

(I gladly take advice on how to formulate better or additions to my work)
Guideline for ulimiting Brain

Focus on the mental point on your forehead. If you feel energy swelling there, you did something right. That point activates only shortly. So proceedure would be :

Focus on point, point lights up, vanishes, focus on point again, repeat.
If there is a strong shift of energy you may still continue and not get distracted.
Go as far as you can.
This might take time.

Breakthroughs can be achieved.
I heard a pop my ears and the force unfolded.
If you do experience shifts of energy or a pop in your ears, by all means, tell me about your experience. I think that will be helpful to my research.

My previous experiences. Used similar at young age 18 but not this way and this is my best way now with 28.
Been in nirvana. Deepened within the ether.
My brainstem is very developed for my age. Using wisdom - integral in reality.
Brainstem being the anchor into physical(skin).