there now, but they have the "potential to fall at a tremendous speed." You might think, "It doesn't fall because of the fact that it hasn't fallen now," but it's a matter of

gravity that underpins survival, so "must fall" is the correct answer.

Keep in mind this fact "it doesn't look like it's falling, but it's essentially continuing to fall." The human body establishes survival in response to gravity. However, in order to build and move the body based on gravity, the muscles can only store the power, and the body will eventually break. There is death after that fatigue.

It is our true form that what we do to live is the same as what we do to die. There is nothing meaningless in the work of life, so death is not evil. Life and death are life itself.

And the lungs also continue to fall toward the ground due to the strong force of gravity. As a result, the lower half of the lungs is incompletely functioning. (**Figure 39**)



If the lungs are not affected by gravity, it is floating in zero gravity. Only astronauts are in that state.

For non-astronauts, imagine the lower half of the lungs being crushed by the weight of the lungs themselves.

If you send the message " I create " to the lower half, where the power is weakened, the recovery rate will be high, and the reaction will be even stronger.

You should remember this. The lower half of an organ is crushed by its own weight. This fact, combined with the knowledge to activate the chakras, can also be used for other important cares.

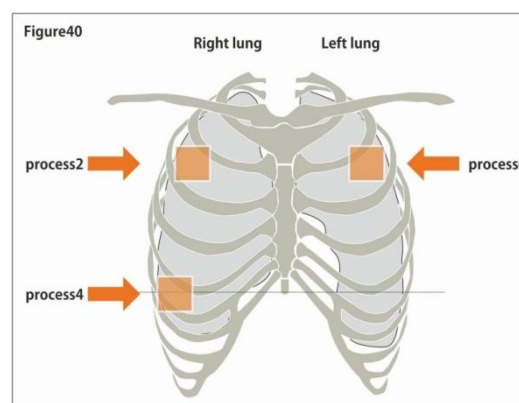
Experiment 16

Experiment 16 / Understand the 2nd chakra and the right lung connected by orange

What to prepare / 1 cm square orange piece of paper, cellophane tape

Experimental style / You can do it alone

- ① First of all, take a nasal breath and check the amount of breathing.
- ② Stick an orange piece of paper on the right flank (just below the shoulder joint).
- ③ When you have nasal breath, the amount of breathing increases only in your right lung?
- ④ This time, paste an orange piece of paper on the part that has moved horizontally from the epigastrium to the right flank.
- ⑤ Do you see that the amount of breathing in the right lung increased further when you have nasal breath?
- ⑥ This time, attach an orange piece of paper to the left flank (just below the shoulder joint).
- ⑦ Do you understand the left lung is the very stuffy? (**Figure 40**)



Explanation16-1

The orange sub chakra is the right lung. It is difficult for the lower part of the lungs to exert its original power, when an orange piece of paper is attached to the part that has moved horizontally from the epigastrium to the right flank, the range of recovery of respiratory volume will increase.

Explanation16-2

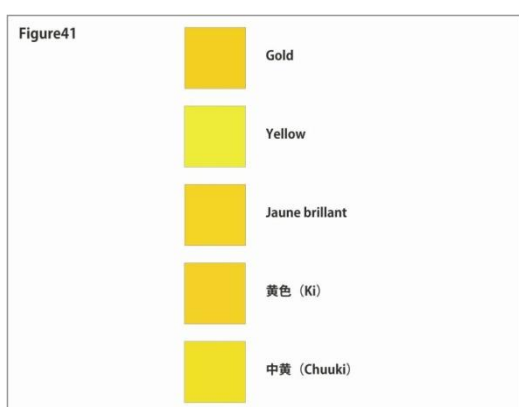
The orange color is the right lung. The left lung is a different color. I stick an orange piece of paper on my left flank and had difficulty breathing in my left lung because " the sub chakra in my left lung rejected the orange color. "

Pinpoint care is required to activate the chakras with color. Please note that " there is a color to reject " is important for knowing the chakras.

About the 3rd chakra

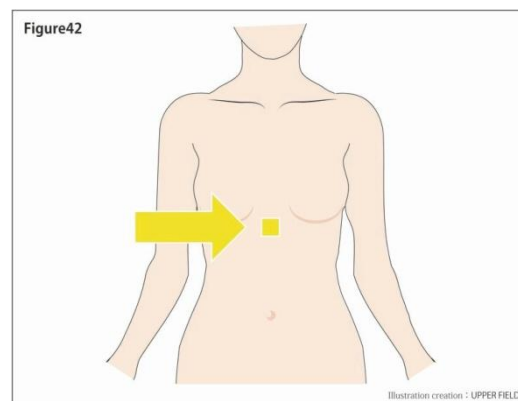
Unlike the previous two, the 3rd chakra may not feel a big change, but please try this.

Figure 41 / Yellow example that resonates with the 3rd chakra



epigastrium.

(**Figure 42**)



④ If you put your hand on the epigastrium and measure the temperature, do you see that it is getting warmer?

⑤ When you recall the unpleasant things again, do you see that the unpleasant feeling of atrophy has disappeared?

Experiment 17

Experiment 17 / Activate the 3rd chakra

What to prepare / 1 cm square yellow piece of paper, cellophane tape

Experimental style / You can do it alone

- ① Check the temperature by touching the epigastrium yourself.
- ② Remember what you didn't like about your past experiences. And, please understand the unpleasant sensation that your heart is atrophied.
- ③ stick a piece of yellow paper on the

Explanation 17

The 3rd chakra as the main chakra is yellow, and the stomach as the sub chakra is also yellow. They are in almost the same position, activating the 3rd chakra as the main chakra in yellow also activates the gastrointestinal tract. Therefore, the temperature rises to the extent that you can feel it. People with chronic stomach pain will feel better, and those who are worried about stomach upset after eating will also feel better.

It is very important to stick yellow on the 3rd chakra for those who have mental stress. The 3rd chakra is the place that produces the power to admit their own. Stick yellow here is to grow the power to recognize yourself. In other words, a person who is atrophied by remembering something unpleasant is a person who has a weak power to admit himself.

The 1st and 2nd chakras are directly linked to survival, they are already in motion at the time of the foetation. It develops rapidly at an early age. The 3rd chakra is the power to recognize yourself. It is said to grow in the early teens. I also think that growth at this age is exactly the same.

Those who are aware of the wound do not need to be aware again

People who are atrophied by remembering what they dislike will feel even more clearly disgusted when they remember what they dislike in their early teens. Please do not try this experiment for those who are aware that there is a big crack in your mind of that time. Please read only for the purpose of obtaining the information. If you had a traumatic experience when

you were teenager, there will be moments as adult when it's hard to recognize yourself in some way. Some people usually act as if they are confident, but some people make a mistake when it comes to an important situation. So many people don't have enough power to support themselves. However, considering the social life of human beings, it is more or less, and in this era, it will hurt the mind and body. Everyone should be seen as hurt, as teens cannot be left unharmed.

In order to solve this, there are also therapists who perform specialized treatments to heal the inner child. Even more convenient as an aid to the care of such specialists is the care of sticking a piece of yellow paper on the epigastrium.

Experiment 18

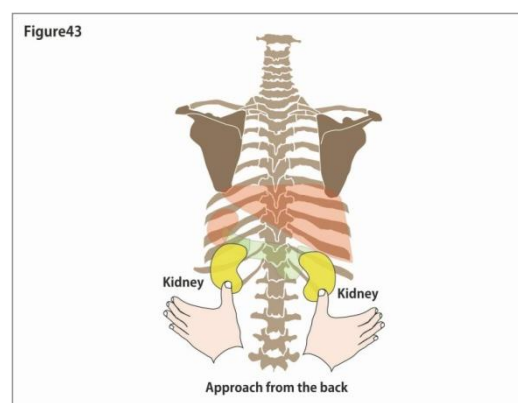
Experiment 18 / Know the strong power of the 3rd chakra

What to prepare / Nothing in particular

Experimental style / Two people

The 3rd chakra as the main chakra is yellow. The kidneys are connected to the 3rd chakra with yellow energy.

- ① It will be a pair of two people.
- ② Therapist, you stand on the back side of the client.
- ③ Client, you should be aware of how much power using to support your upper body while standing and how heavy feels. Also, be aware of the anxiety in your heart.
- ④ Therapist, you look for the client's rib number 12. It is easier to understand if you put your hand on the area that turns slightly from the side to the back and slide it down.
- ⑤ While touching the bottom of rib No. 12, head toward the spine from there.
- ⑥ The right kidney is between the spine and the right flank. The left kidney lies between the spine and the left flank.
- ⑦ At the midpoint between the spine and flank, push your thumb deeply from under rib No. 12 and point your thumb toward the sky. (**Figure 43**)



It is easier to understand if you do it separately, not at the same time on the left and right.

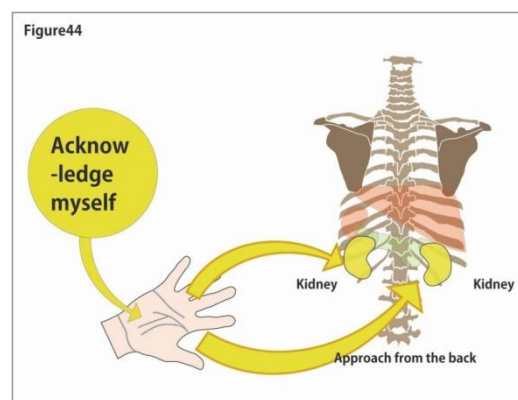
- ⑧ The client's kidney is very painful because either the left or right side is solidified.

In most cases, the kidneys on the side of the pivot foot are solidified.

- ⑨ Therapist, you take your hand off the client's kidneys, bring your palm to your mouth, and say aloud to the palm, "acknowledge myself."

- ⑩ Push it into the client's kidney from the back, thinking the message of "acknowledge myself" on the palm.

(**Figure 44**)



- ⑪ Client, do you feel your body become

lighter as soon as this message is entered?

⑫ Client, do you feel the anxiety has eased as soon as this message is pushed in?

Explanation 18-1

This is a way to regain energy using the sub chakra that is connected to the 3rd chakra.

Pushing the main themes of the 3rd chakra, " self-affirmation " and " self-awareness, " into the epigastrium from the front of the body does not work very well. However, it works very well with the kidneys on the back as the entrance.

Explanation 18-2

Regarding the kidney, the difference in hardness between the left and right depends on the path of your weight. The kidneys on the side of the pivot foot become stiff. Being stiff means less activity.

The relationship between gravity and the body ... The story of the pivot foot

Please forgive me as I have no intention of hurting person with disabilities.

When looking at the body as the " existence as a thing " it is inevitable to talk about the pivot foot. Humans are designed to stand on two legs when viewed from a bird's-eye view as a species. There is a big difference in how each person stands as an individual.

Of course, it can be with or without disabilities. And, not only that, also it depends on the way of life. There are many different individuals, but as a species, it can be explained that the body of a human being is the one that stands and walks with two legs.

I believe that the highest priority for two-legged work is " carrying this life somewhere. "

The job of the foot is to carry this life somewhere

Plants sprout with only a small amount of dust and soil. Plants can also sprout on building walls and metal doors.

(Photo 2)



Do you know why plants are aggressive and grow everywhere with even the slightest chance?

There is a source of life that "wants to be born" and "wants to be born." For the source, the mechanism by which plants are born is the best match for the environment of the earth, so it can grow in any place in a blink of an eye. With water, air and soil, plants can fulfill the life cycle of being born, growing, leaving offspring and dying. Plants are the most suitable for this world, the hurdles for birth are low and they are easy to be born.

It is human life that is hard to be born and hard to grow up. Moreover, because they like conflict, it is difficult to keep them alive. There is a precondition mismatch that humans cannot live naked, but are born naked. The fact that you cannot actually live on the condition that you are born naked means that there is something wrong with the way you live. At this point, I think we have overlooked something

important about the meaning of life. And after birth, you can't produce the nutrients, calories, etc. to maintain your body, so you have to walk to the point where you can get them.

When human beings try to live, "carrying this life somewhere" is the most important thing.

Human feet are divided into pivot foot and dominant foot, for life the highest priority of foot work is to "carry this life somewhere", so the foot must come forward. The dominant foot is lighter than the pivot foot. This is because the weight flows into the pivot foot more than the dominant foot.

A dominant foot plays the role of "putting it forward anyway." The pivot foot exists for support the dominant foot. If the left foot and right foot undertake 50% of the weight, there is always a 50% chance that the left and right foot will come out as the next step for each step. Regardless of whether unconsciously or consciously, "then either put the right foot, the calculation of the probability that either issues a left foot" is done at every step. It leads to the limit of walking distance and the limit of walking speed.

We are strange creatures born naked even though we cannot live naked. By calculating the probability of putting out the right foot or the left foot, the timing when you cannot walk will be accelerated. It is synonymous with

losing our survival potential. In order not to create the limit of walking distance, it is necessary to unknowingly move forward.

Feet that unconsciously move forward even when exhausted. Feet that can move to a safe place. Feet that can walk to where there is food. In order for you to live, you need to unknowingly move forward.

Strategies to increase the odds of human survival are possible because the dominant foot bears less weight. That is why "there is an pivot foot to create a dominant foot, the pivot foot is exist for support the dominant foot."

Axis rotation about a pivot foot

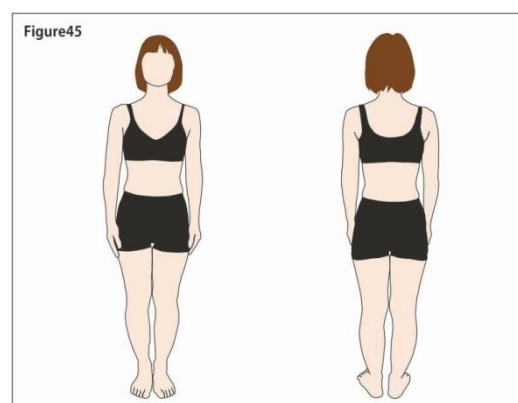
Do you know which your own pivot foot? By pivot foot was born, the entire body will cause the axis rotation about a pivot foot.

People whose right foot is the pivot foot, his body is rotating from right to left.

The other one whose left foot is the pivot foot, his body is rotating from left to right.

I will explain this.

This model (**Figure 45**) has a left pivot foot.



Can you see that the whole body is tumbling to the left side?

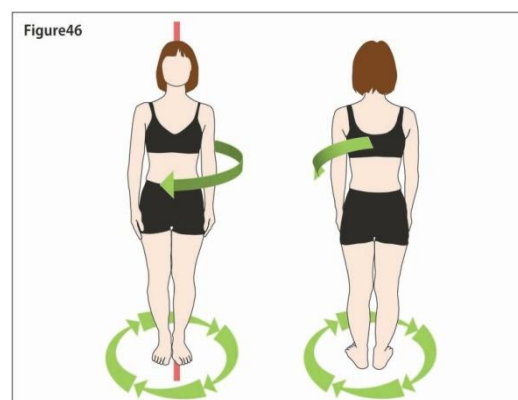
This body undergoes axial rotation from left to right.

Rotation is the result of the resultant force of power in two or more directions. This model has a left-pivot foot, so it tumbling to the left side.

And she will not to tilt her body to the right side, She tilt her body to forward.

In this way, she tries to release the force of falling to the left in a different direction. Then, the power of two or more directions of "left" + "forward" is generated, and the axis rotation starts.

(**Figure 46**)



Experiment 19

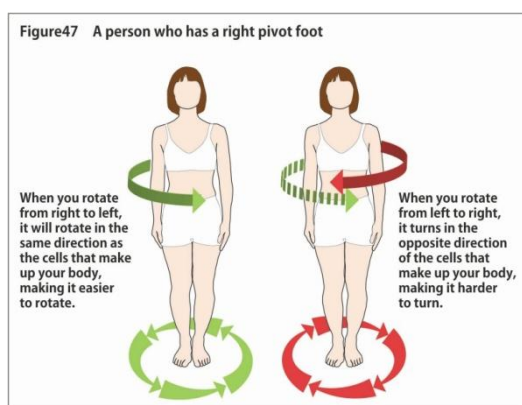
Experiment 19 / Know the axis rotation

What to prepare / Nothing in particular

Experimental style / Can be done alone

- ① Please stand in a safe place.
- ② If you have a right pivot foot, try turning from right to left.
- ③ Now, try turning from left to right.
- ④ Do you see that it is easier to turn from right to left and awkward from left to right?

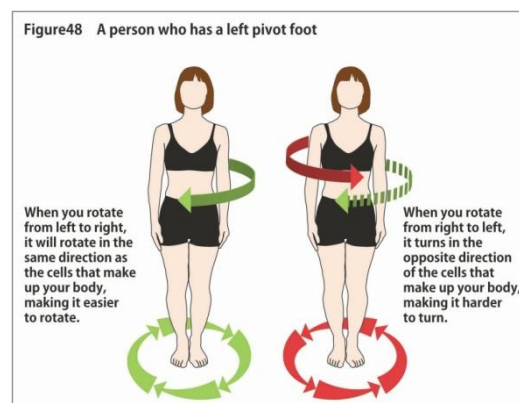
Figure 47 / A person who has a right pivot foot
pivot foot, let's experience your axis rotation.



- ⑤ If you have a left pivot foot, try turning from left to right.
- ⑥ This time, try turning from right to left.
- ⑦ Do you see that it is easier to turn from left to right and awkward from right to left?

Figure 48 / A person who has a left pivot

foot, let's experience your axis rotation.



- ⑧ If you don't know your own pivot foot, record which one was easier to turn, from right to left or from left to right.

Explanation 19

Axis rotation about a pivot foot has continued to place even this very moment. This rotation doesn't stop.

The direction in which you can turn comfortably is proof that the substances that make up your body are always turning in that direction. It's easy because you always do it.

Experiment 20





Experiment 20 / Know the axis rotation

What to prepare / Nothing in particular

Experimental style / Can be done alone

- ① It doesn't matter whether you stand or sit down, so please ensure your safety.
- ② If you have a right pivot foot, turn your face to the right.
- ③ Now, turn to the left.
- ④ Do you find it easier to turn to the right?
- ⑤ If you have a left pivot foot, turn your face to the left.
- ⑥ Now, turn to the right.
- ⑦ Do you find it easier to turn to the left?
- ⑧ If you don't know your pivot foot, record which one was easier to turn, from right to left or from left to right. In most cases, it will look like **Figure 49**.

Figure49

	Direction that makes it easy to turn your face	Direction that makes it difficult to turn your face
A person who has a left pivot foot		
A person who has a right pivot foot		

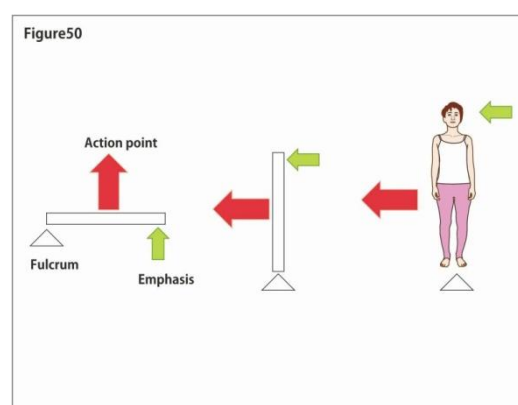
Explanation 20

It's application using " the principle of a lever type2. "

The large lever that controls the body is a mechanism in which the " type2 lever " is erected vertically.

" Type 2 lever " has a fulcrum and a point of effort at both ends, and the point of action is between them.

(**Figure 50**)



The largest " type2 lever " produced by the body is the whole body, with the sole of the foot as the fulcrum, the head as the power point, and the whole in between as the point of action. The fact that the neck is easy to turn to the left or right means that it is " always facing that direction. " The axial rotation itself around the pivot foot cannot be stopped, the speed of the rotation is slowed down by using a " type 2 lever. "

People who has the right pivot foot, the entire body is rotated from right to left, twisting his head to the right, use the

energy of his head as a rotation in the opposite direction.

It slows down the rotation of the whole body by hitting the kinetic energy generated by the rotation of the whole body with the kinetic energy generated by twisting the skull.

And, who has the left pivot foot, do the same thing in the opposite direction.

In many cases, this face orientation is straightforwardly linked to the pivot foot. In rare cases, the skull rotates in the same direction as the pivot foot. It is possible that your legs and spine are bent significantly, or that you have undergone major surgery on some part of your body. The person creates a great point of emphasis by rotating the thorax below the skull in the opposite direction.

The point of action of the " type2 lever " is not only the point of action, but also the point of effort for the part below that location. The body instantly performs this complex calculation and twists the body.

Experiment 21

Experiment 21 / Know the mechanism of reverse rotation of various parts to reduce the influence of axis rotation

What to prepare / Nothing in particular

Experimental style / Can be done alone

① It doesn't matter whether you stand or sit down, so please ensure your safety.

② Both men and women pinch their breasts up and down. Some people may not be able to grasp it due to various reasons such as muscle tension and surgery, but please assume that there is.

③ For people with right pivot foot, Rotate the breast from left to right.

④ This time Rotate the breast from right to left.

⑤ Do you see that if you rotate from left to right, it will rotate smoothly, and if you rotate from right to left, the brake will be applied?

⑥ For people with left pivot foot, Rotate the breast from right to left.

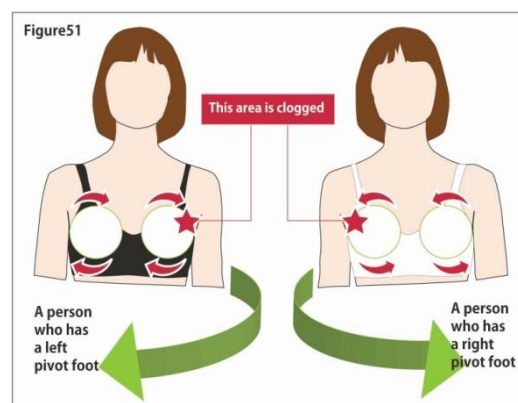
⑦ This time Rotate the breast from left to right.

