

Sacred Neurological Circuitry

~ Guide ~

BASHAR TECHNIQUES
(Darryl Anka)

The Sacred Circuits are presented as symbolic blueprints designed to restructure your brain's neural pathways. By engaging with these symbols, the brain's neurological circuitry is encouraged to rewire itself, becoming more attuned to higher levels of awareness and functioning in harmony with the qualities represented by each symbol—such as expansion, activity, and manifestation.

This technique is considered a **permission slip**: a practical tool that allows you to give yourself permission to change. By combining physical interaction with the symbols and a structured process of meditation, you can facilitate a stronger link between the Physical Mind and the Higher Mind, gradually making the brain a more efficient, “hyperconductive” receiver of information.

The Methodology

Phase 1: Preparation

1. **Create the Cards**

Prepare 15 individual cards. Each card should display one Sacred Circuit symbol along with its corresponding word.

2. **Drawing the Symbols**

It is strongly recommended that you hand-draw the symbols to the best of your ability. The act of drawing engages your motor skills, memory, and visual processing, creating a multisensory pathway for connection. This personal effort strengthens your natural relationship with the circuits, since you are using your existing neural pathways to replicate the symbolic patterns. While digital or printed versions may be used, the hand-drawn approach fosters a deeper and more natural link.



Phase 2: The Initial 3-Day Practice

The first stage is designed to introduce the Sacred Circuits to your brain in a structured, coherent way.

1. Choose the Environment

Find a quiet, peaceful space where you will not be interrupted. A soothing atmosphere—soft music, calming colours, or dim lighting—can support relaxation, though it is not mandatory.

2. Enter a Meditative State

Sit comfortably, relaxed and present. Take a few moments to still your thoughts before beginning.

3. Gaze at the Cards in Sequence

- Arrange the 15 cards in numerical order.
- Spend exactly one minute focusing on each symbol, for a total of 15 minutes.
- During this time, simply absorb the form and the concept. Avoid overthinking or analysing; let the shapes and words flow directly into your awareness.

4. Repeat for Three Consecutive Days

This precise sequence—15 minutes per session, once per day for three days—creates a consistent introduction. It signals to your brain that something deliberate and structured is taking place, encouraging adaptation.

The emphasis is on **passive absorption**. The eyes, often called “the windows of the soul,” serve as the gateway for these patterns to imprint themselves into your neurological network.

Phase 3: Ongoing Practice

After the initial three-day introduction, the process becomes more flexible and adaptable.

1. Flexible Order and Choice

You are no longer required to follow the numerical sequence. Select any symbols that resonate with you on a given day. Some sessions may involve only one or two symbols; others may explore several.

2. Timeframe

Keep the total practice to around 15 minutes per session. Longer periods do not necessarily increase the effect and may reduce its impact.



3. **Frequency**

One session per day is sufficient. If you feel inspired, two or even three sessions can be explored, but it is important to give your brain space to integrate the effects.



Coming soon!

The Explanatory Guide of Bashar's Sacred Neurological Circuitry, Meditation Exercises

