



# **Decalcify Pineal Gland**

Helping us all decalcify, cleanse and activate our Pineal Glands

*Welcome to Decalcify Pineal Gland .com, the first resource dedicated to decalcifying, detoxifying and activating our pineal glands.*

With all of your help we can make this one-stop resource grow to contain all the information we need to allow us to all begin the process of opening our third eye, connecting us to the great energy that connects us all. Please read through the site, try out new things and do what you can to spread the message. You can contribute by submitting a message at the bottom of each page, and I will then include any new information to the website. By working together we can help each other and those who are on the path of spiritual awakening.

#### **The Blog**

There is also a blog, born out of my own curiosity to decalcifying and awakening my own pineal gland. I started it so I could share my own learning's with those around me, and as more and more people got interested I decided to translate my learning's into this blog. The blog also covers my own spiritual journey and the experiences and lessons that I learn along the way. If you're into all things spiritual and want to know more about this paradigm shift that we are currently in, then tune in...

*The world is changing and people are awakening.*

*Regardless of the fear that society places on all of us, it is an exciting time to be alive. As a world family, one by one we are all realizing our true spiritual selves and our connection with everything... our unity consciousness.*

*I have created this site as a one-stop resource for decalcifying your pineal gland, cleansing your pineal gland and activating your pineal gland. With your help, I aim to provide an ever-growing set of methods, tools and information so that all of humanity can begin the journey of opening their third eye and allowing the transition to our next phase of spiritual evolution to be as pleasant and peaceful as possible.*

*Please join me in helping us grow this site into this vision.*

*Unity consciousness is here... Let's all awaken our souls together.*

*Love and blessings,  
Spiritual Scientist*



## What is the Pineal Gland?

The Pineal Gland is regarded as one of the most important parts of your nervous system. It is shrouded in mystery, but as more and more people investigate it they are realizing it is essentially a spiritual antenna, the mystical third eye that ancient traditions have been talking about. For many eons, the third eye has been seen as a way to reach higher levels of consciousness while still being present in a physical body.

This concept of the pineal gland being the “seat of the soul” or the “spiritual gateway to all realms and all dimensions” is important to realizing its full function. Before you can reach this spiritual gateway, you must start the practice of both detoxifying your pineal gland and activating your pineal gland, through methods such as changes in diet (see [How to decalcify your pineal gland?](#)) and spiritual practices such as meditation and visualization.

The medical profession describes the pineal gland as being:

*“a small endocrine gland in the vertebrate brain that produces the serotonin derivative melatonin, a hormone that affects the modulation of wake/sleep patterns and seasonal functions. Its shape resembles a tiny pine cone (hence its name), and it is located near the centre of the brain, between the two hemispheres, tucked in a groove where the two rounded thalamic bodies join.”*

Wikipedia ([http://en.wikipedia.org/wiki/Pineal\\_gland](http://en.wikipedia.org/wiki/Pineal_gland)) contains a wealth of information on the Pineal Gland, as a summary the key bits are presented below:

### **Pineal Gland Location:**

*“The pineal gland is a midline structure shaped like a pine cone, and is often seen in plain skull X-rays, as it is often calcified; calcification has been shown in one small study to correlate with the accumulation of fluoride.”*

The pine cone shape of the pineal gland is a very interesting topic. Symbolically, many organizations both religious and spiritual have used the pine cone as an icon. Watch David Wilcock’s video called 2012 Enigma for more information (see below).

### **Pineal Gland Composition:**

*“Pineal glands contain a number of things including Pinealocytes in many non-mammalian vertebrates have a strong resemblance to the photoreceptor cells of the eye. Some evolutionary biologists believe that the vertebrate pineal cells share a common evolutionary ancestor with retinal cells. In some vertebrates, exposure to light can set off a chain reaction of enzymatic events within the pineal gland that regulate circadian rhythms. Some early vertebrate fossil skulls have a pineal foramen (opening). This correlates with the physiology of the modern*

*“living fossils,” the lamprey and the tuatara, and some other vertebrates that have a parietal organ or “third eye,” which, in some of them, is photosensitive. The third eye represents evolution’s earlier approach to photoreception. The structures of the third eye in the tuatara are analogous to the cornea, lens and retina, though the latter resembles that of an octopus rather than a vertebrate retina. The asymmetrical whole consists of the “eye” to the left and the pineal sac to the right. ”*

This notion of the third eye is scientific fact. The purpose of this third eye is the key here, which opens the door to the metaphysical interpretations that ancient wisdom talks about.