⑧ Do you see that if you rotate from right to left, it will rotate smoothly, and if you rotate from left to right, the brake will be applied?

⑨ If you don't know your own pivot foot, record which one was easier to turn,

from right to left or from left to right. The relationship between axial rotation and breast rotation is as shown in

Figure 51.



Explanation 21

All the protrusions on the body are used as the emphasis of the "type 2 lever." The breast is also a protrusion, it is used as a point of emphasis.

It slows down the rotation of the whole body by hitting the kinetic energy generated by twisting the breast against the kinetic energy generated by the rotation of the whole body.

The fact that the breast rotates smoothly means that it always rotates in that direction.

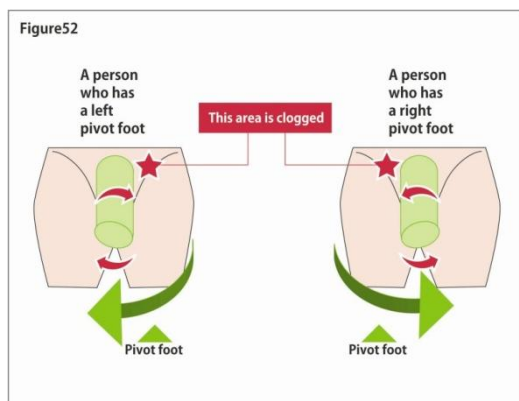
The pectoralis major muscle on the side where the axial rotation around the pivot foot and the rotation of the breast collide is stronger and stiffer than the pectoralis major muscle on the opposite side. Strong muscles tighten the blood

vessels and lymph vessels that pass through that part with their own strong power.

I think that many people notice what happens to the women's body in that area.

It is difficult for men to pinch the breast up and down, but the rotation is still present, so the direction of rotation and the direction of braking are clear. By the way, in both men and women, the nipple rotates in the opposite direction to the breast, so strictly speaking, the power to tighten is generated one more step.

The male protrusion has a penis, the penis rotates in the opposite direction to the pivot foot, and the rotations collide with each other to slow down the axis rotation around the pivot foot. The relationship between axial rotation and penis rotation is shown in **Figure 52**.



This is why the penis twists. By

twisting, the urethra inside is also twisted and stretched, making it difficult to perform its function.

Through the Experiment 19 to 21, and the pivot foot is present, the axis rotation around the pivot foot was found that has occurred.

In the body where the pivot foot is present, more weight flows to the pivot foot side.

The kidneys on the side of the pivot foot are in the vertical direction and are pressed down by their own weight. and it gets cold and loses energy.

In chakra research, there are sub chakras that are linked to the main chakra. Knowledge of effective use of sub chakras is also important when providing comfortable care to the body. Keep in mind that this axial rotation mechanism is a useful clue when considering physical problems.

About the 4th chakra

The " sole " and " 1st to 3rd " chakras revealed in Experiments 1 to 21 are working to establish " this life " as an individual. If we can secure the minimum existence of ourselves, we will need energy from ourselves to other beings and from individuals to society.

The existence of human beings has the aspects of " individual " and " society. " Protecting the individual is an important element of living like a human being. But, if you lose your sociality, you cannot live like a human being. Without both, you are not approving this life in its entirety. The smallest unit to ensure survival as a living thing is an individual. And society is a relationship that includes others in as wide a range as possible. When someone says " I feel difficult to live ", I think it is necessary to consider whether it is difficult to live as an individual, to live a social life, or both.

It's a little old word, but to people, "rootless grass" was an expression that included some contempt.

A serious and decent person lives in a good mansion, has a social status, has a strong trust in the surroundings, and is a good human being. There was a sense of society as a whole that it was leading a good life. But now it's common for people to wander as individuals. People

who work for a company are often dismissed regardless of their will or ability.

The consumption tax in Japan is also applied to the labor costs of regular employees, hiring many regular employees will deprive the company of its physical strength. In order for the company to survive, it is necessary to reduce labor costs, and by outsourcing to a dispatching company instead of direct employment, it is possible to avoid paying consumption tax. As a result, only unstable working styles develop and a healthy society cannot be created. Such a system that can only be said to be wrong increases unnecessary suffering.

Individuals also go to the city in search of opportunities. Going to the city also means breaking the connections that were nurtured in the land where he was born and raised.

It is called " community collapse ", but it is a collapse for those who can live in old societies. For those who are wandering around because they cannot live in that old society, the sound of its collapse is the sound of their own life. The meaning is completely different depending on the position. Even in a turbulent society, we cannot live even if we only establish a society, and we cannot live if we only establish an individual.

For the reason explained in the 4th chakra below, we have no basis for

ourselves to exist other than to balance " the power toward the individual " and " the power toward others including society " at the same time.

Therefore, it is wrong for society and those around it to incite wandering toward others, to encourage instability, and for society to cut off individuals. That's Abnormal. Making it difficult for people to live as a social mechanism means denying the experience and intellect that human beings have accumulated over endless hours. Society should offer a point of contact whenever an individual who can only wander seeks a point of contact. Individuals should have some good involvement in the sound formation of society. This is a contradiction. But, it is the 4th chakra that has the effect of establishing this contradiction without contradiction.

I have been hesitant to write this book for years. There are several reasons, one of which is the explanation of this 4th chakra. Some of you may have read this short sentence and thought that you wouldn't want to hear a little about social and political topics. I'm sorry to make you feel the unpleasant thought. However, even if we pursue only the existence of individuals without considering society, we cannot face the essence of life.

Research on chakras approaches the essence of life, there can be no research

on chakras that does not consider society. You can understand this by understanding the 4th chakra.

The 4th chakra

The 4th chakra is the symbol that connects humans, the Earth, and the sun.

The 4th chakra as the main chakra is same as heart as of physical body.

Experiment 22

Experiment 22 / Activate the 4th chakra with color

What to prepare / Yellowish green 1 cm square piece of paper, red 1 cm square piece of paper, cellophane tape

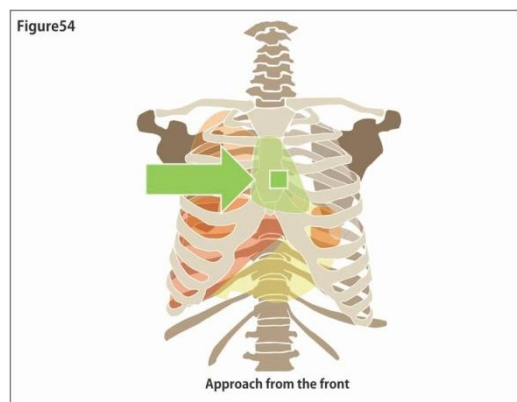
Experimental style / Can be done alone

Figure 53 / Example of yellowish green that resonates with the 4th chakra



- ① Take nasal breath, and check the amount of air.
- ② Stick a yellowish green 1 cm square piece of paper at the position of the heart.

(Figure 54)

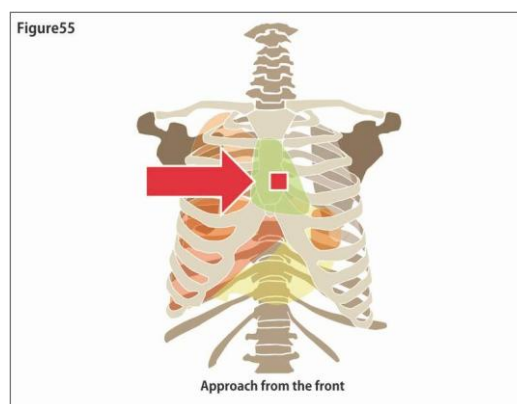


- ③ Do you see that breathing is increased?

Note : This experiment should be stopped in steps ① to ③ for people who are not in good physical condition, especially those who have heart problems such as arrhythmia.

- ④ Peel off the yellowish green piece of paper stuck at the position of the heart and stick the red piece of paper.

(Figure 55)



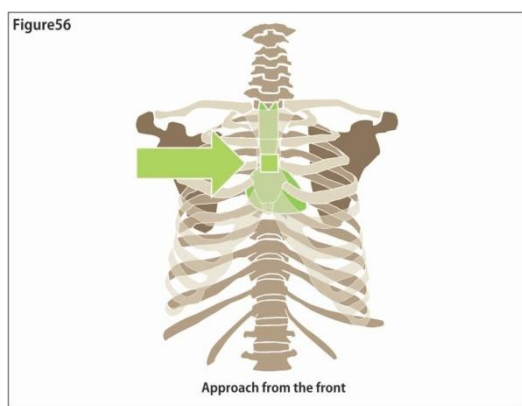
- ⑤ Do you find it difficult to breathe?
- ⑥ If you find that you have difficulty

breathing, immediately replace it with a yellowish green piece of paper.

Explanation 22-1

Please think the 4th chakra is that it is the same with the heart. The color is yellowish green. Placing a piece of yellowish green paper around the center of the sternum at the height of the heart activates the thymus, one of the organs.

(Figure 56)



Applying yellowish green to activate the 4th chakra as the main chakra will automatically activate the heart and thymus as organs.

Explanation 22-2

Stick a piece of yellowish green paper on your heart will increase your breathing. The amount of breathing is the amount of breathing that the person needs. However, there are some people who

have chronically small breathing and get hot flashes due to increased breathing.

In that case, forcibly reduce the breathing by removing the yellowish green piece of paper or leaning forward to hold down the chest.

However, the amount of breathing required for the body is the amount when yellowish green is stuck, so gradually get used to the large breathing while attaching and detaching the yellowish green piece of paper.

The reason why the 4th chakra is yellowish green

I hope you shared the fact that the 4th chakra resonates in yellowish green. The main theme of the 4th chakra is " thinking about others. " At the same time, it is also the energy to move the heart to maintain this body.

" Thinking about others " is a vector of energy going out of you.

" Save yourself " is a vector of energy going inside you.

Being human means having to accomplish the opposite tasks at the same time, outside and inside. Isn't it difficult? Far from being difficult, it is

impossible. This is an impossible task.

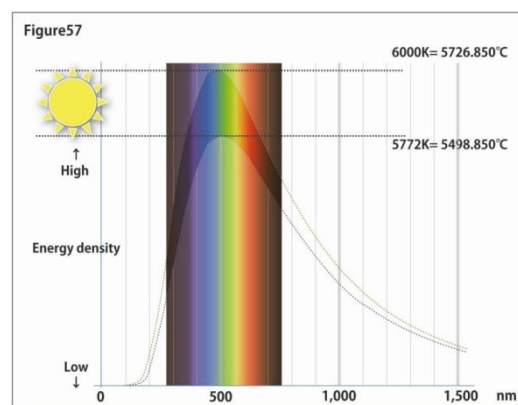
... However, it is annotated that "if you work on this homework by yourself, it is impossible." In fact it is not a difficult story. Because, "Everyone can't tackle this difficult problem by himself only." This mysterious work that makes the difficult problem no longer a difficult problem is often called "love."

There is a scientific knowledge called "blackbody radiation." When the Industrial Revolution broke out in England, it was necessary to know the exact temperature of the iron melted in the blast furnace. This is because the industry cannot develop unless the quality of the steel products is uniform. The temperature at which iron melts is 1,538 degrees. There is no thermometer that can withstand this high temperature, iron is burning and shining, and research has begun to know the temperature from the color of the light. This is blackbody radiation. As a result of research, the color and temperature of light came to match perfectly, the industry based on steel was established, and the foundation of today's society was established. This research has been applied to the universe, and it has come to be used for stars that cannot be examined by actually inserting a thermometer far away. Based on the color of the shining star, the temperature of that star

became clear.

We live on the Earth, so we depend on it. The Earth depends on the Sun along with Venus and Mars. Therefore, our destiny is held by the Sun. It is known that the surface temperature of the Sun is about 5,772 Kelvin (5,498 degrees celsius) to 6,000 Kelvin (5,726 degrees celsius).

The colors emitted by objects at this temperature are a mixture of all colors, but the highest energy is said to be in the "green" region. The density and intensity of the color energy emitted by the Sun is shown in **Figure 57**.



http://www.vias.org/simulations/simusoftware_blackbody.html

Illustration after creating a graph with Hans Lohninger's simulation software

Did you see the truth mistily?

The Sun emits the strongest color in the green area, and both our 4th chakra and the heart receive the yellowish green

vibrations in that area. Whether you want it or not, it resonates most strongly with the yellowish green color in the Sun. We have no choice but to obey this yellowish green message. The heartbeat to save oneself and the power to think of others are established by borrowing the power of the Sun.

Experiment 23

Experiment 23 / Know the difference between green and yellowish green with your fingertips

What to prepare / 1 cm square yellowish green and green pieces of paper

Experimental style / Can be done alone

- ① Take nasal breath, and check the amount of air.
- ② Touch the yellowish green piece of paper with the tip of your middle finger and take nasal breath.
- ③ Do you see that the amount of breathing has increased?
- ④ Touch the green piece of paper with your middle finger and take nasal breath.
- ⑤ Do you see that the amount of breathing does not increase?

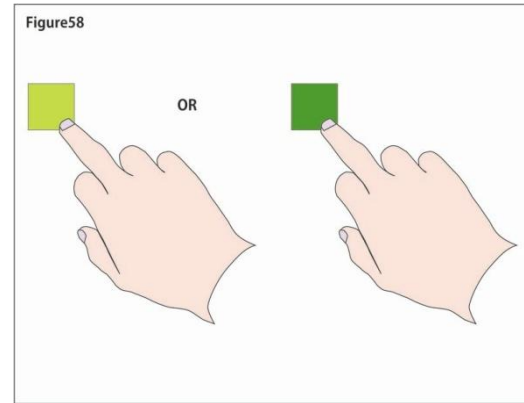
Explanation 23

The 4th chakra resonates with yellowish green and does not react with green. There are many green and yellowish green things such as the leaves of the plants around us.

From those things, I think that the main thing for me is to make visual judgments. However, the boundary between these two colors is harder to understand than I expected. So help of

is how to compare touching the two colors in the middle finger of the first.

(**Figure 58**)



Check the colors in the familiar green area this way. The color that increases breathing when touched with the middle finger means that even if it looks green, the body recognizes it as yellowish green.

Thinking about plants

Plants are the most suitable way to manage life for the global environment. Many plants have chlorophyll and often have leaves of a color belonging to green. Alternatively, some leaves appear to be non-green, mixed with other colors, but have a green pigment. In plant factories that grow vegetables, they are exposed to reddish light at the time of germination. That is because it grows faster. But think a little. For plants, the most abundant light they receive in their lifetime is the Sun's light, of which

green is the strongest.

Plants cannot move on their own will, they receive the maximum amount of energy they can receive to ensure their survival in their non-moving form of life. Most have received the vibration of the green. Is it what the plants wanted to apply the red color to accelerate their growth? If plants want, red-leafed plants dominate most of the world. Do you think nature makes an inefficient choice to abandon the energy of the green region of maximum power and seek only weak energy? Nature cannot make such an irrational choice.

If you shine a red light to plants and they germinate faster, it mean " to escape from there. " We also know that if a plant that cannot move on its own is fed with nutrients, moisture and temperature and the germination conditions are in place and is exposed to red light, germination cannot be stopped, but that is not the environment that one wants.

In order for plants to escape from there, it is only realistic to " become the next generation sooner. " They cannot move as an individual, but they can move if they becomes a seed again. The reason for the fast growth is not because the environment is good and happy, but because it becomes a seed again to escape from there.

So the reaction of this plant also shows

that " the plant understands time. " Plants understand the their future to making seeds again. In fact, this is also the case with us. Our lives also know the future.

Relationship between the 4th chakra and the Sun

The Earth was nurtured by the exquisite distance from the Sun. And life on Earth is completely influenced by the Sun. The energy in the green color has a strong impact on the lives that live within the reach of light. There is a life based on different elements where the light does not reach, such as bottom of the sea and in a dark cave.

Most of the readers of this book live under the influence of the green color. It wasn't my best efforts that made it possible for me to survive. It is an overwhelmingly powerful sunshine. It is affected by visible light due to the exquisite distance between the Sun and the Earth, and yellowish green is selected from the energy of the strongest green region in visible light, and this is received by the heart.

The main theme of the 4th chakra is inward energy and outward energy. It may seem impossible at first glance, but in fact it is easy to achieve if you live on

Earth. Also it is what it's like to live on Earth, to achieve both inward and outward feelings, and it could be one of the major objects of this life.

It is not a human thing to give up thinking about the lives of people and creatures other than yourself. I am not a saint myself, it is often difficult to achieve happiness between myself and others. But even if I don't reach a satisfactory level, I shouldn't give up my thoughts and works for others.

There is a Buddhist meditation that illustrates this well. It is called "Meditation of Mercy."

May I be happy
May my worries and sufferings go away
May my wish come true
May the light of enlightenment appear to me

May my close people be happy
May my close people get rid of their worries and sufferings
May the wishes of my close people be fulfilled
May the light of enlightenment appear to my close people

May the living beings be happy
May the suffering of living things disappear
May the wishes of living things be fulfilled

May the light of enlightenment appear in living things

May the people I hate be happy too
May the suffering of those I hate be gone
May the wishes of those I hate be fulfilled
May the light of enlightenment appear to those who I hate

May those who hate me be happy too
May the suffering of those who hate me disappear
May the wishes of those who hate me come true
May the light of enlightenment appear to those who hate me

May all living things be happy

Reprint: "Patioada"no.167

If you read this message aloud, you will feel unpleasant, especially in the second half. It's natural feeling. Because you are already hurt. But, as you read it over and over again, that feeling fades away. This is because the power of thinking about the self and others, which is the main theme of the 4th chakra, flows steadily.

Experiment 24

Experiment 24 / Relationship between pancreas and yellowish green

What to prepare / Sweet candy, yellowish green 1 cm square piece of paper, red 1 cm square piece of paper

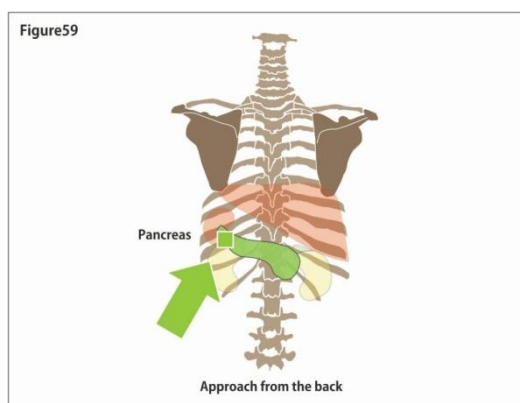
Experimental style / Two people

① Clients, you eat a bit of sweets and experience the sweetness.

② Therapist, you touch the client's left flank and moves his hand to the bottom of the rib.

Use between the 10th and 9th ribs to care for the pancreas. Stick a piece of yellowish green paper at that position.

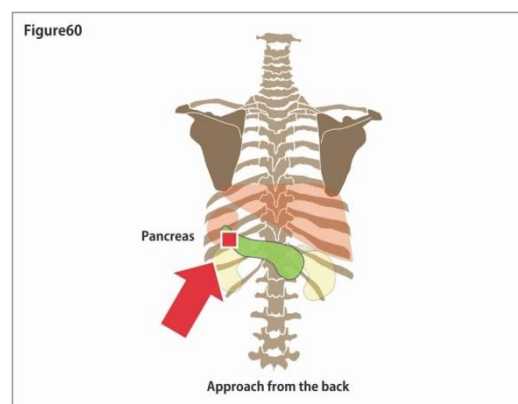
(**Figure 59**)



③ Client, you eat a bit of sweets. Do you see that it's less sweet and less delicious?

④ Therapist, you peel off the yellowish green piece of paper stuck on the client's pancreas and replaces it with a

red piece of paper. (**Figure 60**)



⑤ Client, you eat a bit of sweets. Do you see that the sweetness has become noticeably tastier?

⑥ Therapist, you should remove the client's red piece of paper.

Note : This experiment should only be done by healthy people. Do not use sugar-restricted people, such as those who are being treated for diabetes.

Explanation 24

It seems that the human brain cannot block eating sugar and accepts sweetness unconditionally. But, if you give energy to the pancreas, you can use the reaction of the body instead of the brain to build a barrier. The fact that the yellowish green color reduced the sweetness means that the body did not need that sweetness at that time.

On the other hand, the sweetness

stands out when red is stucked because the pancreas rejects the red and loses energy. In that state, the body becomes vulnerable to sugar and the sweetness is noticeably delicious, so the brain originally welcomes sugar and eats a lot.

If you are on a diet or are undergoing medical treatment for diabetes, please try putting yellowish green on your pancreas.

