

New Pineal Gland/6th Chakra Meditation by Me and HPS Maxine

HP Hooded Cobra 666

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Progressively, meditations who have been discovered by the JoS with the help of the Gods, are going to be shared in increments.

For more information about this, refer to this post:

<https://ancient-forums.com/viewtopic.php?f=5&t=61422>

These will be from numerous levels, all the way from beginner to intermediate, to advanced, to very advanced. This meditation below is advanced, and one has to at least have some experience with invoking Aether.

However, this meditation is safe, and if one wants to try it, it will not cause any unpleasant effects. The only necessity for those who want to experiment, is that the 6th chakra opening meditation and some empowerment has been done prior to this.

The meditation is below.

Instructions:

Due to the nature of this meditation, doing this in a lightless room with the least amount of lights, would be beneficial. The best time to do this meditation is at night, but not when one is too sleepy to lack alertness, but a pleasant focus and very low light should be present. This helps the Pineal Gland activate itself better.

1. Relax before this meditation and focus on your pineal gland, broadly in the center of your head.
2. Inhale the Aether [Aether is optional and makes this meditation more acute, you can use energy in the color of the 6th chakra] into the 6th chakra for 3-4 breaths, accumulating it inside the Pineal Gland. You must try to center this energy inside the Pineal Gland as you breathe this.
3. On a low tone of voice [not loud vibrating in this case] start vibrating softly "PTAH". Audio for this meditation: https://archive.org/details/ptah_20220531
4. How this is vibrated is as follows: P as in Plan, T as in Turn, A should be

vibrated as in Andras, and H is not to be vibrated, but exhaled. All these vibrations will be felt into the head.

5. The H, is to be exhaled in a specific way for this meditation. During the exhale, the focus must be on the Pineal Gland. The H is to be done in a breath that is felt on the top of the palate of the mouth.

6. Make sure that every letter is felt distinctively, one by one.

7. The more awareness one already has with meditation, the more the effects of this meditation will be felt.

8. Repeat the above anywhere from 5 to 20 times.

9. Meditate on the energy inside the Pineal Gland, and envision the 6th chakra growing in power.

Now, most conditions and understandings of meditations in this place have been only partial. An example is how many people consider that only a buzz is a certification of a positive meditation. It generally is a very good indicator.

The reality is, many advanced meditations can be subtler, and their "electric" effects can be felt only if one is more focused.

The above meditation and its deeper effects will be felt for those already having worked on the Pineal Gland. The lower the level of spiritual openness, means one understands these less [but will understand them more later as spiritual sensitivity grows with meditation and opening the mind].

This meditation will work specific segments and abilities of the Pineal Gland/6th Chakra. Due to the complex nature of this chakra, this meditation can compensate and be done also with other meditations, completing more general empowerment of the 6th Chakra.

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