### **Pineal Gland’s Production of Melatonin:**

*“Melatonin is N-acetyl-5-methoxy-tryptamine, a derivative of the amino acid tryptophan, which also has other functions in the central nervous system. The production of melatonin by the pineal gland is stimulated by darkness and inhibited by light. Photosensitive cells in the retina detect light and directly signal the SCN, entraining its rhythm to the 24-hour cycle in nature.”*

Many experts in the meta-physical talk about completing spiritual practices in the dark to help stimulate your pineal gland. See the section “How to activate your pineal gland” for more information.

### **Pineal Gland Growth:**

*“The human pineal gland grows in size until about 1–2 years of age, remaining stable thereafter, although its weight increases gradually from puberty onwards. The abundant melatonin levels in children are believed to inhibit sexual development, and pineal tumors have been linked with precocious puberty. When puberty arrives, melatonin production is reduced. Calcification of the pineal gland is typical in adults, and has been observed in children as young as 2. Calcification rates vary widely by country and tend to increase by age, with calcification occurring in an estimated 40% of Americans by their 17th year.”*

What is interesting here is why the pineal gland grows up until the age of 1-2 years. Is it caused by our environment and our lifestyle habits? Are our children’s pineal glands being suppressed on purpose? Children are seen as the most spiritual beings as they don’t have any of the fears or concerns of adults when they are born. They are born free and full of unconditional love. It is society that places these fears and conditioning on our children. It would be interesting to know what would happen if a child’s pineal gland wasn’t affected by its environment and was allowed to develop, grow and be activated.

If you are curious to find out some great research behind the pineal gland, check out David Wilcock’s classic video 2012 Enigma, it contains some of the various legends and symbolism surrounding this important gland. Definitely a must watch for all on the path of pineal gland discovery:

### ***The 3<sup>rd</sup> Eye & DMT***

Cleaning up the pineal gland and activating your third eye is essential for those wishing to develop their psychic ability and multidimensional perception. By awakening your pineal gland, it brings the ability to consciously astral travel, explore other dimensions and foresee the future.

Many believe the abilities that the pineal gland offers come from its ability to naturally produce its own DMT (a psychedelic substance) when fully operational. This allows the individual to be in a constant visionary state most of the time, tapping into these extra special senses.

DMT is described as a naturally occurring psychedelic compound that is widespread throughout the plant kingdom. It occurs in trace amounts in mammals, including humans, where it functions as a trace amine neurotransmitter. For more information, please visit Wikipedia:

<http://en.wikipedia.org/wiki/Dimethyltryptamine>

DMT is present in the South American shamanic brew called Ayahuasca. These shamans have used this brew for many generations as a way to tap into the spirit world. It is a plant medicine that grows in the Amazon jungle, which brings profound physical and heart healing through its purgative effects and gives the individual ability to perceive other dimensions. With enough practice and development, your pineal gland will produce this special substance. For those that take this herbal medicine, they go into a period of profound experience where issues and troubles come into awareness, allowing them to be healed with the insights that come from DMT consciousness.

DMT is a totally natural substance that the human body will manufacture and distribute when it is in a healed state. It is a belief between many that human beings were intended to be visionary beings, able to tap into the information in other dimensions allowing it to guide them through this cosmic journey we all call life. It allows us to transcend the ego and realize that we are one consciousness, giving us the opportunity to rapidly heal our sufferings, conflicts and cleanse our karma.

For more information about DMT, please check out the “DMT: The Spirit Molecule” documentary. The documentary takes a look at the work of Dr. Rick Strassman and goes into detail about how the pineal gland produces its own DMT:

You can also check out the work of Alex Grey who is a modern day explorer into the world of DMT and pineal gland development. <http://alexgrey.com/bio/>

### ***What is Calcification and what causes it?***

Calcification is the buildup of calcium phosphate crystals in various parts of the body. It is a natural process caused primarily by nanobacteria. Nanobacteria are tiny microorganisms that form calcium phosphate shells around themselves, essentially to protect themselves from your immune system. It is these shells that accumulate in our pineal glands and ultimately calcify it. Furthermore, it is becoming apparent that many researchers are finding that this may be the cause of most diseases, from arthritis to stroke, from cancer to back pain.

Unfortunately most people’s pineal glands are heavily calcified. It ends up becoming so calcified that under scans it is seen as a lump of calcium, essentially blinding our third eye.