Experiment 25

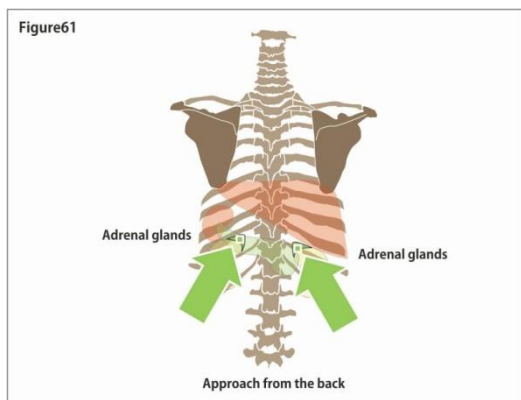
Experiment 25 / Resonate the adrenal glands with yellowish green

What to prepare / yellowish green 1 cm square piece of paper, red 1 cm square piece of paper, cellophane tape

Experimental style / Two people

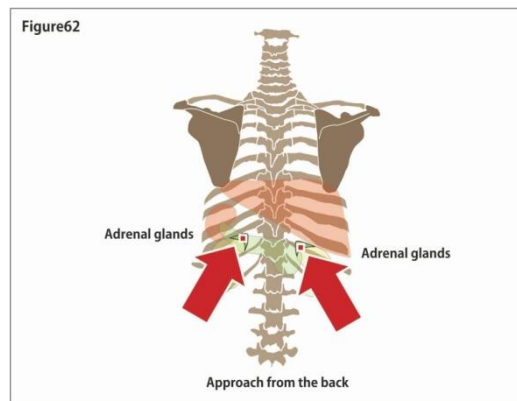
- ① There is an adrenal gland around the 10th rib.
- ② Client, you should raise your nails a little on the surface of your body, such as the back of their hands, and scratch it crisply. Please remember the stimulus at this time.
- ③ Therapist, you stick a piece of yellowish green paper to the left and right adrenal glands of the client.

(**Figure61**)



- ④ Client, please try to scratching your skin that was scratched earlier. Do you see that there is no such stimulus as before?
- ⑤ Therapist, you remove the yellowish

green color stick to the adrenal glands and replaces it with red. (**Figure62**)



- ⑥ Client, you should try scratching the same place again. Do you see that it turned into a tingling and strong stimulus?
- ⑦ Peel off the red color and replace it with yellowish green.

Explanation 25-1

The adrenal glands resonate with yellowish green. If your adrenal glands are healthy, allergies will be alleviated. If you are allergic to animal and vegetation, you can apply a yellowish green color to the adrenal glands to weaken the reaction to that substance. If irritation increased when red is applied, it is because the adrenal glands reject the red and lose energy.

Explanation 25-2

Some men have a breast that develops like a woman's breast. If he don't want that condition and want to be masculine, try stick a yellowish green color on his adrenal glands.

Energizing the adrenal glands restores the balance between masculine and femininity, thus reducing the strength of femininity.

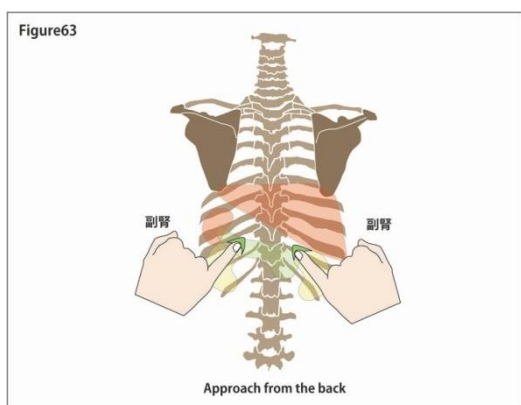
Experiment 26

Experiment 26 / The energy of words " thinking about others " experiment

What to prepare / Nothing in particular

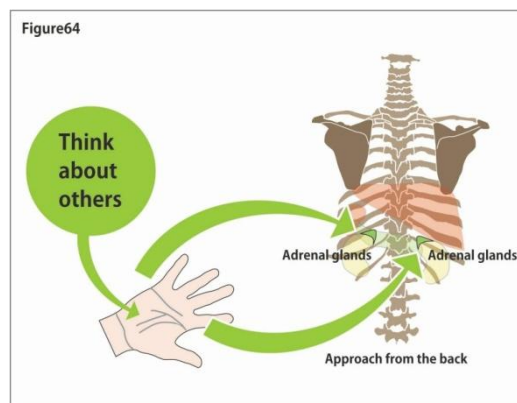
Experimental style / Two people

① Therapist, you touch the client's adrenal gland with the little finger for about 10 seconds. (**Figure 63**)



② Therapist, you put your palm near your mouth and mutters aloud, " think about others. "

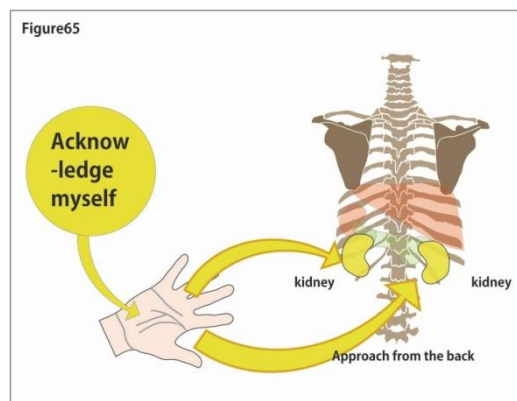
③ Therapist, aware that the message " think about others " is on the palm of your hand, and pushes the message into the client's adrenal glands from the back side. (**Figure 64**)



④ Client, do you find that you feel uncomfortable when the message is pushed in?

⑤ Therapist, you put your palm near your mouth and mutters aloud, " acknowledge myself. "

⑥ Therapist, aware that the message " acknowledge myself " is on the palm of your hand, and push it into the client's kidney from the back side. (**Figure 65**)



⑦ Client, do you see that the unpleasant feelings you had before disappeared?

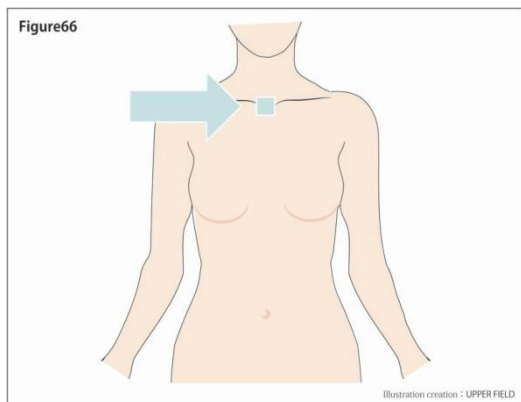
Explanation 26

The adrenal glands are connected to the 4th chakra in yellowish green, so you can use the adrenal glands to supplement the 4th chakra. Many people feel sick when the main theme of the 4th chakra, " thinking about others, " is added from the adrenal glands. You will probably be sad to think, " Am I refusing to think of others? " There is a reason for this.

Immediately after that, pushing the message " acknowledge myself " into the kidneys that connect to the 3rd chakra and recovering your mood means that many people have already squeezed their ability to think of others and exerted their best efforts. Many people were running out of energy. If you feel sick by pushing " think about others " into the adrenal glands, put " acknowledge myself " in the kidneys to restore the power of admitting yourself. If you feel comfortable by pushing " think about others " into your adrenal glands, please show your power to think about others more and more.

About the 5th chakra

The 5th chakra is between the collarbones. (**Figure 66**)



Physically it controls the throat. As energy, it is in charge of emitting one's will to the outside.

Experiment 27

Experiment 27 / Feel the 5th chakra

What to prepare / Nothing in particular

Experimental style / Can be done alone

- ① Take a nasal breath and check the amount of breathing.
- ② Then, saying out loud " Thanks ", and then again nasal breath.
- ③ Do you see that your breathing has increased?
- ④ Then, saying out loud " stupod ", and then again nasal breath.
- ⑤ Do you see that your breathing has decreased?

⑥ In this state, try singing your favorite song. Do you find it difficult to make a voice?

⑦ Next, please say " Thanks " again. And sing the same song. Can you see that the voice is easy to make and the voice is clean?

Explanation 27

If your breathing becomes larger when you say " thanks ", it means that your breathing was small in the previous stage. The 5th chakra controls the throat related to breathing, but at the same time, it emphasizes using the air in the lungs to shake the vocal cords and expressing one's intention with sound.

Its function is activated by good words such as positive, brightness and love, and diminished by bad words such as negative, darkness and malice.

Experiment 28

Experiment 28 / Knowing the close relationship between words and the body

What to prepare / Nothing in particular

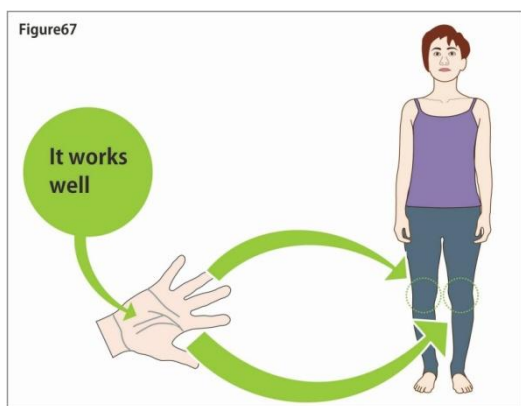
Experimental style / Two people

① Client, you step in a standing position. Feel the weight, range of motion, speed of movement, etc. of your feet.

② Therapist, you put your palm close to your mouth and mutter aloud, " It works well. "

③ Push the message into the client's knee while being aware that this message is on the palm of your hand.

(Figure 67)



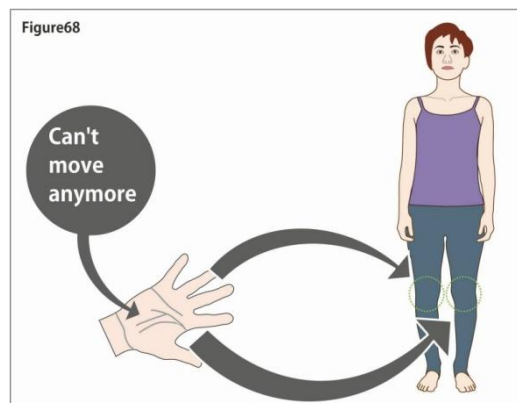
④ Client, you step again. Do you see it moving lightly and quickly?

⑤ This time, Therapist, you bring your palm to your mouth and mutter aloud, " Can't move anymore. "

⑥ Push the message into the client's

knee while being aware that this message is on the palm of your hand.

(Figure 68)



⑦ Client, you step again. Do you see that it was heavy and slow?

⑧ Repeat steps ② to ④ to release the heaviness of the client's foot.

Explanation 28

The body receives messages and thoughts so quickly and expresses them as they are.

If you want to know this more easily, declare " I don't want to walk! " In a loud voice while walking. Your legs will be heavy. This can be recovered by re-declaring " I want to walk! ".

Experiment 29

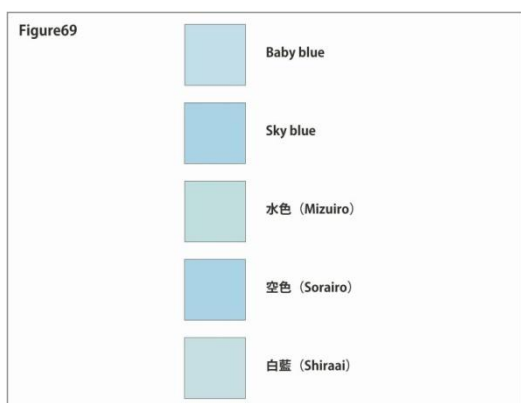
Experiment 29 / Know the 5th chakra in light blue and red

What to prepare / 1 cm square light blue piece of paper, 1 cm square red piece of paper, cellophane tape

Experimental style / Can be done alone

Figure 69 / Example of light blue that

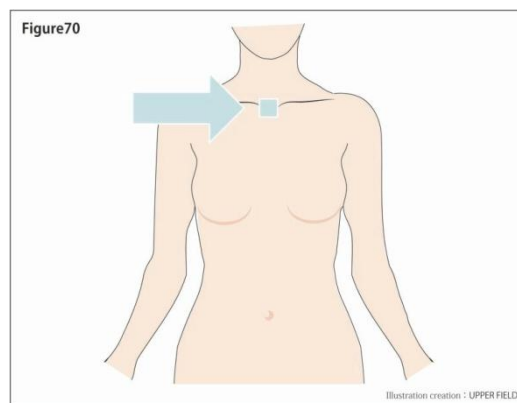
resonates with the 5th chakra



① Take a nasal breath and check the amount of breathing.

② Stick a 1 cm square piece of light blue paper on the 5th chakra. Do you see that your breathing has increased?

(**Figure 70**)



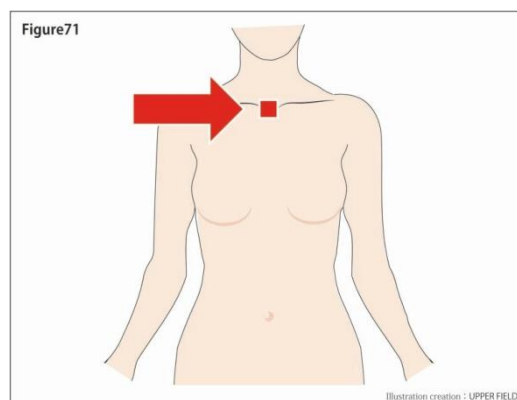
③ Next, stick a piece of red paper. Do you see your breathing getting smaller?

Explanation 29

The 5th chakra is light blue.

When you stick the light blue, you will get the same positive reaction as when you say " thanks. "

If you stick the red color that exists in the area opposite to the light blue, the 5th chakra will reject it. (**Figure 71**)



And replaced with a familiar example, sing a beautiful song with a red tie is

difficult, hurdle will be higher. People who usually wear a tie seem to develop their ability to correct, and they may not notice the fear of a red tie, but if they wear it occasionally, they will be surprised at its destructive power.

This is the moment when the red tie causes the 5th chakra to malfunction. When I'm talking to my superiors and I should answer "yes" politely, but I say "yeah" frankly. The phenomenon that comes out is different from what you think, and you may make a mistake with cold sweat. I have done this before when I was talking to a listed company owner about donating to an NGO activity that I supported. It is a appalling experience.

Experiment 30

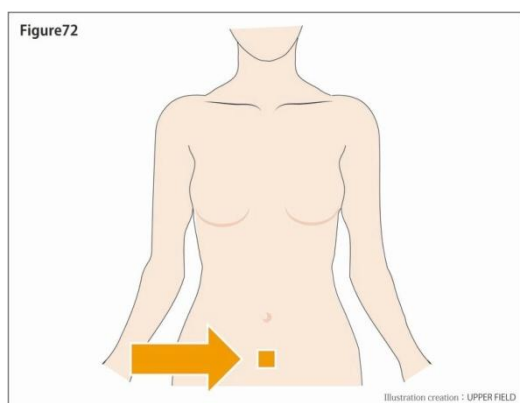
Experiment 30 / Knowing the effect of the power of the 5th chakra on the song

What to prepare / 1 cm square light blue piece of paper, 1 cm square orange piece of paper, cellophane tape

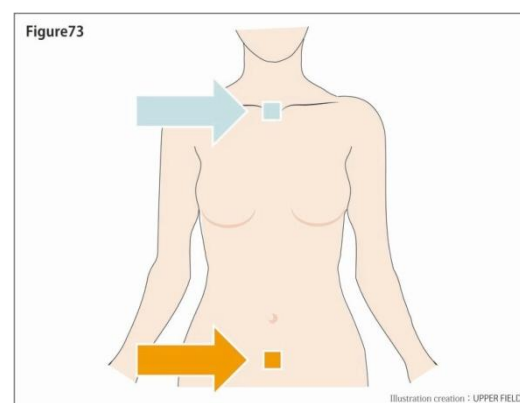
Experimental style / Can be done alone

- ① Do not stick a piece of paper of the color corresponding to the main chakra to your body. Please remove if you have.
- ② Sing a song while standing. Please remember how your voice resonates and the quality of the sound at this time.
- ③ Stick an orange piece of paper on the 2nd chakra and sing the same song.

(**Figure 72**)



- ④ Do you see that your voice is now echoing?
- ⑤ Stick a piece of light blue paper on the 5th chakra and sing the same song. Do you see that the quality of your voice has changed? (**Figure 73**)



Explanation 30

If you stick orange on the 2nd chakra, your body will " sound " like a guitar or piano.

Moreover, you put light blue on the 5th chakra, it will turn into a rich and delicate voice. This is a change such as an increase in the amount of information and a clear sound. Improving voice quality with this 5th chakra is a big problem.

Experiment 31

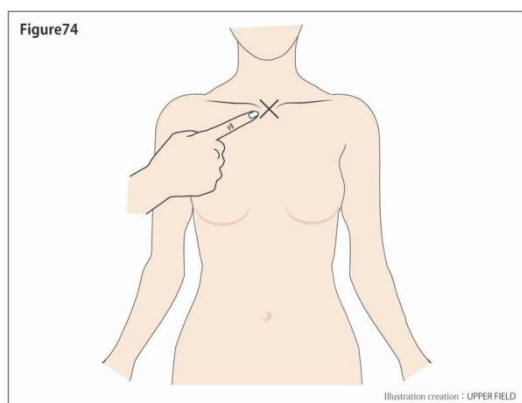
Experiment 31 / Know the effect of changes in voice quality

What to prepare / 1 cm square light blue piece of paper, cellophane tape, pen

Experimental style / Two people

- ① Place the pen in front of the therapist.
- ② Client, you remove the light blue of the 5th chakra, touche the 5th chakra with a finger, and write an x mark.

(**Figure 74**)



- ③ Client, you speak to the therapist, " Please take my pen. "

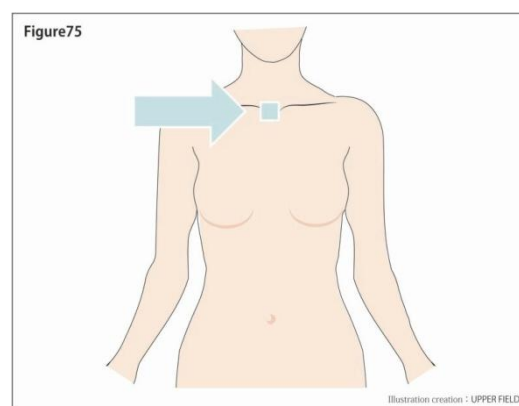
- ④ Therapist, you should check if the client's voice resonates with your consciousness. If it resonates with your consciousness, take the pen and give it to the client. If it doesn't sound, you don't have to take it.

- ⑤ Client, you should say " thanks " when the therapist picks up the pen.

- ⑥ Therapist, you should double-check that the word " thanks " resonates with your consciousness.

- ⑦ Client, you stick a piece of light blue paper on your 5th chakra and talk to the therapist, " Please take my pen. "

(**Figure 75**)



- ⑧ Therapist, you will find that this time it resonates firmly in your consciousness.

- ⑨ When you take the pen and give it to the client. Client, you should say " thanks. "

- ⑩ Therapist, do you understand that the " thanks " at this time also resonates firmly with your consciousness?

Explanation 31-1

Obtained by this change, the power of words that resonate with the other party. It resonates with the other party and " has some influence. " This is the main theme of the 5th chakra.

Voices are graded and can be divided into "spoken words" and "singing words." "Spoken words" has little information, short reach, reaches only the surface of the listener's consciousness, and has a weak influence. However, "singing words" have rich information, have a long reach, reach deeper of the consciousness of the listener, and become more influential.

Don't you think that the voice of a bird "so resound" when heard by humans? Even the voice of a sparrow with a small body sounds much stronger than the spoken language of humans. Because their voices are the words they sing. "Singing words" are the original voices of living things, including humans.

This experiments, "Please take a pen" and "Thank you," show the horror of our daily lives. People who can only speak "spoken words" will not be able to communicate whatever they say to their surroundings, so in the end it is a prerequisite that they cannot be communicated. It is one of the root causes of sadness, regret, and annoyance. Anger and sadness grow deep inside your heart, and one day you want to hurt yourself and others.

Birds sing on the premise that they are transmitted. This is a common element of non-human creatures. Flowers that do not use voice also bloom so that

insects that see themselves in bloom will want to suck their nectar. In other words, it blooms on the premise that it is transmitted. Among them, we are the only ones. Who has the "premise that cannot be transmitted." Don't you think it's funny? There is an adverse effect of "premise that cannot be transmitted". It is that we humans carry unnecessary suffering and scatter it around us.

The voice is an important element of survival and at the same time a great way to convey thoughts and intentions. Performers who spend a lot of words when they turn on the TV speak, but most speak in "spoken language." Because "singing words" are the essence of words, excellent vocalists fascinate people. There are radio presenters who work only by voice, and some of the best narrators who are wise and spoken in "singing words."

Explanation 31-2

Not limited to what the 2nd and 5th chakras give to the voice, there are rarely "people whose specific chakras are activated before they are cared for." Mankind may have called this state "talent" in our history.

Speaking of singers, they are people who are evaluated as "beautiful and powerful voices." When I meet people

who value the realm of "talent", such as singers and athletes, and treat them, I explain what they need to do to make them shine more.

If you are a singer, even if you sing in "spoken words", you will not be good at it. It's not a song in the first place because it doesn't reach the depths of the listener's heart. Certainly, on rare occasions, some people can say "singing words" even before they take care of them. But even if you can't do that, the reason you can't do it isn't because you don't have the talent. It just didn't come out because the chakras related to the voice weren't activated. The physical instrument was so tired that it couldn't be maintained and adjusted to use it. That's it. And the adjustment can be done by just sticking an orange piece of paper and a light blue piece of paper properly.

By doing this, you will gradually begin to understand the growth mechanism of becoming an adult with the experience of childhood and the people who have been hurt by education. Some people may have sung songs in a school music class and were laughed because they couldn't sing well. And some people may not be able to sing in public even when they grow up.

In this book, in addition to the 2nd and 5th chakras, we will explain the care of

the chakras to create "singing words" in a few more places. Many people will be even better if they take care of them and then sing. Even if you still can't get it right, you'll definitely get the persuasiveness and presence you can't miss. Some of the things that had been confined to the area of talent, in fact there are a lot of that energy is changed by only made to move comfortably erase the "fatigue" rather than talent. It's a waste to end with "because of talent."

This is because the voices of non-human creatures echo is "to live." If you make a voice to live, that voice will resonate with someone. This shouldn't require any special talent. It is natural to reach that area only on the condition that you are alive. Nevertheless, if human beings cannot make the "premise to be transmitted", it is surely that human beings make a mistake in the fundamental "living."