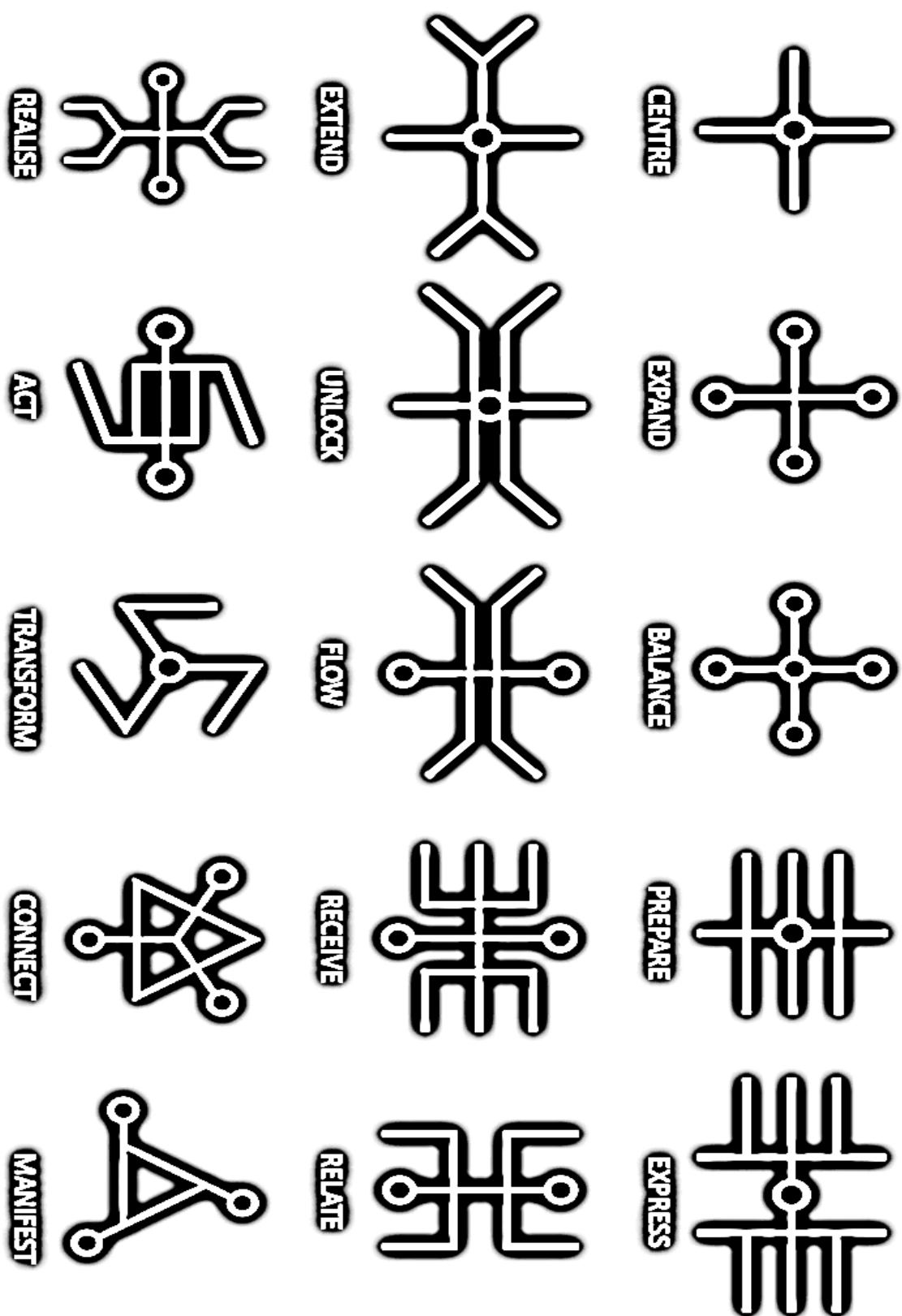
The detailed guide will include:

- *The Enneagrammatic Circuit Exercise,*
- *The 15 Sacred Neurological Circuit Cards, and*
- *The Transformative Shifting Exercise,*

with more information, detailed step-by-step of the processes, and for a deeper understanding of the Bashar's meditation practice.

Sign up for free! @ <https://www.olbooksummary.com/sign-up>
to get the notification of an early access to the full detailed guide.





spiritualitate & auto-dezvoltare
mentalism achievement & **WAY**
antichitate & FULFILMENT
self-discovery **INNER** **truth**
calea transformării spirituale **ATHEISM**
SELF-DEVELOPMENT & ancient
law of attraction **Hermetics** *vechi*
invataturi istorice **quantum mechanics**
EVOLUTIE *success* *antica*
CALEA & *potential* & **INSPIRATIE**
filosofie **transformation** **ARTA**
transformative **ETICA** & **cultura**