Due to the horrific western diets and food systems, most people are being exposed to far more of these organisms than ever before, and not only that, are being calcified through other means as well, which we'll cover in the next section: [How to decalcify your pineal gland?](#).



## How to decalcify the Pineal Gland?

How to Decalcify the Pineal Gland Contents:

[\*How to cleanse your pineal gland? How to activate your pineal gland?\*](#)

### [\*STEP 1 – Stop further calcification of your Pineal Gland\*](#)

- [\*1. Halides \(Fluoride, Chlorine and Bromide\)\*](#)
- [\*2. Calcium\*](#)
- [\*3. Tap Water\*](#)
- [\*4. Mercury\*](#)
- [\*5. Pesticides\*](#)
- [\*6. Other toxins\*](#)
- [\*7. Sugar, Caffeine, Alcohol and Tobacco \(S.C.A.T.\)\*](#)

### [\*STEP 2 – Remove existing calcification within your Pineal Gland\*](#)

- [\*1. Organic Blue Ice Skate Fish Oil\*](#)
- [\*2. MSM\*](#)
- [\*3. Raw Chocolate\*](#)
- [\*4. Citric Acid\*](#)
- [\*5. Garlic\*](#)
- [\*6. Raw Apple Cider Vinegar\*](#)
- [\*7. Oregano oil and Neem extract\*](#)
- [\*8. Activator X \(Vitamin K1/K2\)\*](#)
- [\*9. Boron\*](#)
- [\*10. Melatonin\*](#)
- [\*11. Iodine\*](#)
- [\*12. Tamarind\*](#)
- [\*13. Distilled Water\*](#)
- [\*14. Nigella Sativa \(the black seed\)\*](#)
- [\*15. Yoga\*](#)

### *How to cleanse your pineal gland? How to detoxify your pineal gland?*

As mentioned in the previous section ([What is your Pineal Gland?](#)), the primary goal of decalcifying your pineal gland is so that you can begin the process of pineal gland activation and begin the awakening of your third eye.

There are two parts to pineal gland decalcification. The first is to stop any further calcification of your pineal gland which is caused by any lifestyle habits or environmental factors, e.g. fluoride, etc. The second step is to work on reducing and removing the existing calcification and help to further develop your pineal gland.

Below we will go through the methods you can take to achieve these two steps.

#### *STEP 1 – Stop further calcification of your Pineal Gland*

The key to stopping further calcification of your pineal gland is to firstly identify what causes calcification, and then secondly stopping these sources. Generally speaking, it is a person's diet (food/drink) and lifestyle that causes calcification.

Below is a list of the primary causes of calcification:

#### **Halides:**

Halides are chemical substances such as Fluoride, Chlorine and Bromide. They all seem to have similar effects on the pineal gland, so it's important to remove these from your diet.

Fluoride is the most common and widespread in our diets. It is magnetically attracted to the pineal gland more so than any other part of the body. Here it forms calcium phosphate crystals which accumulate. Fluoride is present in toothpastes and tap water. It's a heavy duty poison and should be avoided at all costs as it calcifies the pineal tissue and basically shuts the gland down. Switch to a fluoride-free toothpaste and drink spring water or filtered water (see 'Tap Water' section below for more information).

**Recommended Product:** [Manina 100% Vegetable Base Neem Advance Toothpaste 6.42oz with Mint](#)

**Recommended Product:** [Thera Neem Organix, Neem Toothpaste with Cinnamon, 4.23 oz \(120 g\)](#)

**Recommended Product:** [Kiss My Face Triple Action Natural Aloe Vera Toothpaste, Cool Mint Freshness, 3.4 fl oz \(96 g\) \(Pack of 6\)](#)

**Recommended Product:** [Aloe Dent Sensitive Aloe Vera Plus Echinacea Fluoride-Free Toothpaste – Pack of 3](#)

#### **Calcium:**

Calcium supplements – More and more research is showing that calcium supplements, containing calcium carbonate, are detrimental for our health. For more information, visit the following links:

[Harvard Medical School: What you need to know about calcium](#)

[Why Calcium can be toxic to our body](#)

This is one of the biggest causes of calcification, they don't really work so if you're taking them it's recommended that you stop and look at other natural forms of calcium.

Calcium in food – Pretty much all processed food contains some form of calcium. These forms include calcium phosphate, calcium carbonate and dicalcium phosphate. Many supplements contain these as content fillers also.

The best form of calcium is the form that is contained in natural foods, like sesame seeds, chia seeds, leafy greens like spinach and kale, quinoa, oranges and broccoli. These will not only increase your 'good' calcium intake but will also provide you with a more balanced set of nutrients.