Experiment 32

Experiment 32 / Knowing the relationship between the 5th chakra and food

What to prepare / Food such as rice balls

Experimental style / Can be done alone

The main theme of the 5th chakra is to convey your intentions properly. In order to perform this work, we use the vocal cords by discharging the air in the lungs to the outside.

In terms of energy direction, it is from bottom to top. This is what you need to live. "to eat" is an act in order to live. On the other hand. When eating, food is put in from the top and flows down. Do an interesting experiment here.

- ① Take a nasal breath and check the amount of breathing.
- ② Please swallow a solid substance such as bread or rice balls.
- ③ Take a nasal breath and check the amount of breathing. Do you find it difficult to breathe?
- ④ Please say "thanks" aloud. Do you see your breathing recovered?

Explanation 32

In order to carry out the proposition of

the 5th chakra, the direction of energy is from bottom to top. However, with each meal, solids pass by in reverse.

As a result, the 5th chakra will malfunction. Please say "thanks" after the meal. If you say "Thank you", the effect will disappear. "thanks" only.

Experiment 33

Experiment 33 / How to catch breathing-Check the function of the nose with fingers

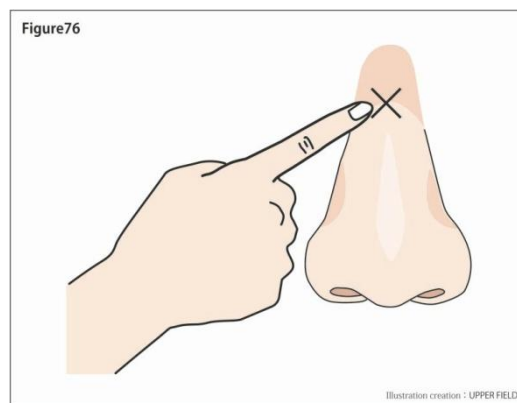
What to prepare / Nothing in particular

Experimental style / Can be done alone

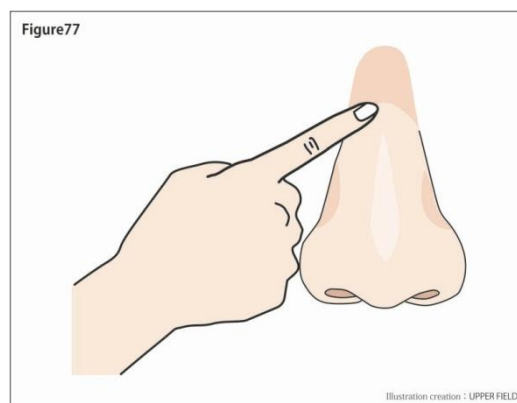
Combining the 5th chakra as the main chakra with the 5 sub chakras dramatically changes and improves breathing. To do this, we need to understand the five sub chakras involved in breathing. Breathing should be divided into the following blocks. It is "nose" + "sinuses" + "throat" + "right lung" + "left lung" = 5 places.

The nose is the part that exists at the boundary between the body and the air. Its raison d'être is a function as it is.

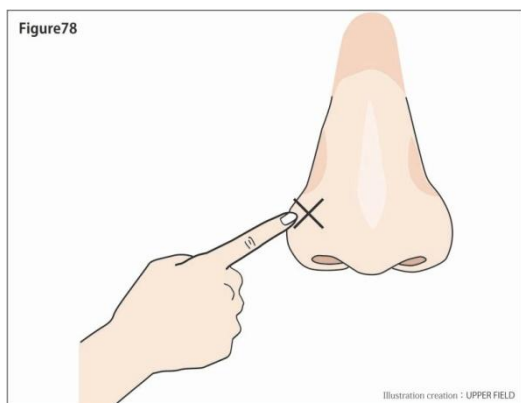
- ① Take a nasal breath and check the amount of breathing.
- ② Lightly touch the boundary between the bony bone and cartilage of the nose with your index finger and write an x mark. (**Figure 76**)



- ③ Do you find it difficult to breathe?
- ④ If you touch the boundary between the bony bone and cartilage of the nose with your index finger for 10 seconds and then breathe, do you see that your breathing has recovered? (**Figure 77**)



- ⑤ Next, lightly touch the nose, which is the wings of the nose, with your index finger and write an x mark. (**Figure 78**)

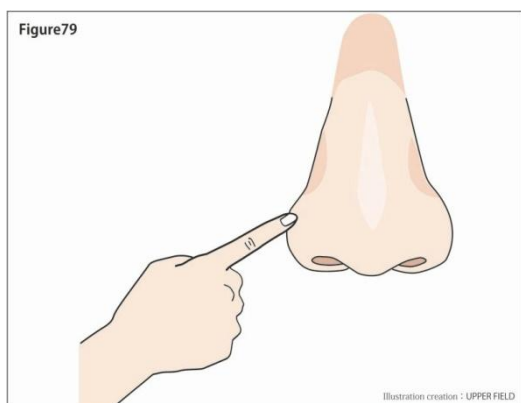


then eliminate the tension.

The nose is hard to see for yourself, but you can see that it has a lot of influence.

- ⑥ Do you find it difficult to breathe?
- ⑦ If you lightly touch the wings of the nose with your index finger for 10 seconds and then breathe, do you see that your breathing has recovered?

(Figure 79)



Explanation 33

The sub chakra of the " nose " is located at the boundary between the bone and cartilage. Experiments ② to ④ are experiments that move this sub chakra. Experiments ⑤ to ⑦ are experiments that increase the fatigue of the muscles of the nose, increase the tension, and

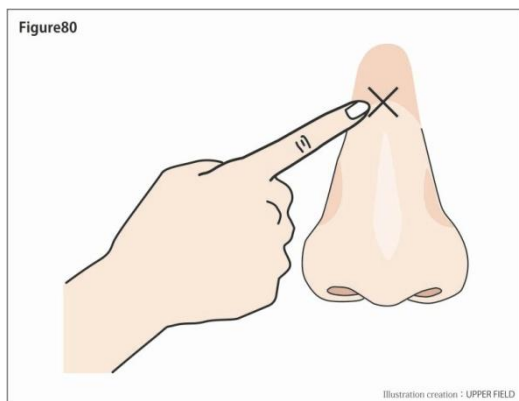
Experiment 34

Experiment 34 / Solve the function of the nose with color

What to prepare / 1 cm square light blue piece of paper, cellophane tape

Experimental style / Can be done alone

- ① Take a nasal breath and check the amount of breathing.
- ② Lightly touch the boundary between the bony bone and cartilage of the nose with your index finger and write an x mark. (**Figure 80**)



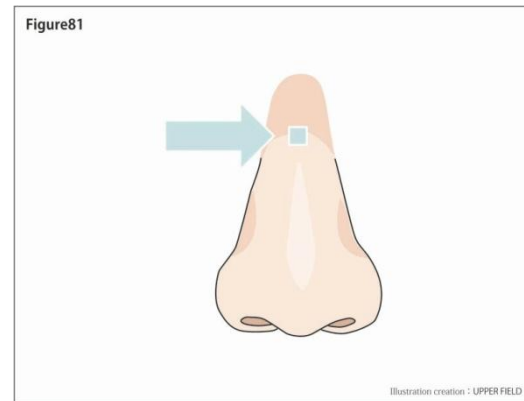
- ③ Do you find it difficult to breathe?
- ④ Stick a piece of light blue paper on the boundary between the bony bone and cartilage of the nose. Do you see your breathing recovered?

Explanation 34

The nose sub chakra is light blue. This sub chakra moves when stuck to the

boundary between bone and cartilage.

(**Figure 81**)



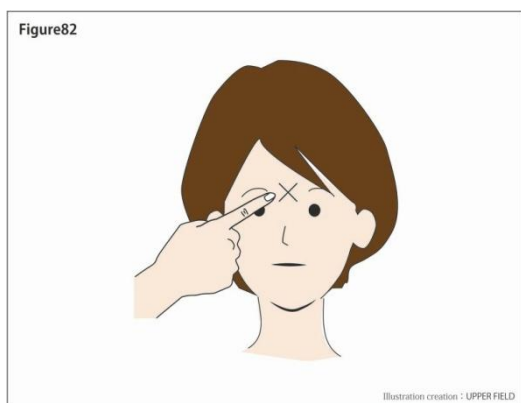
Experiment 35

Experiment 35 / Confirm the function of the paranasal sinuses with finger care

What to prepare / Nothing in particular

Experimental style / Can be done alone

- ① Take a nasal breath and check the amount of breathing.
- ② Look closely at your face in the mirror and check your facial expression.
- ③ Lightly touch between the eyebrows with your index finger and write an x mark. (Figure 82)

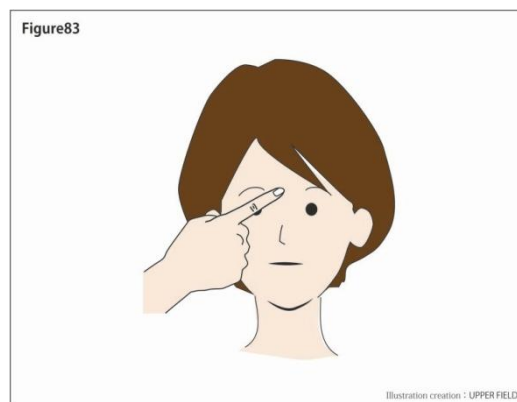


It is slightly above the center of the eyebrows.

At this time, clearly imagine that you "touch the skull itself just below the skin."

- ④ Do you find it difficult to breathe?
- ⑤ Lightly touch between the eyebrows with your index finger for 10 seconds. It is slightly above the center of the eyebrows. At this time, clearly imagine that you "touch the skull itself just

below the skin." (Figure 83)



- ⑥ Do you see that breathing to nose breathing is recovered?

Explanation 35-1

In the care using the sub chakra, it is effective to catch the sinuses between the eyebrows and the back of both cheeks. Of these three locations, the one with the greatest influence is the glabellar. The sinuses regulate the amount of air, and when functioning properly, you can increase the amount of breathing per breath.

There is a scene in which a small child has his mouth open and his parents say "○○-chan, close your mouth", but he does not close his mouth. This is not surprising, as children have an incompletely developed skull, which leads to incomplete sinus function and low breathing volume per breath.

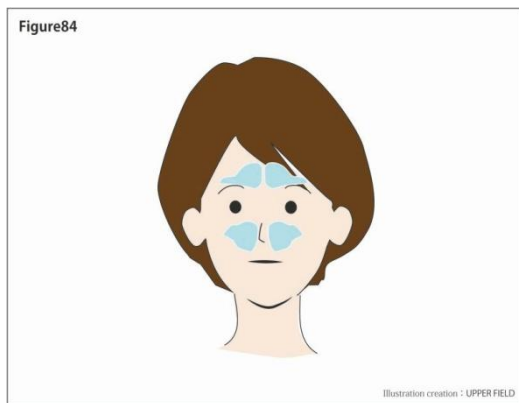
Mouth breathing compensates for the low amount of air, so he can't close his

mouth. This is the same for adults. Adults may have a habit of consciously closing their mouths, but if you are pointed out to be snoring, try taking care of your sinuses.

There are four sinuses:

- 1 " Sinus frontal " at the beginning of the eye.
- 2 " Sinus sphenoid " at the inner corner of the eye.
- 3 Similarly, the " Sinus ethmoid " at the inner corner of the eye.
- 4 " Sinus maxillary " next to the nose.

And care of the frontal sinus and maxillary sinus of the large cavity is important. (**Figure 84**)



The whole body rotates around the pivot foot.

And the body is in a state where the " type2 lever " is vertical. The sole of the foot is the fulcrum. The head is the emphasis. The body is the point of action. The point of action is finely set, and once the position (height) is determined, it becomes the point of effort that affects another point of action.

The biggest point of emphasis on the edge of the body is the skull. The skull is divided into three blocks, the lower jaw, the upper jaw to the area around the eyes, and the area around the eyes to the top of the head, and each rotates in the opposite direction. The three blocks rotate against each other, but as a whole they use one skull as a major point of force.

The glabellar is between the rotations, and the frontal sinus is always imperfect. So this is a structural problem, that's why large effect at the time of the good care.

Explanation 35-2

Even in adults with developed skulls, the incomplete function of the paranasal sinuses is due to the effect of " axial rotation around the pivot foot. "

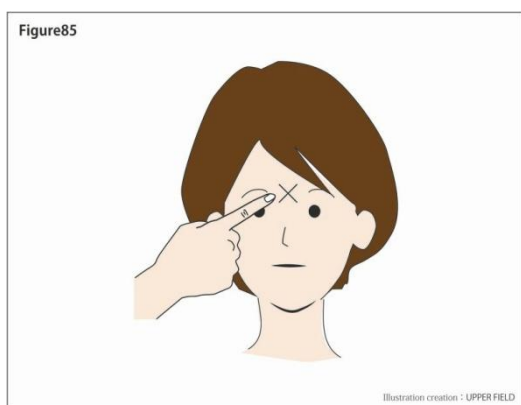
Experiment 36

Experiment 36 / Confirm the function of the paranasal sinuses (frontal sinus) by color

What to prepare / 1 cm square light blue piece of paper, cellophane tape

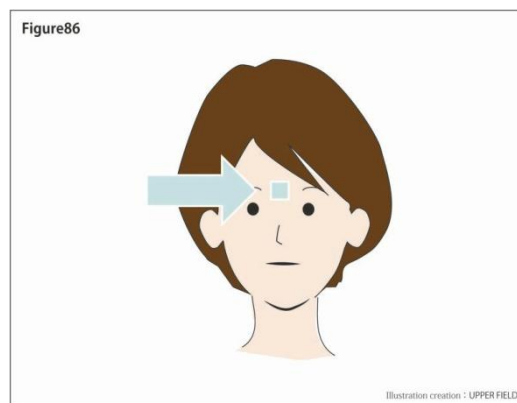
Experimental style / Can be done alone

- ① Take a nasal breath and check the amount of breathing.
- ② Lightly touch between the eyebrows with your index finger and write x mark. It is slightly above the center of the eyebrows. (**Figure 85**)



- ③ Do you find it difficult to breathe?
- ④ Stick a piece of light blue paper between your eyebrows. Do you see your breathing recovered?

(**Figure 86**)



Explanation 36

The sub chakras of the paranasal sinuses are light blue.

In this experiment, light blue was stuck on the frontal sinus between the eyebrows. The " Sinus sphenoid " and " Sinus ethmoid " at the inner corner of the eye and the " Sinus maxillary " next to the nose also resonate in light blue.

Experiment 37

Experiment 37 / Organ connected to the 5th chakra ... Activate the left lung

What to prepare / Nothing in particular

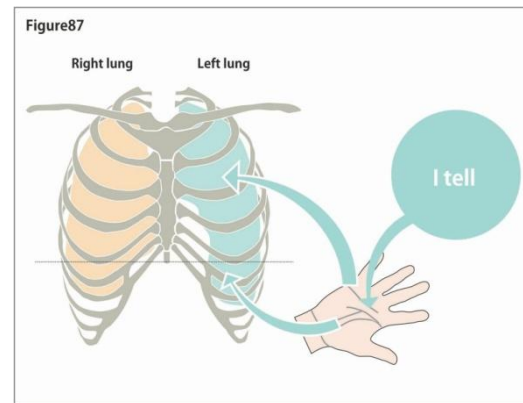
Experimental style / Can be done alone

- ① First, take a nasal breath and check the amount of breathing.
- ② Turn both shoulders and check the weight and range of motion of the shoulders.
- ③ Bring your palm to your mouth and say " I tell " aloud. Be aware that this message is on your palm and push it into your left flank (just below your shoulder joint).
- ④ Do you see that when you breathe through your nose, the amount of breathing increases only in your left lung?
- ⑤ Do you see that when you turn both shoulders, only the left shoulder turns easily and the range of motion increases?
- ⑥ Similarly, even if you push the message " I tell " to the right flank (just below the shoulder joint), the respiratory volume of the right lung will not increase. Do you see that the range of motion of the shoulder joint does not expand?
- ⑦ Once again, put the message " I tell " on your palm. This time, push it into the part that has moved horizontally from

the epigastrium to the left flank.

⑧ Confirm that the amount of breathing has increased.

⑨ Do you see that the effect is stronger than when you push the message just below the shoulder joint? (**Figure 87**)



Explanation 37

The left lung is connected to the 5th chakra, it is activated by the message " I tell ", which is the main theme of the 5th chakra.

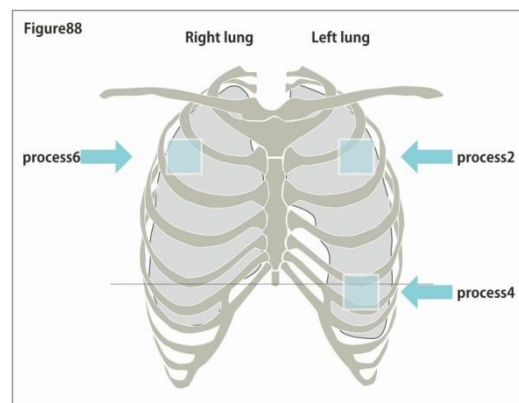
Experiment 38

Experiment 38 / Activate the left lung with light blue

What to prepare / 1 cm square light blue piece of paper, cellophane tape

Experimental style / Can be done alone

- ① First, take a nasal breath and check the amount of breathing.
- ② Stick a piece of light blue paper on the left flank (just below the shoulder joint).
- ③ When you breathe through your nose, do you see that the amount of breathing increases only in the left lung?
- ④ Next, stick a piece of light blue paper to the part that has moved horizontally from the epigastrium to the left flank.
- ⑤ Do you see that the amount of breathing in the left lung increased further when you take a nasal breath.
- ⑥ This time, stick a piece of light blue paper to the right flank (just below the shoulder joint).
- ⑦ Do you see that your right lung is very stuffy? (**Figure 88**)



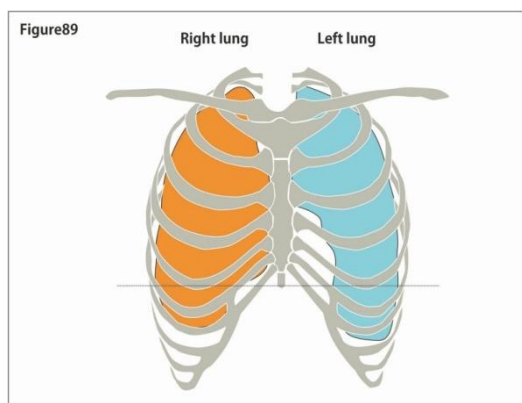
Explanation 38-1

The left lung has a light blue sub chakra.

The lungs are divided into upper and lower parts. The lower part is often weaker, so when you stick a piece of light blue paper horizontally from the epigastrium to the part that has moved to the left flank, the amount of breathing will recover more widely.

Explanation 38-2

The left lung is light blue. The right lung is orange. (**Figure 89**)



Stick a light blue piece of paper to the right flank, the breath of the right lung has become hard is " because the sub chakra of the right lung has been rejected for the light blue ".

The method of resonating with color is also a proof that pinpoint care is required. Please note that this " there is a color to reject " is important for knowing the chakras.

Explanation 38-3

Here is something I would like you to put into practice immediately.

If you have a T-shirt, underwear shirt, etc. that you can modify a little, I would like you to take the time to modify it as shown in **Photo 3**.



Cut orange, yellowish green, and light blue felt or cloth into an area of about 15 cm in length and 7 cm in width. Sew orange on the right side, yellowish green on the sternum, and light blue on the left side. Wearing this processed shirt will greatly increase your breathing. During the day of course, it will be to ease the body by breathing has increased. And this also plays an important role at bedtime.

At bedtime, with your lungs lying sideways, increasing your breathing is one of the solutions to the problems around the world today. It's exactly the same for people who are infected and those who aren't. It is important to keep breathing increased all the time, and it is extremely important to protect your breathing at bedtime. Please understand that way.

And I say the most important thing.

If you can experience this comfort, please tell your loved ones.

This effort makes a big difference.

Only experient person can change the world of someone's to a world with a lot of happiness, so please use your power.

Before explaining the 6th chakra ...

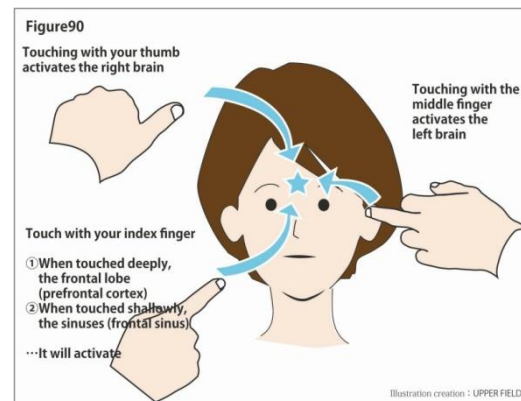
There is a switch, Between the eyebrows ,
It switches between sinus and brain function.
it's not the 6th chakra, not the mainstream of life.

The bigger reason I was hesitant to write this book is the glabellar. In my research, which accumulates facts, the place wehere between eyebrows, only had a switch to switching four functions.

Between the eyebrows

- ① **Activate the paranasal sinuses (Sinus frontal)**
- ② **Activate the left brain**
- ③ **Activate the right brain**
- ④ **Activate the prefrontal cortex**

It is a place to switch between the four purposes and functions. (**Figure 90**)



Not the 6th chakra. Not the main chakra. It is not the place that controls the mainstream of the energy of life.

This is what a person like me, who has lived a rather unusual way of living, studying chakras all day long for more than 10 years. Please forgive me as I have no intention of hurting those who think that it is not the case.

Let's talk about how to use this switch in detail. The sinuses are as described above. I will write about the activation of the other three areas.

