

HIPPOCAMPUS STIMULATION For Depression and Dementia



Front

Hippocampus

Back

The hippocampus plays a crucial role in memory (short term) and spatial orientation, as is proven by Alzheimer patients, suffering from hippocampal lesions. It is also a part of the limbic system; therefore it's linked to emotions. It has been discovered that the hippocampus is profoundly affected by long term depression that often leads to Dementia.

So far, the most effective treatment for chronic depression in the West is electro shock treatment. Its success rate, according to the American Psychiatric Association (APA), is 80%, considerably higher than the 50% to 60% success rate of most antidepressant medications. And according to ECT advocates, it can restore a severely depressed or manic patient to health in half the time it takes medication to have an effect. It appears to stimulate synaptic growth in the hippocampus but it is still quite crude and often causes some memory loss.

Because of the above, I surmised that by using Chi projection into the Hippocampus, even better results could be obtained with no risk to the brain. After 6 months of projecting Chi directly to the Hippocampus of all of my 6 severely depressed clients, they have all shown a remarkable lessening of depression and increased memory function.

To practice it yourself, or on someone else, put your fingers into the “beak” position and touch your temples on both sides of your head behind your eyes and directly in front of your ears. Each hemisphere of the brain has this gland so imagine a laser beam of chi going into each gland. Coordinate each projection with your exhale. Do it several times a day for 5 minutes.