### **Tap Water:**

Tap water contains many calcifying substances (including fluoride as mentioned above) and it is important to your general health that you consume uncontaminated drinking water.

The safest and healthiest choice is spring water, but analysis needs to be done to ensure that it isn't polluted. For a site that can show you where your nearest natural spring is, please go here:

<http://www.findspring.com> – Remember, spring water is free and should be respected.

To test spring water, you will need a TDS and pH tester:

**Recommended Product:** [HM Digital TDS-4 Pocket Size Tester](#)

**Recommended Product:** [Newer Mini Digital PH Meter](#)

There are many varieties of filters and filtration systems and they are summarized below:

Pitcher/table top – [Zen Water Systems Countertop Filtration and Purification System, 6-Gallon](#) –

This particular model is very powerful and makes the water highly alkaline and healthy.

Portable/manual water filter – [Katadyn Pocket Water Micro filter](#) – One of the longest lasting and most durable water purification method you'll find, great for outdoors or if there is a power outage and local water cannot be pumped to your home, as it doesn't require batteries. It is best to then store your water in a BPA-free container ([Klean Kanteen Wide Insulated Bottle](#)).

For more information on this topic please go to:

<http://thehealingfrequency.com/nuclear-radiation-and-water-purification-tablet-adya-clarity-minerals/>

### **Mercury:**

Mercury is very bad for the pineal gland due to its poisonous nature. It should be avoided at all costs. Mercury tooth fillings are pineal toxins and should be removed. Also all medical vaccines are tainted with mercury, e.g. Thimersal (a vaccine preservative made of methyl mercury) is very difficult to get out of the brain once it's in there. Avoid eating fish and bottom feeders such as shrimps and prawns. Tuna and dolphin meat is particularly bad as it contains higher doses of mercury. Generally speaking, the bigger the fish, the higher the concentration of mercury in its body tissue. Eco light bulbs should also be used with care, as if one is smashed mercury vapor is released into the room and inhaled. The good news is that mercury can be removed from the body by the daily use of chlorella, wheatgrass and spirulina, it just takes time. Cilantro herb taken daily can help remove mercury from brain tissue too.

**Recommended Product:** [Rainforest Foods Organic Combined Chlorella and Spirulina Capsules 400mg Pack of 180](#)

**Recommended Product:** [Ultimate Superfoods Raw Chlorella/Spirulina Tablets \(1,000 count – 250mg\)](#)

**Recommended Product:** [BodyMe Organic Wheatgrass Powder 500 g \(Soil Association Certified\)](#)

**Recommended Product:** [Amazing Grass Organic Wheat Grass Powder, 60 Servings, 17-Ounce Container](#)

**Recommended Product:** [Organic Wheatgrass Growing Kit – Fully Stocked Kit \(Trays, Seed, Soil, Instructions & More\)](#)

**Recommended Product:** [Source Naturals Cilantro Metal Detox Liquid with Chlorella, with Chlorella 4 fl oz](#)

**Recommended Product:** [Cilantro \(Coriander\) 425 mg 60 Caps by Swanson Premium](#)

### **Pesticides:**

Some pesticides are pineal toxins so foods grown using these pesticides should be avoided. Therefore, fresh organic food that hasn't used chemical pesticides is recommended instead. Organic healthy food with a high ratio of raw foods ([Raw Diet](#)) is supportive to pineal detoxification.

Due to the food chain passing these chemical pesticides on, certain meats can accumulate these chemicals. Some people recommend meat free diets also to protect your pineal gland from potential harmful substances.

### **Other toxins:**

If something is toxic and not naturally produced by nature, do not put it in your body. If you can't say the chemical's name, it's most likely bad for you. Other toxins include artificial sweeteners (aspartame K), refined sugar, phylenanine (in fruit squashes), E numbers, deodorants, cleaning chemicals, dental mouthwashes (saltwater is suffice) and air fresheners.

### **Sugar, Caffeine, Alcohol and Tobacco (S.C.A.T.):**

As a general point, a diet free of Sugar, Caffeine, Alcohol and Tobacco (S.C.A.T.) will not only flush the system, but it will also bring about the “kundalini” rising and ensure you have a great balanced mind/body. The diet must be maintained for at least 2 months. The longer you maintain the diet along with exercise, you’ll find that your energy level will increase and excess pounds will fall away leaving your brain clear from toxins. This gives you the capacity to focus on pineal gland activation.