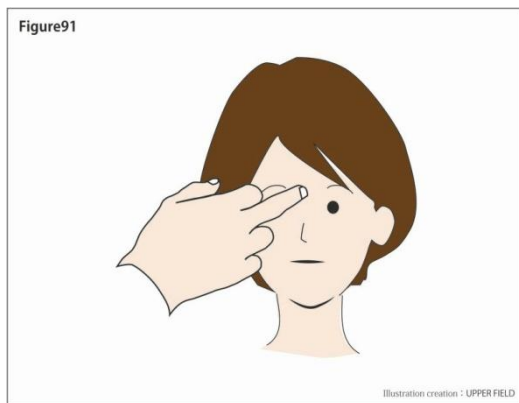
Experiment 39

Experiment 39 / Activate the left brain

What to prepare / Nothing in particular

Experimental style / Can be done alone

- ① While standing, raise and lower both hands.
- ② Raise and lower both feet while standing.
- ③ Please remember how to move both hands and feet, weight and speed.
- ④ You can use your right or left hand, so lightly touch the place where between eyebrows with your middle finger for 10 seconds. (**Figure 91**)



- ⑤ After 10 seconds, release your fingers and raise and lower both hands and feet.
- ⑥ Do you see the right hand, right foot lightly, quickly, and largely move?

Explanation 39

The movements of the brain and body intersect, the fact that the right half of the body is light, fast, and large is proof that the left brain has been activated.

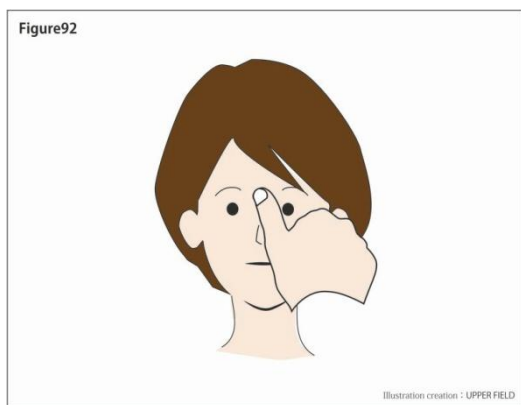
Experiment 40

Experiment 40 / Activate the right brain

What to prepare / Nothing in particular

Experimental style / Can be done alone

- ① While standing, raise and lower both hands.
- ② Raise and lower both feet while standing.
- ③ Please remember how to move both hands and feet, weight and speed.
- ④ You can use your right or left hand, so lightly touch the place where between eyebrows with your thumb for 10 seconds. (**Figure 92**)



- ⑤ After 10 seconds, release your fingers and raise and lower both hands and feet.
- ⑥ Do you see the left hand, left foot is lightly, quickly, and largely move?

Explanation 40

The movements of the brain and body intersect, the fact that the left half of the body is light, fast, and large move is proof that the right brain has been activated.

Experiment 41

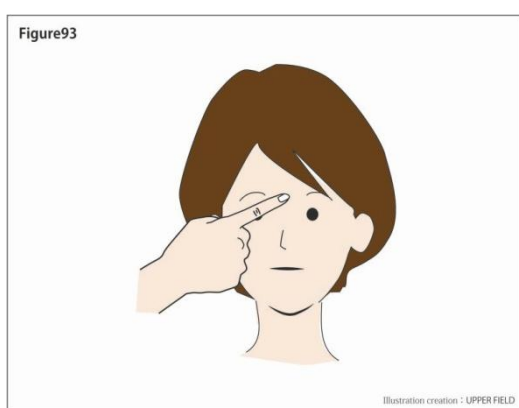
Experiment 41 / How to activate the prefrontal cortex

What to prepare / Cameras that are easy to take selfies, such as mirrors, smartphones, tablet PCs, etc.

Experimental style / Can be done alone

- ① Take a closer look at your facial expression in the mirror.
- ② If you have a smartphone or tablet PC, take a selfie.
- ③ You can use your right or left hand to touch the eyebrows with your index finger.

At this time, touch with the finger imagining that your finger passing through the skin and skull and sticking into your brain, and count for 10 seconds.(**Figure 93**)



- ④ After 10 seconds, release your finger and look in the mirror. Or take a selfie with your smartphone or tablet PC.
- ⑤ The pressure inside the skull is

increasing, and the pressure on the eyes is increasing. Do you see that you have an intimidating look? If you come in contact with others with this look, you will put unnecessary pressure on them.

⑥ Some people have headaches after a few minutes.

⑦ If you have a headache or feel sick, touch the eyebrows with your thumb or middle finger for 10 seconds to release energy to the right or left brain.

Explanation 41-1

This is the state where energy is concentrated in the prefrontal cortex.

When the prefrontal cortex " only " is activated, the eyes exert " eyes with unnecessary pressure. " And often many people feel sick.

Both the prefrontal cortex and the paranasal sinuses care use the index finger, but the prefrontal cortex is with " the image of penetrating the skull and the index finger sticking into the brain ", and the paranasal sinuses is with " the image of touching the skull just below the skin. "

Depending on this difference in depth, care for the prefrontal cortex and sinuses is used properly.

Explanation 41-2

---Originally, the brain cannot operate the network for empathy and the network for analysis at the same time. ---

(Case Western Reserve University, announced on October 30, 2012)

The prefrontal cortex is very brilliant, and the human brain has a significantly more developed prefrontal cortex than other mammals, and is responsible for advanced mental activities such as emotional control, logical judgment, future prediction, and that it is. Because of these functions, the prefrontal cortex is highly evaluated among various parts of the brain as "the part that controls humanity."

Regarding this "humanity", I would like to ask a very simple question here.

"What is humanity?"

The best being who can make full use of his intellect, make full use of his physical function, be constructive, creative, benevolent, kind to others, and achieving joy.

Have you ever met such a person?

It's someone like Jesus Christ or the

Kannon Bodhisattva. It's not pointing to this stupid me. Humans are willing to hurt others for their own benefit. Humans hurt others and push them out as self-responsibility. What is happening in the world right now is the result of humanity. And human beings are the ones who have fallen into that hell and are holding onto things like regret, confession, and little love.

Please read this description again.

---The prefrontal cortex is very brilliant, and the human brain has a significantly more developed prefrontal cortex than other mammals, and is responsible for advanced mental activities such as emotional control, logical judgment, future prediction, and planning.---

Human trains and uses the prefrontal cortex, the best computing device. Human will improve our ability and make constant efforts. The result is hell.

Isn't it funny?

If the prefrontal cortex is truly the best tool, arithmetic unit, and commander to control humanity, why would hell emerge in the world? The reason for its ridiculousness is that no matter how good the prefrontal cortex is and the creator of the operation, it cannot be the master of life. Maybe it's because people forgot this simple answer.

Human daily life is established by

communication with others. Empathy is essential. Conflict arises when only the prefrontal cortex brings an activated high-level analytical ability into this communication. We are becoming judges and judging each other. What the subject of life wants is not only produced by analytical ability.

The subject of life wants to be happy. Human cannot be happy just by imposing the right thing. This is the trap in which the prefrontal cortex "only" is activated. When only the prefrontal cortex is activated, it often makes you feel sick, but the remedy is to transfer energy to the left or right brain to escape from that situation.

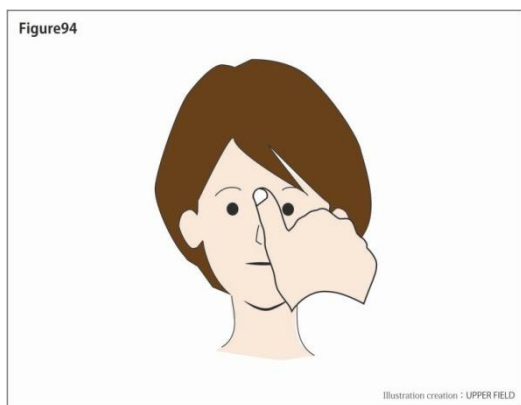
Experiment 42

Experiment 42 / Activates the right brain ... Feel the difference between right brain dominance, left brain dominance, and prefrontal cortex dominance

What to prepare / This book and books with sentences. Musical instruments such as guitars and pianos (if any)

Experimental style / Can be done alone

① Touch the place where between eyebrows with your thumb and count for 10 seconds to activate the right brain. (**Figure 94**)



- ② Please sing your favorite song.
- ③ melody moves up and down smoothly, will be fun to put out the voice.
- ④ If you have an instrument, please play it.
- ⑤ Do you see that the tone is even more beautiful?
- ⑥ In that state, read a book with many sentences.

⑦ Do you see that you struggle to read the meaning of the sentence?

Explanation 42

The right brain is an artistic brain, the fun of music is emphasized when singing a song. When sung in that state, the listener is also comfortable. This is the same even if you play the piano or guitar. The tone has changed even more beautifully.

But, if you read a book in this state, you will not be able to get information. Language communication is a left-brain job. The left brain is resting now.

Experiment 43

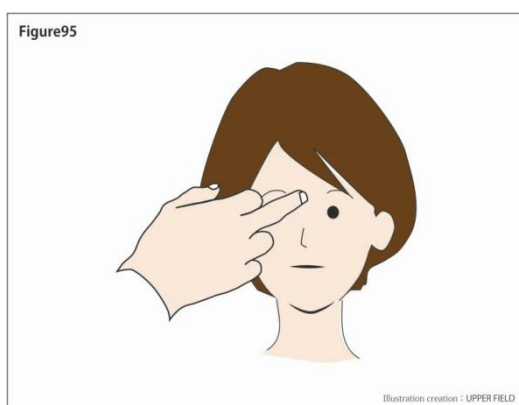
Experiment 43 / Activates the left brain ... Feel the difference between right brain dominance, left brain dominance, and frontal lobe dominance

What to prepare / This book and books with sentences. Musical instruments such as guitars and pianos (if any). Environment for listening to classical CDs and music distribution

Experimental style / Can be done alone

① Touch the area between the eyebrows with your middle finger and count for 10 seconds to activate the left brain.

(**Figure 95**)



② Please sing your favorite song.

③ Do you see any symptoms such as a lack of voice or a lack of fun in singing?

④ If you have an instrument, please play it.

⑤ The sound is uncertain. Not smooth. Do you find it not fun in the first place?

⑥ In this situation, please listen to

classical music.

⑦ Do you find it not fun?

⑧ In this state, read a book with many sentences.

⑨ Do you find it comfortable to read the text and the meaning of the text is getting into your head more and more?

Explanation 43

Activating the left brain enhances communication skills using language. Suitable for reading books and having conversations. It is suitable for comic storytelling, rakugo, and lectures. But, it is not suitable for art that does not rely on language. It is difficult to use when listening to orchestral music.

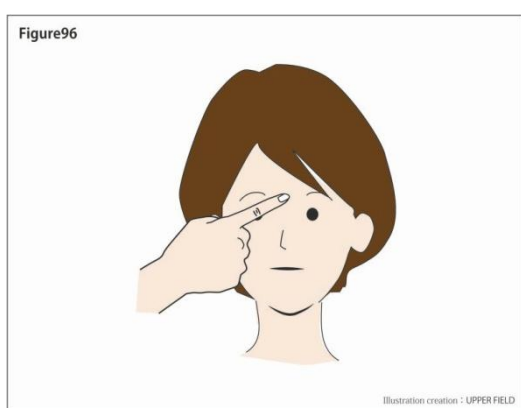
Experiment 44

Experiment 44 / Activates the prefrontal cortex ... Feel the difference between the right brain, left brain, and prefrontal cortex

What to prepare / Musical instruments such as guitars and pianos (if any). An environment for listening to classical CDs and music distribution. A collection of arithmetic and math problems such as multiplication, as simple ones are fine.

Experimental style / Can be done alone

① Touch the area between the eyebrows with your index finger and hold the image of " direct contact with the skin and the brain behind the skull ", count for 10 seconds, and activate the prefrontal cortex. (**Figure 96**)



- ② Please sing your favorite song.
- ③ Do you see any symptoms such as a lack of voice or a lack of fun in singing?
- ④ If you have an instrument, please

play it.

- ⑤ Do you understand that the sound is not fixed, it is not smooth, or it is not fun in the first place?
- ⑥ In this situation, please listen to classical music.
- ⑦ Do you find it not fun?
- ⑧ In this state, try to solve a collection of problems such as multiplication.
- ⑨ Do you feel comfortable looking at the numbers and see that the answers are steadily progressing?

Explanation 44

The prefrontal cortex is a function that analyzes and makes decisions, so calculations can be done quickly.

We had you do experiments 39 to 44. You understand that there is only a changeover switch between the eyebrows. There is only a switch to use the sinus and brain functions properly. These are the features you should switch to depending on what you are trying to do.

It is important to know. It's a switch that you can intentionally bring happiness to your life. You and I can and must intend about our own lives.

Please do not take away your existence.

About the 6th chakra

The 6th chakra is not in between eyebrows, but in the hairline, center of the bangs.

Experiment 45

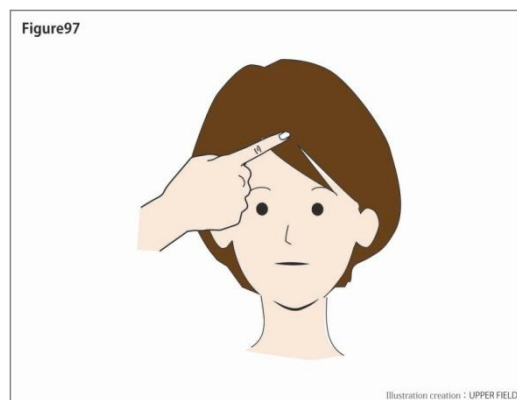
Experiment 45 / Feel the 6th chakra with your fingertips

What to prepare / Nothing in particular

Experimental style / Two people

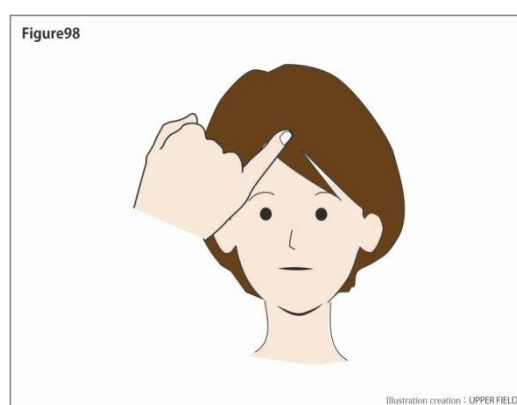
- ① Client, you should stand and look at the walls and windows that are a little far away to check the height of your eyes.
- ② Therapist, please keep in carefully looking at the client of the standing figure.
- ③ Therapist, you touch the center part of the client's bangs with your index finger lightly, and counts for 10 seconds. You can use either the left or right hand.

(Figure 97)



- ④ Therapist, you releases your hand after 10 seconds.
- ⑤ Client, you look at the height of the line of sight that was initially decided.
- ⑥ Client, do you see that your eyesights have become higher?
- ⑦ Therapist, do you see that the height of the client gets taller?
- ⑧ Therapist, you touch the client's 6th chakra with your little finger and counts for 10 seconds lightly. You can use either the left or right hand.

(Figure 98)



- ⑨ Therapist, you release your hand after 10 seconds.
- ⑩ Client, you look at the height of the line of sight that was initially decided.

⑪ Client, do you see that your eyesights have become lower?

⑫ Therapist, do you see that the height of the client gets lower?

Explanation 45

When the 6th chakra is activated, the energy in fields such as intelligence and perception develop rapidly.

At this time, the feeling and comfort that the consciousness has reached the upper world is different from the state where only the prefrontal cortex is activated. Also, the remarkable change of eyesights and getting taller are because it returns to " the size of one's natural life energy. "

By activating the 6th, 7th, and 8th chakras, you will get a better sense of this " size of your natural life energy. " Touching the 6th chakra with the little finger forcibly weakened the vitality of the 6th chakra. This reduces the size of natural life energy. It's like the flowers are wilting. Those who have activated the 6th chakra for the first time feel very comfortable in that condition. There is a characteristic event for those who have experienced this for the first time. That is, " At first, the focus is only on you. "

When the 6th chakra is activated for the first time, attention is focused only on

your area of interest. As a result, you may feel uncomfortable just by being called or phone ringing. You can't stand being disturbed by what you are doing at that time.

This condition will subside after a while. Then, you will be able to come to terms with your surroundings while remaining conscious at a high level. Only at the beginning, such a reaction occurs.

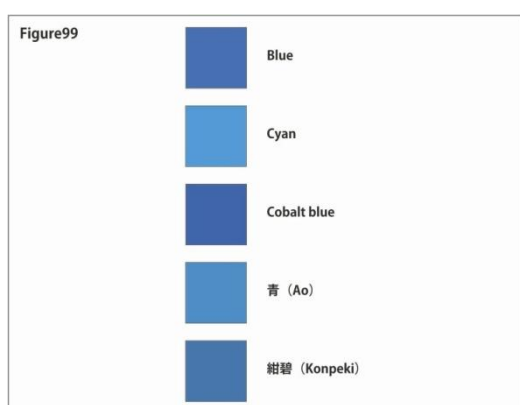
Experiment 46

Experiment 46 / Feel the 6th chakra with color

What to prepare / 1 cm square blue piece of paper, cellophane tape, a large room or a corridor a little further away, clean up any luggage on the floor.

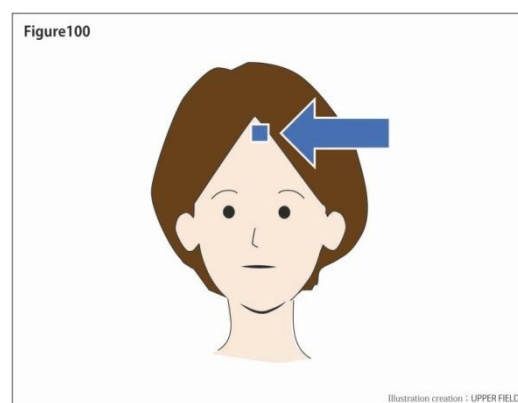
Experimental style / Can be done alone

Figure 99 / Blue example that resonates with the 6th chakra



① While standing, look at the walls and windows that are a little far away and check the eyesights.

② Stick a piece of blue paper on the center of your bangs. (**Figure 100**)



③ Look at the eyesights that you decided first.

④ Do you see that your eyesights have risen?

⑤ Put one hand on the wall, close your eyes, and walk slowly and safely.

⑥ Do you notice that you can walk more safely than you think?

⑦ Stop, remove the blue piece of paper from the 6th chakra, put one hand on the wall again, close your eyes, and walk slowly and safely.

⑧ Do you see that feelings such as scary, difficult to walk, and anxious are definitely generated compared to when a piece of blue paper is pasted on the 6th chakra?

Explanation 46

When the 6th chakra is activated, intelligence and perception develop rapidly. When you put a piece of blue paper on it, you can walk with peace of mind without looking at anything using an eyeball. It is because we use this

intelligence and perception to look around. I feel scared when I remove the blue color because I am in the " closed eyes " state.

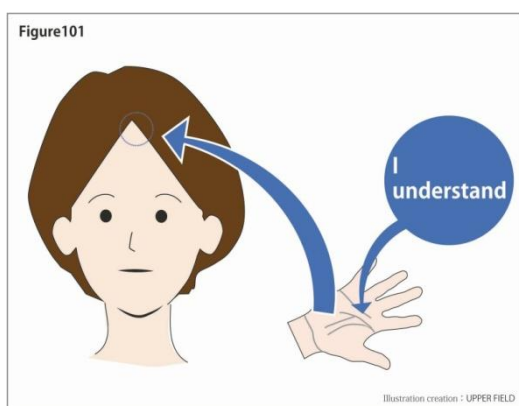
Experiment 47

Experiment 47 / Know the 6th chakra in words

What to prepare / Raise or separate the bangs

Experimental style / Can be done alone

- ① Bring your palm to your mouth and mutter aloud, " I understand. "
- ② While feeling this message on your palm, press your palm against the 6th chakra. (**Figure 101**)



- ③ When you release the hand, do you see that consciousness is very become clear?

Explanation 47

The sixth chakra controls the energy of areas such as intellect, intellect, and perception.

The message " I understand " can activate this chakra. This means that

the 6th chakra places the highest priority on the task of " I understand. "

This is also the relationship between the key and the keyhole. No matter how simple the key looks, it won't open with any other key. You can see that.

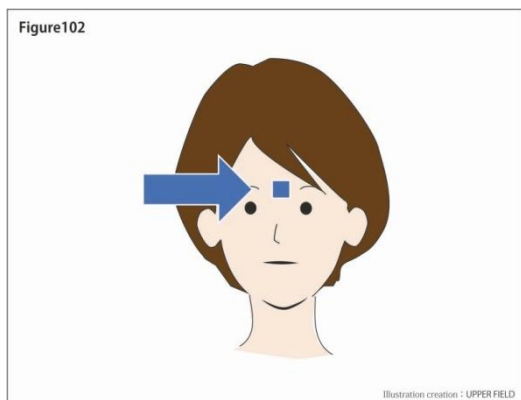
Experiment 48

Experiment 48 / Know again that the 6th chakra does not exist between the eyebrows

What to prepare / 1 cm square blue piece of paper, cellophane tape, mirror or musical instrument such as smartphone or tablet pc, guitar or piano (if any). An environment for listening to classical CDs and music distribution. A collection of arithmetic and math problems such as multiplication, as simple ones are fine.

Experimental style / Can be done alone

- ① Look at your facial expression using a mirror, smartphone, tablet PC, etc.
- ② Stick a piece of blue paper between the eyebrows. (**Figure 102**)



- ③ Again, use a mirror, smartphone, tablet PC, etc. to see your facial expression.
- ④ Do you see that the prefrontal cortex has the same facial expression as when

it was activated?

- ⑤ If you have an instrument, please play it. If you have an environment to listen to classical music, please listen.
- ⑥ Do you understand that you feel that you don't get a beautiful tone or that it's not fun to listen to?
- ⑦ Try to solve a collection of problems such as multiplication.
- ⑧ Do you find it easy to calculate?

Explanation 48

Stick blue between the eyebrows activates the prefrontal cortex.

You can see again that this is a completely different energy than when the 6th chakra was activated. Keep in mind that this experiment is very important.

Experiment 49

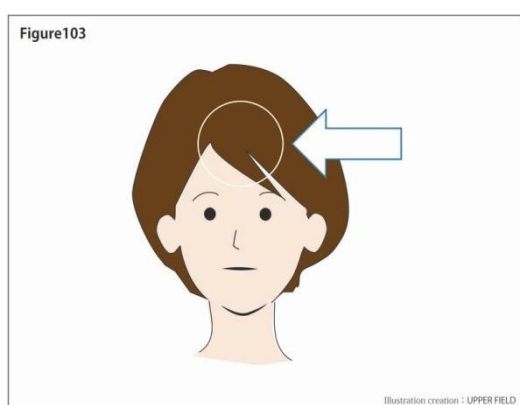
Experiment 49 / Which a master-slave relationship is created when the 6th chakra is hidden

What to prepare / People who can hang their bangs will hang or lift them, so wash off the hair styling products.

Experimental style / Two people

① Client, you lower the bangs so that the 6th chakra is hidden by the hair.

(**Figure 103**)

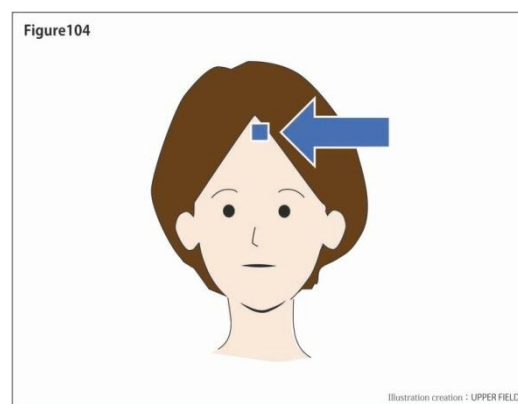


② Therapist, you should be intimidatingly approaching from a distance with " clear hostility " in order to complain to the client.

③ There is no place to work as a barrier between the two, the therapist who approaches intimidatingly cannot be stopped.

④ Client, you raise your bangs, stick a piece of blue paper to the 6th chakra, and keeps your bangs raised so that it is

not hidden. (**Figure 104**)



⑤ Therapist, you should be intimidatingly approaching from a distance with " clear hostility " in order to complain to the client.

⑥ There is a place to work as a barrier between the two, do you see that the therapist who approaches intimidatingly becomes slower and harder to approach as he gets closer to the client?

Explanation 49

When the 6th chakra is activated, the energy such as intelligence and perception grows rapidly and becomes comfortable for me. However, simply lowering the bangs weakens the influence of the energy of the 6th chakra on the surroundings. The reason we allowed " intimidating strangers " to approach was because the 6th chakra was weakened. Among the people I meet at various study sessions, many

nurses and caregivers have their bangs down.

When a person in a profession who has an element of service to a person has his bangs down, it is easy to have a relationship in which the client in charge becomes the master and stuff becomes the subordinate. This relationship starts automatically when one of the two has their bangs down, so keep your bangs up.

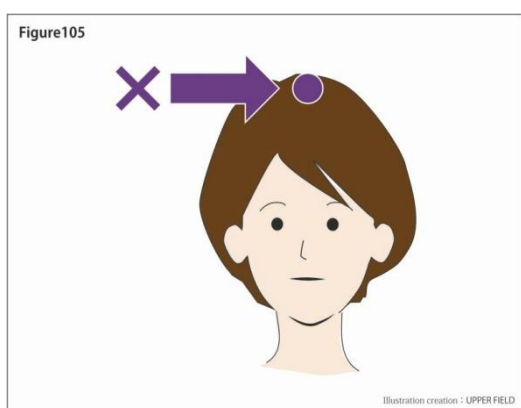
Is the effect of the activation of the 6th chakra on the surroundings intimidating? That is not the case. The main theme of the 6th chakra is the area of intelligence, " I understand, " which does not include the intention of " attacking others. "

Raising your bangs is rather an effort to protect your dignity and the dignity of others.

About the 7th chakra

The 7th chakra is on the crown. Most of the illustrations shown by image search have " dark purple " on the top of the head, but I don't want you to do this.

Stop it. Please! Don't do it! (**Figure 105**)



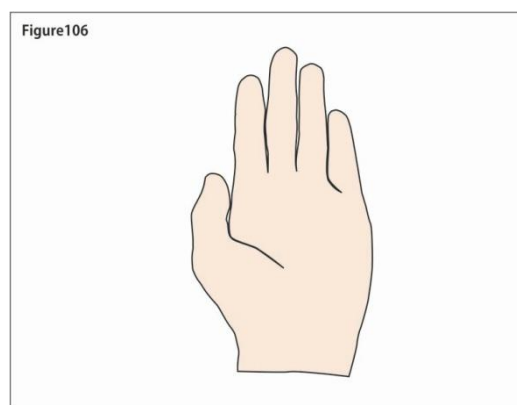
The flow of people's inheritance of wisdom from ancient times was made difficult by the information that " put a dark purple color on the crown ", and I think this is the main reason why human beings have lost sight of the essence of chakras.

In the next experiment, we will show what the " dark purple on the crown " brings. But, this will bring some challenges, so I will tell you in advance how to deal with these challenges as easily as possible.

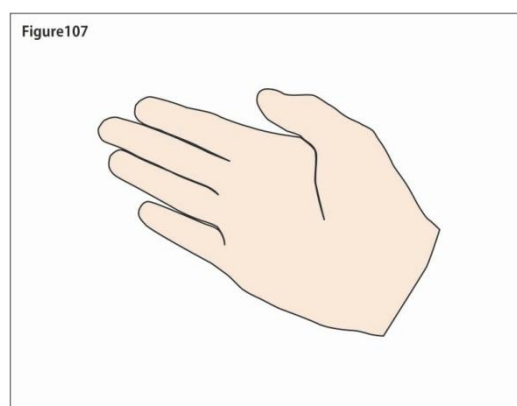
Be sure to practice and master this before doing this experiment.

How to get rid of various negative energies ... Be sure to practice

① Imagine turning your left palm up and using your left hand as a cutting board. (**Figure 106**)



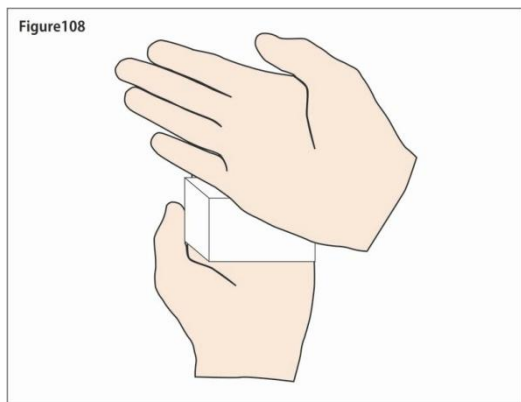
② Use your right hand as a knife. (**Figure 107**)



③ Imagine putting invisible tofu on your left palm.

④ Cut this invisible tofu with your right

hand knife. (**Figure 108**)



⑤ If you have an image you cut the tofu surface to bottom well, you can throw it away.

This method is the basic task of removing various negative energies. please remember. When cutting, cut as gently and securely as possible. When you actually put the tofu on the cutting board and cut it, you don't hit the knife, so cut it gently in the same way. You can't cut it unless you cut it gently. Please learn it as it will greatly affect the quality of care.

Experiment 50

Experiment 50 / Understand and feel the existence of fear (a delicate person does not have to do)

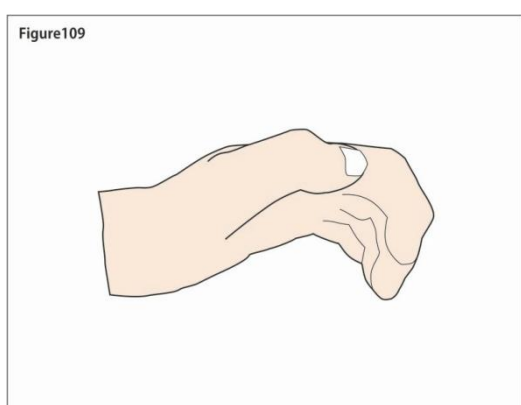
What to prepare / Nothing in particular

Experimental style / Can be done alone

① Bend the second joints of the fingers of both hands to make it look like a rake.

It's difficult at first, so practice. (**Figure**

109)



② For the air layer 2 to 3 cm away from the surface of the head and face, scrape this air layer with a rake-shaped hand. Scrape the entire area from the head to the entire face. Imagine the accumulation of dirt in this layer of air and scrape it off.

③ The dirt on that layer is accumulated in your hands. Wrap the skull with your hands and push the dirt accumulated in your hands into your brain.

④ Do you see that you feel sick and feel

scared?

⑤ There are wrinkles in the brain, so imagine your own brain with the wrinkles, and with your hands in the shape of a rake, stick your fingertips into the wrinkles of the brain and scrape off the dirt in the wrinkles.

⑥ Put the scraped dirt on the palm of your left hand, use your right hand as a knife, and cut off the dirt on your left hand and throw it away.

⑦ Do you see that you feel better?

Explanation 50

" Fear " in the collective consciousness sticks to the space 2-3 cm away from the surface of the head and face. If you scrape that fear and push it into your brain, you can clearly feel it. If you do this experiment, even those who are calm so that their hearts do not get irritated will feel anxious. It is not the fear as an individual experience, but the vague fear and anxiety that drifts throughout society.

I haven't figured out the cause of why it sticks to this layer, but I know that it will accumulate in this layer, so the work of " scraping, cutting and throwing away " is important. Wipe off the dirt from this layer as if you were washing your face every day, cut it and throw it away. It will accumulate even if you do not notice it.

Most people didn't notice until I pointed out now, right? In the future, it will continue to accumulate quietly. So you should always clean it.

Experiment 51

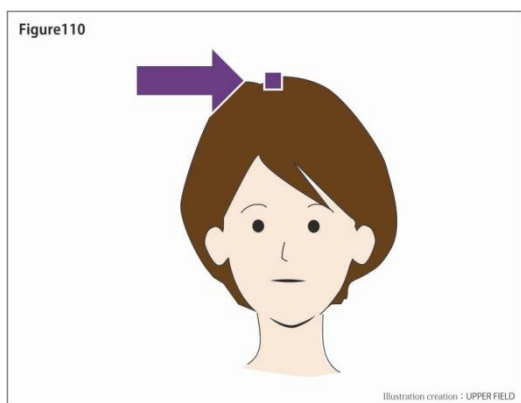
Experiment 51 / Feel the fear of collective consciousness using colors (a delicate person does not have to do)

What to prepare / 1 cm square dark purple piece of paper, cellophane tape

Experimental style / Can be done alone

① Stick a piece of dark purple paper on the top of your head. Please be careful as you only need to apply it lightly. Be careful not to hurt when peeling.

(**Figure 110**)



② Do you see that you can recognize the same unpleasant emotions that you experienced in Experiment 50?

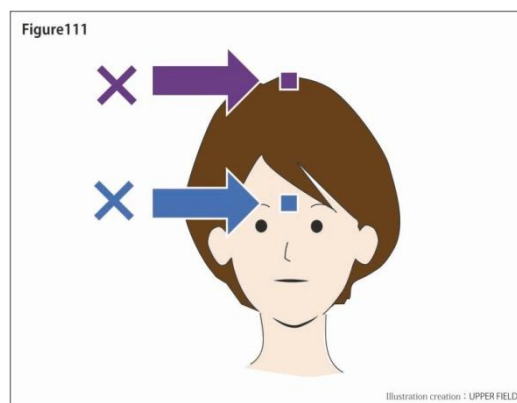
③ Remove the dark purple piece of paper.

④ Use your hand as a rake to clean your brain and cut off the negative energy and throw it away again, to eliminate the unpleasant feelings in your head.

Explanation 51

Placing dark purple on the top of the head is associated with the fear that exists in a space 2-3 cm away from the surface of the head and face, and works to pour this into the head.

" Blue between the eyebrows", it draws negative energy into yourself, and based on that negative energy, you performs advanced analysis using the prefrontal cortex. You will be able to return the analysis results to yourself, your surroundings, and society. (**Figure 111**)



What is produced by this mechanism, no matter how good it is, is a negative chain because it is a criticism, a judgment, and a division.

This phenomenon is full of our surroundings.

Anger, sadness, and suffering that are deeply rooted in the world we see are implemented by this mechanism. You can see that this worst mechanism

works surprisingly well?

Because human beings make a mistake in using their energy, the way the world is today is being implimented. I want you to think about this seriously.

" People can't change. Only you can change. .

Those who know the truth should not combine " dark purple on the crown " and " blue between the eyebrows ". Do not inject negative energy into the prefrontal cortex.

wrong. If it is a clean place, it absorbs pure energy, and if it is a place full of frustration, suffering, and sadness, it absorbs its negative energy.

About hair

The organs involved in the crown are the hair. Hair is beautiful, but at the same time it can be scary. Unprotected hair inhales various energies without choice. If you are a hula dancer, your instructor will tell you, " Hair is an antenna for communicating with God, so don't cut it. "

Beautiful beaches, starry skies, the sea, people with clean hearts. If you have beautiful surroundings, you can communicate with beautiful things. But, for people who live in a crowded city, the surroundings are not always beautiful. It is pretty hard to keep our presence of mind in the daily crowded train and in a traffic jam.

Hair absorbs the energy in place without making a judgment of right or

Experiment 52

Experiment 52 / Know the function of hair

What to prepare / Drinking water

Experimental style / Two people

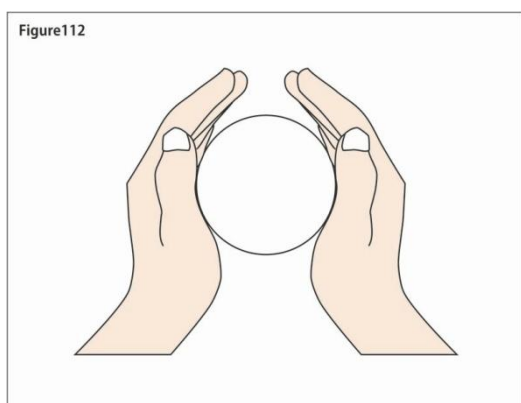
① Therapist, you should put drinking water in a glass and take a sip to taste the water. It can be tap water or your favorite mineral water.

② Therapist, you should give a head massage to the client's head. Clients, you should place an order to see if they feel comfortable with it. Therapist, you should work hard to achieve the comfort of the client.

③ Each other, if you have the real feeling that make comfort, stop the head massage.

④ Therapist, you should wrap the prepared glass with your both hands and take a sip of water to taste it.

(Figure 112)



⑤ Do you see that the taste has

deteriorated, such as the water being hard, heavy, or smelling?

⑥ Therapist, you should wash your hands with soap and running water. Then wrap the glass with your both hands and drink water again. Do you see that the water has become clearer and more delicious?

Explanation 52-1

This means that by doing a head massage, the negative information that had penetrated into the client's hair was copied into the therapist's hands, and by wrapping the glass, it was copied into water, and the negative information was tasted.

You can erase this information by washing your hands. Hairdressers and others should keep this in mind and protect themselves by washing their hands before eating or drinking when they touch the client's hair.

Explanation 52-2

As shown in Experiment 50, negative emotions and fearful emotions stick to the air layer 2 to 3 cm from the skin and body surface of the face to head.

And the hair is always in contact with that layer, humans automatically take in the feelings of fear, negative energy,

into themselves. And it is also copied to the hands of others who touched the hair.

It is true that energy has neither good nor evil in the first place. The automatic copying mechanism itself certainly shows neither good nor bad, it may just be a matter of how we receive its action. The effects of negative energy can be very damaging, so if you don't want to receive it, don't receive it.

Experiment 53

Experiment 53 / Know more about the properties of hair

What to prepare / Nothing in particular

Experimental style / Two people

Let's experiment to know more about how hair works.

- ① Therapist, you should try to comb the client's hair for 30 seconds. Please make an image to clean.
- ② Stop after 30 seconds and check the finish.
- ③ Therapist, you should comb the client's hair with a handgrip for 30 seconds while saying " It's beautiful hair " aloud.
- ④ Stop after 30 seconds and check the finish. Do you see that it is beautiful and shiny?
- ⑤ Therapist, you say aloud " It's dry ", comb the client's hair in the same way for 30 seconds.
- ⑥ Can you see that the beautiful hair became dry and the condition deteriorated, such as the tips of the hair splashing?

photo 4



Left end / I haven't taken care of
anything yet

Center / Result of step ③

Right end / Result of step ⑤

Explanation 53

Hair absorbs human thoughts and the meaning of words. In the case of this experiment, I use the phrase " beautiful hair " to express that the hair is already beautiful.

" Please become beautiful hair " proves that " it is not beautiful right now ", so hair will not be beautiful. Hair does not hesitate to absorb the bad words " it's dry. " Hair catches both good and bad words in this way without choosing.

Therefore, if there are many beautiful and comfortable things around you, you will naturally receive them.

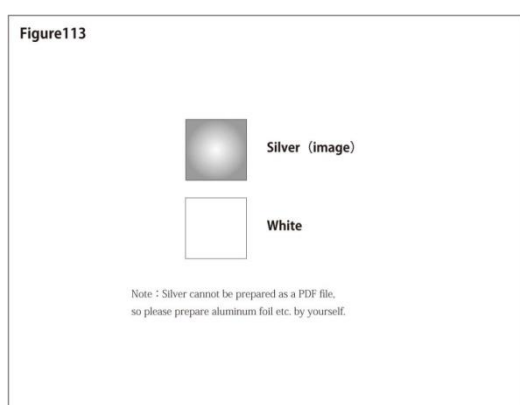
Experiment 54

Experiment 54 / Know the 7th chakra

What to prepare / Silver hairpin, 1 cm square white piece of paper, cellophane tape

Experimental style / Can be done alone

Figure 113 / Example of a color that resonates with the 7th chakra



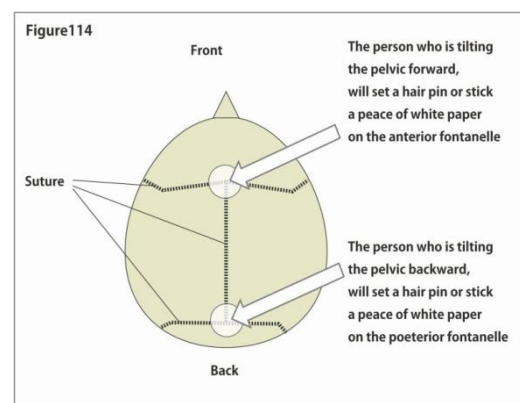
① While standing, look at your posture from the side in the mirror.

② The body falls forward, the person who stands with his back bent is warped waist = tilting the pelvic forward

③ The person who balances the whole body by pushing the skull forward is sitting on the sacrum = tilting the pelvis backward.

④ The person who is tilting the pelvic forward, will set a hair pin or stick a piece of white paper on the anterior fontanelle.

④ The person who is tilting the pelvic backward, will set a hair pin or stick a piece of white paper on the posterior fontanelle. (**Figure 114**)



⑥ Do you see that the top of the head opens refreshingly and the inside of the head becomes lighter?

Explanation 54-1

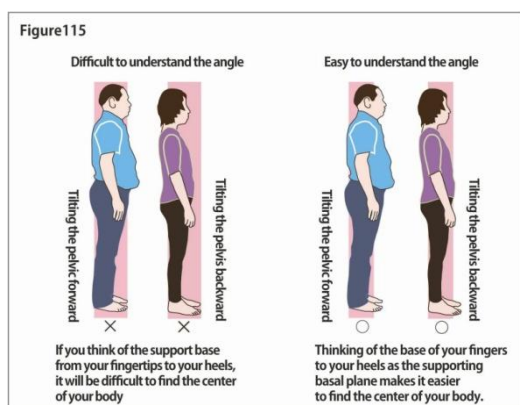
Some people may not know whether their posture is " tilting the pelvic forward " or " tilting the pelvis backward ", so I will explain it briefly. Check in the standing position. The area that supports the body is called the support basal plane. It is made up of the following factors

① From the tip of the toes to the back of the heel.

② From the little finger of the right foot to the little finger of the left foot.

This area is called the support basal plane, and it is said that this area supports the body. But, in reality, the

fingers are tired and do not support the body, so the area of the essential support base is the area without the fingers.(**Figure 115**)



How to take a picture

Taking a picture is a good way to think about your posture.

Therapist, you shoot pictures from the right, left, and sides until you get used to seeing the client's posture. Later processing is easier if you can see vertical and horizontal lines such as walls and windows in the background. The position of the lens should be centered on the top, bottom, left, and right of the client's body so that it will not be distorted.

When viewed from the side, most people have their entire body leaning forward or backward, and the photographer unknowingly becomes conscious of "centering the axis of the body."

As a result, the entire photo will tilt

forward or backward. To avoid this, without being dragged awareness in the center of the client's body, please to fit snugly on the line, such as vertical or horizontal wallpaper the background.

Therapist, you should make sure that the photo you take is not at an angle with the vertical and horizontal lines in the background. If there is a gap, please correct the gap.

Once corrected, draw a thin vertical line upward from the base of the client's toes. Draw a thin vertical line upward from the back of the heel. The part of the body that fits in this narrow area does not damage the body because the lever does not work. All the parts that protrude from this range are the points of effort to fall in the direction of protrusion. There are many protruding parts, that is, the points of emphasis are mixed up, down, left and right.

The small parts stick out from each other and pull each other, but as a whole, the pelvis tilts forward and backward, so I'm pulling my back. By moving the skull, we create a point of emphasis on the lever and return as many parts of the body as possible back into the supporting basal plane.

There is such a difference in attitude.

For the person who is tilting the pelvic forward, the superiority of the 7th chakra is anterior fontanelle.

For the person who is tilting the pelvic

backward, the superiority of the 7th chakra is posterior fontanelle.

If you still don't know which type of your pelvic tilt, try to check anterior fontanelle and posterior fontanelle.

The more comfortable one is your 7th chakra.

Explanation 54-2

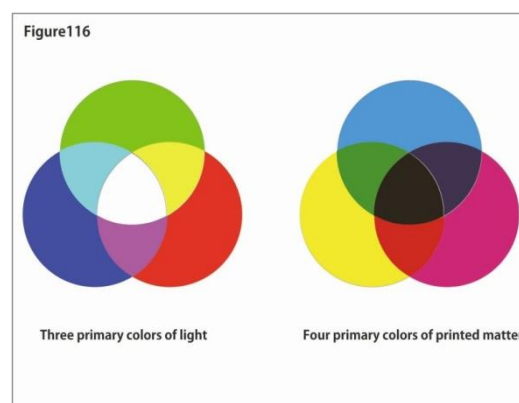
The 7th chakra resonates in silver or white, which is a big mystery.

The light of the Sun is decomposed into the color of a rainbow when it passes through a prism.

If you mix the three colors (R, G, B) of red, green, and blue at a concentration of 100% each, you will get pure white light itself.

In the case of printed matter, there are four colors (C, M, Y, K) : cyan (blue), magenta (magenta), yellow (yellow), and black (black). When all are mixed, it becomes jet black. This is the decisive difference between light and printing.

(**Figure 116**)



In " The essence of chakra care using color / resonance ", colors are essentially selected based on the three primary colors of light. In the real world, which is the world of matter, I don't think that the three primary colors of light fix colors to objects. There are special printing techniques that bring it closer to RGB, such as RGB printing, but to benefit everyone, I'm identifying colors that have almost the same effect on the body in printed matter.

To explain that the crown is silver or white, I would like you to look at the " Foetation Picture " again. What was revealed in " The essence of chakra care using color / resonance " is that the arrangement of colors contained in the sunlight exists in the same arrangement from the sole of the foot to the top of the head. That is the chakra. This is because it is given with the intention of " be sure to receive " the " energy at a specific frequency " in the light emitted by the Sun.

The fact that the top of the head is silver or white means that the three primary colors of light are mixed at 100% to form the light itself. That means that the action of light is maximized.

Therefore, as the essence of the 7th chakra, the silver color that indicates that it is shining is the most suitable.

Even if it is white, the body recognizes it as a mass of light and reacts.

Explanation 54-3

Some people feel uncomfortable somewhere in their bodies when they are activated in order from the sole of the foot to the 6th chakra. It is found in people who have some extremely weak spots or who have poor energy flow. However, if the person also activates to the 7th chakra, the discomfort often disappears.

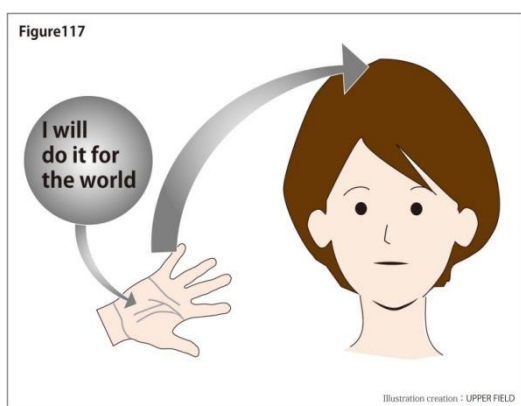
Experiment 55

Experiment 55 / Know the 7th chakra in words

What to prepare / Nothing in particular

Experimental style / Can be done alone

- ① Bring your palm to your mouth and mutter aloud, " I will do it for the world. "
- ② Please push it into the 7th chakra while being aware that this message is on the palm of your hand. (**Figure 117**)



- ③ Do you see that the 7th chakra becomes lighter like a hole and makes your heart lighter?

Explanation 55

The comfort when the 7th chakra is moving is the feeling of being away from self-attachment.

The message is neither " I do it " nor " I

do it for myself ." " I do it for the world and for myself " is no good. The condition for activating the 7th chakra is that the attachment to the existence of " myself " has disappeared.

By experiencing the activation of the chakras by words, you can see that the chakras support the work according to the stage of life.

The main theme of the 1st chakra was " live. " Even the ego does not exist.

The main theme of the 2nd chakra was " I create. " It is a declaration to create the ego of me and the world of that ego.

The main theme of the 3rd chakra was " acknowledge myself. " The ego is clearly present.

The main theme of the 4th chakra was " thinking about others. " There is an expansion of the world that is not limited to the ego.

The main theme of the 5th chakra was " I tell ". Communication is deepening to convey one's intentions to the expanding world.

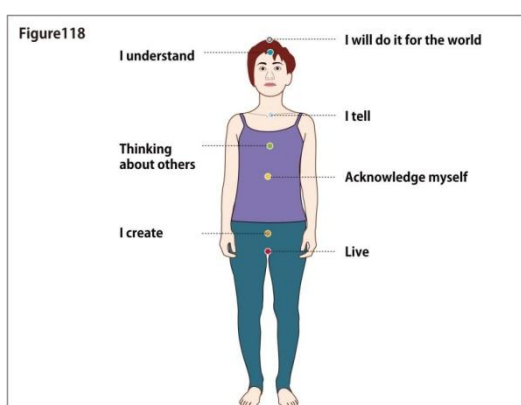
The main theme of the 6th chakra was " I understand ". It means to grasp the expanded world including yourself.

The main theme of the 7th chakra is " I

will do it for the world " without being bound by the ego.

Born as a living thing → Being able to secure an existence with a physical body → Ego was born and raised → Accepting the ego of others other than oneself → Understanding the mechanism of the world weaved by oneself and others → And the flow is to come to terms with the ego, harmonize with the world without being bound by the ego, and start working for the world.

(Figure 118)



If you can see human beings with your free eyes without being entangled in your self, you will understand that the existence of human being is the mechanism that works on someone else. I think that it is easy to use it positively or negatively just by changing the flow of energy.

There is a wisdom word told by Buddha, " There is no absolute, fixed ego in every element "

However, when I read this explanation, I cannot understand this word obediently because I am established by my ego. What is written in words are read in words, so it is interpreted conveniently for the ego.

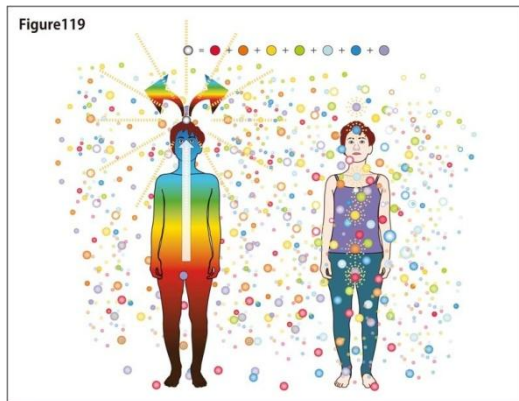
When humans activate the main chakra, the resulting overflowing energy is inevitably forced to direct to others.

This is because the energy that is beneficial to others is transmitted from the 7th chakra. And that state will be a comfortable state for me as well. The others mean everything but myself, not just humans.

Considering the figure, the inside of the body is just a cavity, and energy from the earth simply passes through this cavity. Since I do not exist inside the body, it is a genuine " selflessness ".

The consciousness of shouting " This is me ", surrounds this " selflessness. "

There are 7 billion people in this mechanism of wrapping the selflessness with ego. Why is the ego, which is not a solid center, so stubborn? Perhaps that's because I receive the final main theme, " I do it for the world ", which comes out of others. (Figure 119)



My reality is empty. But, I receive a jetteted thoughts and actions from others such as love and malice, good deeds and bad deeds.

The feeling of being handed over, hit, and received is the realization that " I am here. "

I think that feeling remains the driving force for creating such a strong ego. So I am not here, but I am here.

The self that is there happily says that I am not there. This interesting thing happens.

Know that silver resonates
with the 7th chakra and gold
resonates with the brain.

Experiment 56

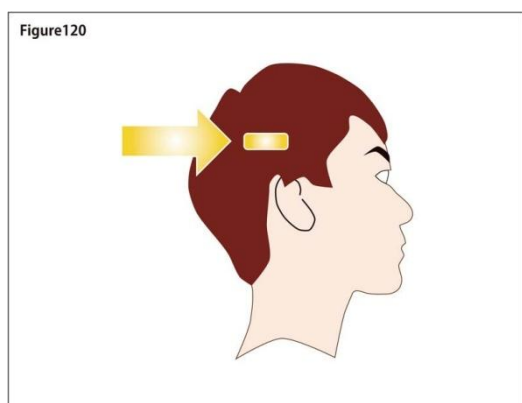
Experiment 56 / Activate the brain with
gold

What to prepare / Golden hairpin

Experimental style / Can be done alone

- ① Sleep on your back on the floor.
- ② Lift your limbs and try to move them.
- ③ At this time, check the power required for the movement to lift the limbs and the feeling of movement such as the range of motion.
- ④ Attach a golden hairpin to the right temporal region. The location is above your ears and a little behind.

(**Figure 120**)



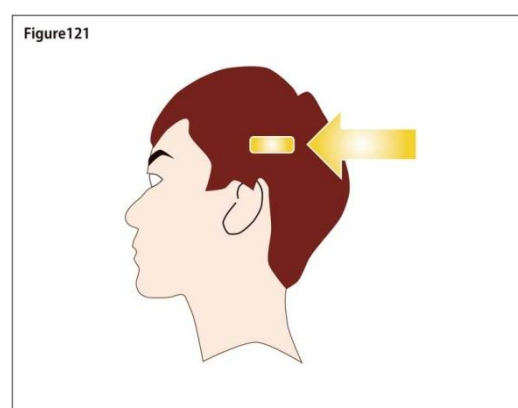
- ⑤ Lift and move your left foot and left

hand.

- ⑥ Do you see that the left hand and left foot move much lighter, faster and more powerfully than the right hand and right foot?

- ⑦ Remove the golden hairpin on the right side of the head. and attach a golden hairpin to the left temporal region. The location is above your ears

and a little behind. (**Figure 121**)



- ⑧ Can you see that the right hand and right foot move lightly, quickly and powerfully this time?

Explanation 56-1

The entire brain resonates with gold. This is a color effect, so it doesn't have to be real gold. Even gold-plated, also will occur the same thing in the gold wrapping paper of sweets.

However, the location is

I / above the ears and slightly behind.

II / If you just want to improve your body movements, attach it slightly to

the right and slightly to the left of the crown.

The relationship between the brain and movement intersects, activating the right brain makes the left half of the body move easily, and activating the left brain makes the right half of the body move easily.

Explanation 56-2

By practicing Experiments 1 to 55, we succeeded in activating the sole to the 7th chakra. It is also to know the present of being " alive. " Next, there are conditions for continued survival. In order to stay alive, it requires maintenance such as nourishment and rest. Not only that, we have to do something to " win your brain. .

This golden experiment that activates the brain is actually an experiment that visualizes the serious problems we have. That is because it became clear that " the brain is another person. " Even before the experiment, you " tried to move your limbs. " And it worked. However, the movement after activating the brain was lighter, larger and smoother. This means that before activating the brain, it became obvious that " your body is moved, but your body didn't do your best. "

If you dig deeper, " your brain didn't try

to move lightly, big and smooth, even though you had the ability and function to move lightly, big and smooth. your brain didn't want to. "

It means that the soul that tried to move is itself, and the brain that issued the command to move the body is not necessarily on the side of the soul. Rather aggressively, the brain betrays the soul. The brain has the will of the brain, which is unified by the basic policy of " I want to take a rest. " As it were, the soul is a naive young man with no dirt, the brain is a shrewd man. Some people may think that they have lived as hard as they can. However, the best of it is not the real best. Isn't it the step you've been struggling with because you couldn't obtain the cooperation of the brain? Hard work and suffering are different. But we assume these are the same.

Looking back on your childhood, were you fast in the race? Did you study well at school?

Have you been kind to your friends? These are all " things that I couldn't do, even though I could do more. " It is impossible to do the best for everything. If there was a person who was really able to do these things with all his might, I think that person would have made no difference in the behavior before and after this experiment. That person is the one who has already realized what he is trying to say in this

explanation of the brain. I think there are few people in this stage.

All the people who had different behaviors before and after this experiment are doing what I say. It is that "the brain is lazy." In daily life, the body is sluggish and heavy. I think there are many people who feel that. If the person collapses, he wonders, "What's wrong with my body?"

However, the main complaint was "slack and heavy", and he didn't actually fall down. We will continue our lives by reconciling similar everyday life. This is the situation what the brain is trying to do. If you fall, your soul will notice if something is wrong. However, even if he skips the activity of the brain until just before he collapses, he does not notice the cunning of the brain because his soul is unsophisticated. Therefore, the brain will skip tomorrow with peace of mind. The life will end as this is repeated.

The soul doesn't realize that its betrayed by the brain, so you summarize like "In my life, some wishes have come true, and some have not. But I did my best. Overall, it was a good life." Or you convince yourself like "for some reason my life did not go as planned. I am sorry but it is a fact. Let's accept it."

Only the brain knows the fact that the

master did not burn your soul completely. Until that last moment, the brain does not help voluntarily. Brain just want to take a day off. Until the end of life, the brain thinks it's okay if brain can rest.

This cunning isn't that it's a bad guy, it's the flip side of brain's superiority. Resonate the sub-chakra of the brain with the intention of the soul and put it under control. The brain will betray itself tomorrow unless it works to overcome the brain and grow into a good partner who works for the soul. My brain also hides the possibility of betraying me at any time, even though I know all this fact. So I always make my brain follows me. At my will, I decided, "I used all my energy today. That's it for today", and use my brain for my soul until I'm about to fall asleep. Loosen the reins when you fall asleep. Loosen, but do not pass the reins to the brain.

Do not allow your brain to betray your soul. Collect all the power in your soul, the hero of your life. So that the soul can burn completely.

Explaining this at the study session, some of the participants direct the energy of anger that pokes at me with a spear. There is pain and shock that pierces the head. This is not the attack that the person's personality is doing,

but the attack that the person's brain is doing regardless of the will of the master. The brain is revenging on me, because I have proved that his brain has betrayed his soul. This attack will only come once at that time.

If you understand this fact, please explain to those around you. If you can tell it correctly, you may feel the same pain as I do. So when you give this explanation, do it to the end. Until the other person understands the fact that the other person's soul is the person's master. As you can see, the brain needs to be prepared before it can be used, but it is still an exceptional existence. Explain why you have to make your brain your companion, whatever.

Explanation 56-3

The brain has another characteristic. The difference between high activity and low activity changes what is produced. What the brain produces supports his life. The amount of activity of the brain can be grasped by temperature, rotation speed, or frequency. When the amount of activity is above a certain line, we only think about happiness. On the other hand, if the activity falls below this line, we will only think of negative things. We rate people like " that person is

always bright " and " that person is always grumpy. " It's just on which side of the line is the activity of the person's brain. It does not fully express the unique nature of the person.

For example, after activating the brain with a golden hairpin, it is difficult to think about sadness. On the other hand, if you think about fun and creative things, you will come up with a lot of ideas. This is because the activity of the brain has exceeded the line by the golden hairpin.

But remove the gold hairpin. And watch newsreels of various disasters on youtube, or when you see a predation scene where an animal attacks to eat another animal, your brain gets cold at once. The brain cools down as it approaches death without golden support.

This application problem is " anger. " When I'm angry, I think I'm using my entire brain to think about the subject of that anger, but the brain activates only the part that keeps the anger going, and the other parts are resting. The essence of this issue is attachment. The state of attachment is the problem, which has the same effect not only on anger but also on various desires. While thinking fiercely to be obsessed, the other parts actually rest. That is set, the trap of the brain that the soul is

deceived.

It's easy to say " get away from attachment ", but it's difficult to get out of it without controlling brain activation. "Obsession" such as anger rests many parts of brain while pretending to be thinking hard. The brain that does not want to work desperately resists, so the trials will continue until it can be dealt with.

Experiment 57

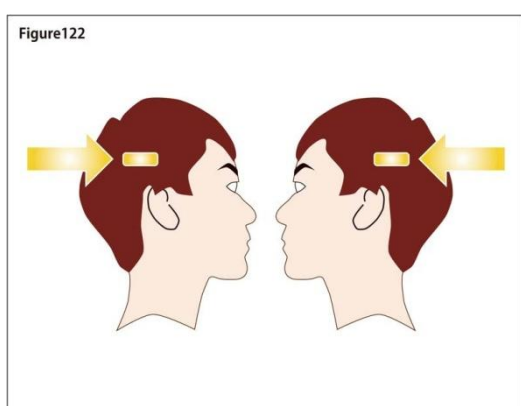
Experiment 57 / Timing when the brain burns out and how to recovery

What to prepare / golden hairpins, sweet treats

Experimental style / Two people

- ① Client, you look at your face. Therapist, you look closely at the client's face.
- ② Attach a golden hairpin to the right and left temporal region. The location is above your ears and a little behind.

(**Figure 122**)



- ③ Review the client's face. Client, can you see that your eyes are shining and shining with good blood circulation?
- ④ Let it pass for about 10 minutes.
- ⑤ Look at the client's face again. Client, do you see your face dull and tired?
- ⑥ The client eats sweets.
- ⑦ Do you see that the face becomes shining as soon as you eat sweets?

Explanation 57-1

When the brain is activated with a golden hairpin for the first time, it consumes a lot of sugar, which is the energy of the brain, so the face becomes dull in about 10 minutes. And eat sweets at that time, the brain will shine with super recovery. This reaction disappears as it becomes a habit to activate the brain with golden hairpins. You'll need sweet foods at the beginning, but as you get used to it, even if you leave your golden hairpin on without sweet foods, your brain will remain active and you won't have to replenish sugar.

Explanation 57-2

There is another event related to this reaction in the brain. There is a small " emotional vessel " in our hearts. Only " negative emotions " are stored here. People who are just starting the habit of activating their brains with golden hairpins will feel the brain cool at once when they remove the golden hairpins. At this time, I also notice that the negative emotions that have accumulated in the emotional vessel are overflowing to the surface of my consciousness. This is evidence that the vigorous golden energy is flowing into

the vessel and washing away the accumulated dirt.

However, There is no drama here and there are only emotions, events such as " I don't know the reason, I'm sad and crying. " and " I don't know the reason, but I can't help but get angry " occur. Fortunately, this vessel is so small that this negative emotional upheaval disappears over the course of several days of repeatedly putting on and taking off the golden hairpin.

When you first put on and take off the golden hairpin, you may be surprised because the negative emotions that there is no drama will spring up. In my case, I was angry. Anyway, anger comes up. I had no idea why. It was a day of researching what was happening while being swayed by my anger. However, not that fear once I know. I think everyone can feel at ease. If you knew that it was because only the memory of negative emotions was stored in a small emotional vessel. If you have negative emotions, don't be obsessed with them.

Experiment 58

Experiment 58 / Activates the brain with gold to adjust the artistic brain and language brain

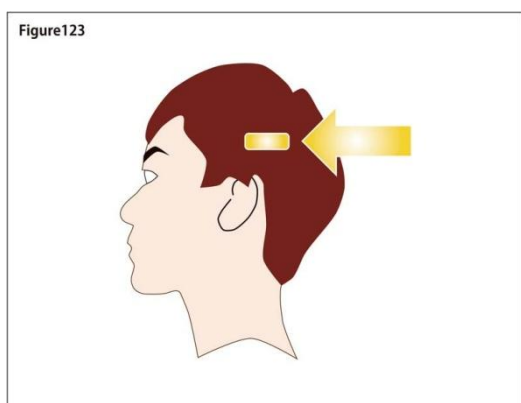
What to prepare / Golden hairpin

Experimental style / You can do it by yourself, but it is easier to notice the change if you do it with a large number of people.

① First, please sing a nursery rhyme. Try to sing as well as you can as if you were a singer.

② Attach a golden hairpin to the left temporal region. The location is above your ears and a little behind.

(Figure 123)



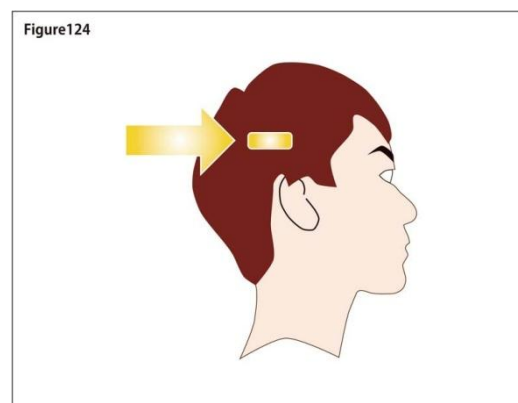
③ Please try to sing well again.

④ Do you notice that the depth of the voice disappears, the extension becomes weaker, and some people are out of tune? But do you see that the lyrics are easier to hear?

⑤ Attach a golden hairpin to the

right temporal region. The location is above your ears and a little behind.

(Figure 124)



⑥ Please try to sing well again.

⑦ Do you see that the voice becomes deeper, more relaxed, and music as an art? But do you find the lyrics harder to hear than before?

Explanation 58

You can control the right and left brains, you can make such adjustments. Putting a golden hairpin on the left side of the head gives it a language advantage. Therefore, it is difficult to express the elements necessary for art such as pitch and depth of sound.

However, in this state, when you read or have a conversation, the words will come in firmly, so you can enjoy it comfortably. Conversely, attaching a golden hairpin to the right side of the head activates the right brain, the artistic brain. Therefore, you will be

good at singing, but it will be difficult to enjoy conversation. The words will not into your head.

This is enough when singing general nursery rhymes. However, when experimenting with an opera singer, if only the left brain is activated, it will not sound as a song. However, when only the right brain was activated, the song went out of control, and there were cases where the lyrics were almost inaudible. In the case of this singer, by attaching golden hairpins on both the right and left and activating both, I was able to create a state where I could hear the lyrics but enjoy the wonderfulness of the voice as music.

About the 8th chakra

That is a evidence, we do
reincarnation

Milestone of chakra study is the eighth chakra. For those who want to know about chakras even a little, it is natural to ask for the grounds for calling them " main chakras. " By activating the " 8th chakra " in addition to the " sole chakra " + " 1st to 7th chakras ", you can get a function that is suitable for calling " this is the main chakra and the engine of life. "

When these nine are activated, an

energy cycle occurs between the earth and oneself. You are just comfortable, confident, and ready to treat others and yourself with love. Actually treating others and oneself with love requires not only mental attitude but also skills and techniques, so training is required. So it's better to think that moving the nine chakras will make you feel at ease ready to work on the training. It does not mean that no need to trained to how to communicate with others. After all, there are things that can only be achieved by living your own life in the flow of time in life.

It can be said that activating the main chakra is a preparation for living your own life, " Now, I will meet my true self and live. " Comfort in this state, there is a difference of heaven and earth compared with before being activated. Many people are surprised at how comfortable you were. You will surely be amazed at what your own hardships were. That will change your perception of yourself. I want as many people as possible to know their true comfort.

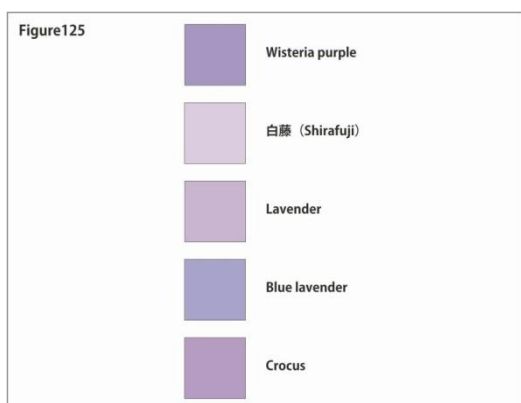
Experiment 59

Experiment 59 / Feel the 8th chakra with color

What to prepare / "8th chakra hat": Download the PDF file from the URL below and print it out. Cellophane tape

Experimental style / You can do it by yourself, but it is easier to notice the change if you do it with a large number of people.

Figure 125 / Example of a color that resonates with the 8th chakra



The well-known part of the 8th chakra is about 25-30 cm above the crown. Let's activate it in this part.

- ① You should extend both hands above your head and bend your wrists.
- ② Please check the atmosphere of this space by touching the air about 25 - 30 cm above your head. Most people feel there is no heat, no pressure or no

vibration in this space.

- ③ Download the PDF file of " 8th Chakra Hat " and print it out.

- ④ Assemble the " 8th chakra hat. " The size of the circumference of the head varies depending on each person, such as the presence or absence of hair, so please finish it to a size that fits your size.

- ⑤ Put on the completed "8th chakra hat."

- ⑥ Can you see that the location of the 8th chakra is starting to move and heat is being generated?

- ⑦ If you are doing this experiment with multiple people, please touch each other's 8th chakra. You can see that the heat, pressure, and vibration are different from your own energy.

- ⑧ If you are doing this experiment with multiple people, please bow so that the 8th chakras of each other overlap. By stacking the 8th chakra that has begun to activate, it resonates further with each other and further activation

progresses. (**Photo 5**)



Explanation 59

How to assemble the 8th chakra hat

① Print 2-3 sheets of paper with gradation from white to mauve, and attach them in a tubular shape with cellophane tape.

(**Photo 6**)



If you have a lot of hair or a big head, two pieces may not be enough, so please finish it to the size that fits you when you wear it.

② Fold the paper that is solidly painted with mauve so that the color faces outward.

Then, put a bridge on the gradation tube made in ① and fasten it with cellophane tape. (**Photo 7**)



③ This is the completed state. The gradation of the cylinder is Mauve on top. (**Photo8**)



White is below. Please note that it is not possible to reverse it.

I have been activating the 8th chakra for 5 or 6 years now. it is continuously activated 24 hours a day, there are lumps of heat and pressure in an seemingly empty space. Those who first touched my overhead 8th chakra at a study session was surprised at its presence.

The 8th chakra is also the source of the power needed for self-actualization. The "8th chakra hat" is an invention that I personally like very much. It will be stable if you make it according to the size of your head. It's light and doesn't make your neck tired, so it's very quick to wear it get more done on a computer.

Experiment 60

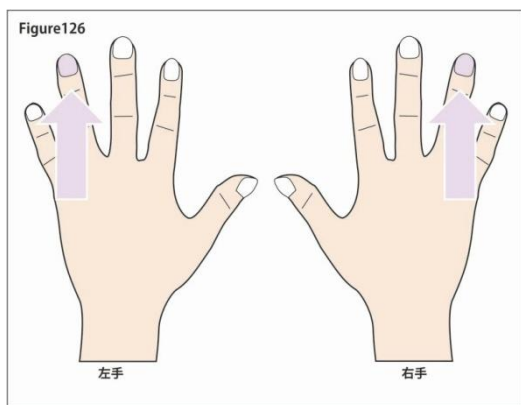
Experiment 60 / Feel the 8th chakra with colors

What to prepare / 1 cm square wisteria purple paper piece, cellophane tape

Experimental style / Can be done alone

- ① Please check the atmosphere of this space by touching the air about 25 to 30 cm above your head. Most people feel there is no heat, no pressure or no vibration in this space.
- ② Stick a piece of wisteria purple paper on the ring finger nails of both hands.

(Figure 126)



- ③ Raise your hand and check the change in the space that you first confirmed.

Do you see a lump of air forming or starting to generate heat?

Explanation 60

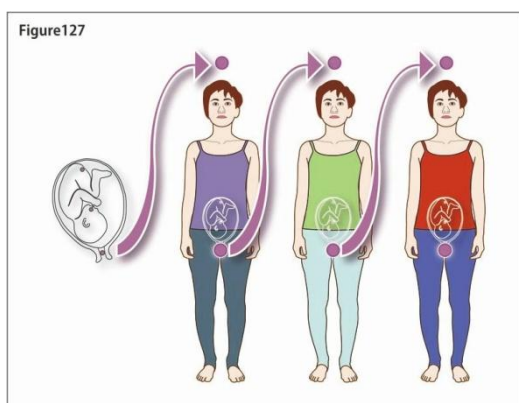
Such as at bedtime, is the care that I would like you to when you can not wear the " eighth chakra hat. " Some people get tired on the day they first activate the 8th chakra, so it may be better to alternate between activation and breaks. But in a few days, try to stay active 24 hours a day.

Therefore, as a bedtime care, put a piece of wisteria purple paper on the ring finger nail of your hand.

The 8th chakra has past, present and future alter ego

Now, take a look at the fetal diagram at the beginning of this book. If this foetation is us, what exactly does the 8th chakra above us mean? In the realm of physical existence, the 8th chakra above us shares with the chakra in the mother's vagina. This is shown in

Figure 127 below.



If you are a woman, the 8th chakra overhead is the " past " for you in this life. And the " now " for you in this life is in your vagina. Focusing solely on the birth of the body, 100% of men and women of all ages who have no children will be repelled from this cycle, but that is not the case. Everyone living in the present is in this cycle.

The reason is that the " past " for you in this life is not only your mother, but also your " past life ". The 8th chakra overhead shows that everyone living in

the present is in the cycle of life by sharing it with their past lives.

If you are a woman, the " now " for you in this life is in your vagina.

If you are a man, the " now " for you in this life is in your testicles.

The testicles react on either the left or right side.

Experiment 61

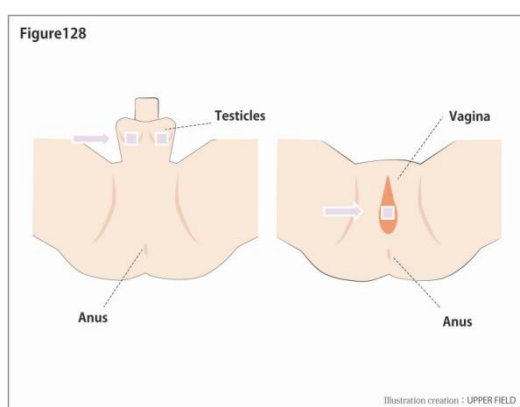
Experiment 61 / Know the " present " of the 8th chakra

What to prepare / 1 cm square wisteria purple paper piece, cellophane tape

Experimental style / Two people

① Therapist, you carefully look at the client's facial expressions. Client, you also take a close look at your facial expressions.

② Client, you should move to the toilet and put a piece of wisteria purple paper over your underwear so that it hits your vagina or testicles. It's a delicate point, so be sure to do it by yourself and safely. Please be careful not to have any trouble. (**Figure 128**)



③ The client will return to the place where the therapist is. When client pasted at the desired place.

④ Both the therapist and client should take a close look at the client's facial expressions.

⑤ Can you see that the cheeks have become paler, the facial expressions are brighter, and there is a slight smile?

Explanation 61

Stick a piece of wisteria purple paper so that it hits the vagina for women and the testicles for men. Then, the expression will come alive. It simply becomes " very attractive as a living thing. " That is " the charm that comes standard with you. "

It is not a good idea to live your life with this power asleep. Making yourself shine to the fullest is one of your homework assignments for everyone. A person can only live among the person. Fostering one's charm is the key to making life easier and the secret to making the people involved happy.

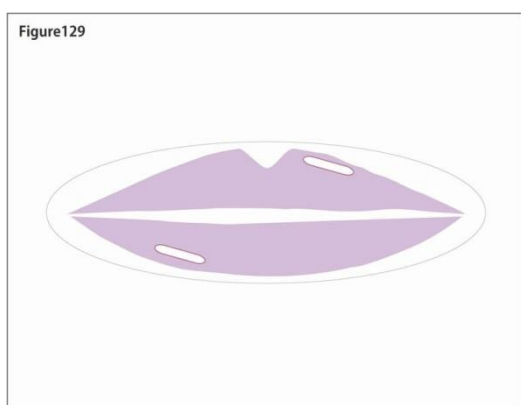
Experiment 62

Experiment 62 / Know the " future " of the 8th chakra

What to prepare / Illustration of the lips shown below

Experimental style / Can be done alone

- ① Display or print this lip illustration (**Figure 129**) on your smartphone monitor.



- ② Hold this illustration of your lips with your arms extended toward yourself, and slowly bring it closer to your lips.
- ③ Do you see that your lips start to vibrate as the illustration approaches?
- ④ If you did not vibrate your lips at the first time, please do not give up and repeat this experiment.

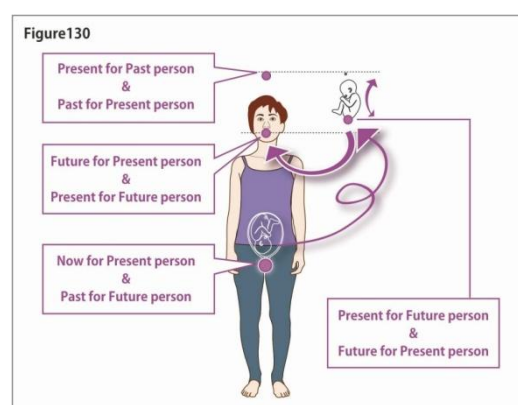
Explanation 62

The " future " of the 8th chakra is on the lips.

Those who have studied " attracting " have learned that what they say in words becomes a reality. The lip is the future, it is only natural that the words you say will come true.

If you are a woman and have given birth to a child, the energy of your lips shares with the energy that resides in your child's vagina or testicles that are just alive. Not only that, you share it with your " after life. "

This is the future for those who live in the present, and the present for future people. (**Figure 130**)



In terms of the relationship between the present and the future based on physical connections, the mother's lips are the future of the child. It's no wonder that mothers' habits, way of saying have a strong impact on their

children.

This is because the words of the mother make the present of the child (future person).

This is also the relationship between yourself in this life and yourself in the after life.

The words you are speaking now will make you in your after life.

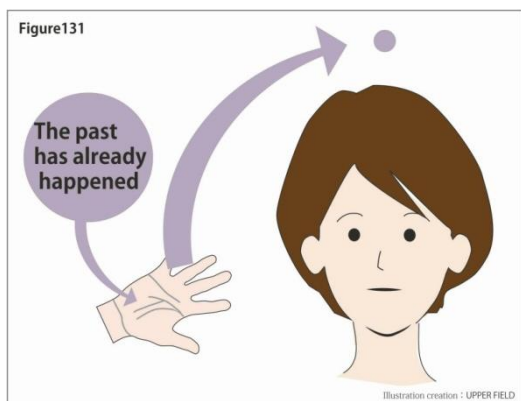
Experiment 63

Experiment 63 / Activate 3 places of the 8th chakra with a message

What to prepare / Mirrors, smartphones, and other self-portraits

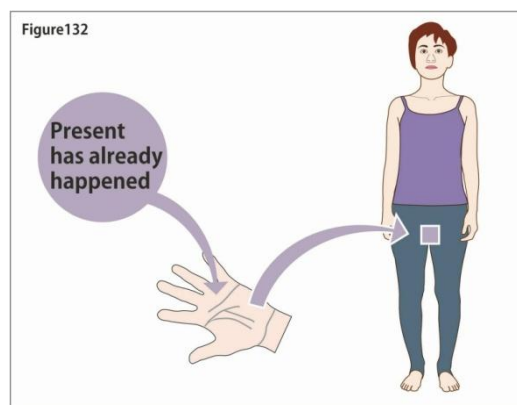
Experimental style / Can be done alone

- ① Look closely at your facial expression in the mirror or take a selfie with your smartphone.
- ② Bring your palm to your mouth and mutter aloud, " The past has already happened. "
- ③ Keeping in mind that this message is on the palm of your hand, push it into the past of the 8th chakra, a space of 25 to 30 cm above your head. (**Figure 131**)

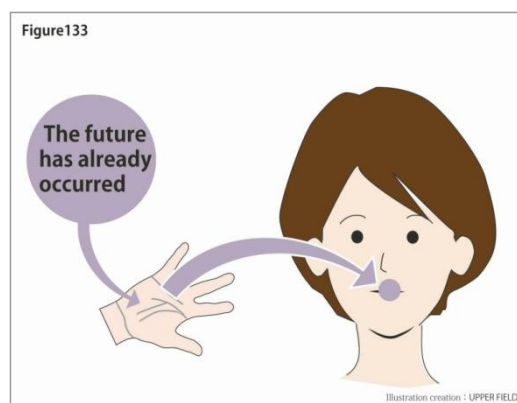


- ④ Do you find that your heart feels better?
- ⑤ Bring your palm to your mouth and mutter aloud, "present has already happened. "
- ⑥ Keeping in mind that this message is on the palm of your hand, push it into

the present of the 8th chakra, with the vagina for women and the testicles for men (either left or right). (**Figure 132**)



- ⑦ Do you find that your heart feels better?
- ⑧ Bring your palm to your mouth and mutter aloud, " The future has already occurred ".
- ⑨ While conscious of this message on the palm, push it into the future of the 8th chakra on the lips. (**Figure 133**)



- ⑩ Do you find that your heart feels better?
- ⑪ After pushing the message into the past, present and future of the 8th chakra, check the facial expression in

the mirror or take a selfie to check the difference in facial expression.

Explanation 63

I think you can receive it without any special feelings, that the past and the present have already happened. You may not immediately receive what the future is already happening. But we have lips. The fact that even if you have only one point, the future already exists there. Regarding "making the future better and happier", we have wisdom that summarizes the usage of Kotodama, such as "attracting" and "Ho'oponopono", so please learn it.

In this experiment, we study how to activate the chakra that realize, the future with use the power in message. The past, present and future of the 8th chakra both strongly resonate with the fact that they have already occurred. The 8th chakra is a place to summarize the energy of life related to the body. "Already happened" means "already born in this world."

The past, present and future are concentrated in the "now"

This was the most shocking thing for me in my research on chakras.

The past and the future are contained in me who is alive now, and it shows that the present self coexists with the past self and coexists with the future self.

I am full of energy to be born next time and am alive now. It proves that the fact that we are alive now, regardless of our self-consciousness, will come back to the after life.

Reincarnation is not a story of reason or emotional adjustment of "believe or not", but a "plain fact." Born, dead, and born again as a matter of course.

This if you look at from the opposite, people who do not have the Hereafter, means that you can not live in this world now. The more we know that life is doing reincarnation, the more we know that the body is a vehicle and a thing. You can also see that because it is a thing, it reacts to all the laws of physics. And if you understand the body as a thing, the "mystery of life" will become clearer.

Facts I heard on a passing day

Once upon a time, there was a Burmese monk who I got to know, his name is Rev. Kheminda, who was the highest-ranked monk dispatched overseas by the Burmese (Myanmar) government at that time after World War II.

He lived in Kitakyushu, and when I met, he often said " Jataka " is not read in Japan. Therefore, there are people who do not understand life. Even though the appearance of life is written in " Jataka ".

"Jataka" is a story in which Buddha gains awareness while being reincarnated as an animal or a human being in many previous lives before the enlightenment that is passed down to the present. The story is established by repeating life and death. There is an impressive story that Mr. Keminda told me.

He was in Burma during World War II. He felt sorry for the Japanese soldiers to choose to die themselves in the mountains, and he was persuading them to stop. After the war, when he came to Kitakyushu, many families and bereaved families of soldiers who went to Burma began to visit him.

One day, a well-dressed two Japanese men came to his temple. One person asked, " I heard from a person who came back from Burma that he was told

locally that humans would be garbage if they died. I'm not convinced. Is that the way of thinking in Burma? " He replied, " That's right ", so they turned their face bright red and went home angry.

I'm sure he lost his important family and friends on the Burma front. He would have trembled with anger because he felt that his precious life was treated lightly.

But, Rev. Kheminda just said, " The body is the same as the old clothes, and we will take it off someday. " It is a matter of course, However, the feelings of both sides were misunderstood.

Rev. Kheminda went on to say, I learned later that he was the president of a large newspaper, but he has no meaning to others social status. This is the only thing I understand about that person. It's just that the person is honest about the truth or not, he said with a cool face. Really, " What is life? "

Afterword ---What was the main chakra

Researching chakras means being informed of the existence of oneself who resonates with color (light), so it is the task of clarifying the fact that the essence of human beings is the same as light.

It is a big system called " main chakra " that forms the basis of it, but in order to call it main, there must be a reason to call it and a job must be born. The work of your energy of your body and life, that can be realized by continuously activating the " sole " + " 1st to 7th " + " 8th " parts. When you do up to this point, clean energy is circulated between the Earth and yourself.

The 8th chakra has past, present, and future alter ego, and although it is overhead away from the body, it functions as a " body. " This is because it " summarizes the energy of life that accompanies the body. " The body as a thing that contains the mysterious and mysterious energy of life, by moving all the chakras from the sole to the 8th, the function becomes powerful, the movement becomes quick, and it becomes less tired.

This is also the way to make it clear that " I haven't been told to live alone. " The body should be moved in this way using the power of the sun and the Earth, and it is taught to live in unison with such a large being. If we do not adopt this system given by nature, we will not be able to live ourselves properly.

In 2021, there is a phase where human beings should exert our full potential all over the world. The dignity for human beings is being tested.

This is the story of Mr. H, the founder of a health food company. He is already dead. I had a conversation with him about 15 years ago. He was the one who went to the Philippines in World War II and had the experience of annihilating his troops and surviving only himself. After he demobilized, he served as president of a financial company, and after retiring he started a health food company. He was engaged in various social activities to create a happy society for his deceased comrades. At that time I was in 30s. Mr. H was in 80s.

One day, He asked me, " Do you know what a war comrades mean? "

I answered, " Go to the same battlefield from the same hometown ... ".

He said, " No. When the enemy's shells fell and the shooting started, the person next to me, he was a war comrade. "

He continued talking " It's the relationship between people who are next to each other when the shooting begins, who even know their names or origins, and entrust their lives to each other. "

Time has passed, and now the world has gone crazy, and I finally thought, " Oh, what Mr. H said at that time was this moment in my life. " I think it's too late, but I'm finally convinced.

After telling this story, Mr. H was salute

to me with tears dripping, and he kept crying while being salute for a long time, saying, " I regards asked you. "

I was confused. At that time, I was wondering what this person was seeing in me, something like an event in a dream. I can understand that Mr. H was counting me as one of his war comrades at that time. That is no matter ,if I had special skills, if I had money, or not, he was counting me just as a his war comrade.

Chakras are hidden in that state if we are alive.

Even if you are an empty hand, the power to shine is hidden in you.

That's why I want you to receive it.

This book is an ale to my comrades who live in difficult times.

Thank you for reading this book so far and for participating in the experiment. I'm thinking of making the advanced version of this book into a form, but since what I have included in this book is the basic and essential items for regaining myself, please master the contents of this book before the advanced version is completed.

If you feel comfortable, just apply it to the care of your close friends.

" The essence of chakra care using color / resonance " Basic course

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