### *STEP 2 – Remove existing calcification within your Pineal Gland*

Removing the buildup of years of toxic build up in your pineal gland can be achieved with some dedication and commitment.

There are a number of ways to decalcify your pineal gland, below is a list of them along with what you would need to do:

#### **Organic Blue Ice Skate Fish Oil:**

One of the most powerful natural substances you can take to decalcify your pineal gland. It contains a very powerful substance called “Activator X” discovered by Weston Price. See below for more information about “Activator X”.

**Recommended Product:** [Green Pastures Fermented Skate Liver Oil Capsules](#)

#### **MSM:**

Very powerful for general detoxification. It is also good for your hair, skin, nails and building bones. Start with a comfortable dose and work your way up to around 7,000-10,000mg per day. Generally, MSM starts to work effectively at higher doses, however it is still beneficial to take it at lower doses.

**Recommended Product:** [MSM Crystal Powder](#)

**Recommended Product:** [Colloidal Silver MSM 25 \(liquid\)](#)

**Recommended Product:** [MSM 1000g \(2.2 lb\) Pure Powder](#)

#### **Raw Chocolate:**

Raw cacao is a great pineal gland detoxifier in high doses because of the high antioxidant content. It is also good as a pineal gland stimulant too, which can help to activate your third eye. See [How to activate your pineal gland](#) section for more information on pineal gland activators.

**Recommended Product:** [Raw Organic Peruvian Cacao Powder – 500g \(Certified Organic\)](#)

**Recommended Product:** [Certified Organic Raw Cacao Powder 1 Pound/16oz](#)

**Citric Acid:**

Raw lemon, juiced and consumed is very good at detoxifying your pineal gland. Citric acid also works, but raw lemon juice is recommended. It's recommended that you take 3 tablespoons of citric acid or 7 organic lemons every day on an empty stomach for three weeks. You can also do this by mixing it with spring water as citric acid isn't so good for your teeth.

Recommended Product: [Citric Acid, 5 lb – Food Grade, Organic, Non-GMO](#)

Recommended Product: [Citric Acid, 5 lbs \(2268g\)](#)

**Garlic:**

Garlic is amazing for decalcification because it is able to dissolve calcium and acts as an antibiotic. Added benefits are it gives your immune system a kick start. Consume around half a bulb to two bulbs daily (or more if you like). To ensure your breath doesn't scare anyone off, you can crush the garlic and soak in raw apple cider vinegar or fresh lemon juice to deodorize it. Make sure you put the used lemon juice or vinegar on a salad or re-use it for other foods later. Don't let anything go to waste.

Also, black garlic is exceptional at detoxification and I highly recommend it. It is really tasty too, and great to cook with!

Recommended Product: [Black Garlic Tub 150g](#)

Recommended Product: [Peeled Black Garlic 1 Lb](#)

**Raw Apple Cider Vinegar:**

Very good for detoxification of your pineal gland, as it contains malic acid. It's great to put on your food and tastes great. A recommended brand is Bragg's apple cider vinegar, and make sure it's raw. Generally speaking, vinegars should be sold in glass bottles, so if it's not in one, don't buy it as you'll be consuming plastic too!

Recommended Product: [Bragg Organic Apple Cider Vinegar, Raw-Unfiltered, 946ml](#)

Recommended Product: [Bragg Raw Organic Apple Cider Vinegar \(1 gallon\)](#)

**Oregano oil and Neem extract:**

Both act as a natural antibiotic against the calcium shells that nanobacteria create around themselves in the pineal gland.

Recommended Product: [Oregano Oil – 1 Oz / 30ml, 100% Certified Organic](#)

Recommended Product: [Wild Organic Oregano Oil – 30ml](#)

Recommended Product: [Organic India Neem, 90 tablets](#)

Recommended Product: [Neem Leaf Capsules, Organic 60 Caps](#)

### **Activator X (Vitamin K1/K2):**

Discovered by Weston Price, it is a super potent detoxifier, especially when mixed with Vitamin A and D3, and has many properties. It can reverse the process of arteriosclerosis, allowing the enzymatic balance to be restored. This then allows for the calcium to be removed from the arteries and other locations (i.e. pineal gland) and placed where it belongs, in the bone. It is also a potent catalyst for vitamin and mineral absorption.

The vitamin occurs naturally in two forms:

K1 (phylloquinone) is found in green leafy vegetables

K2 (comprised of menaquinones) is created by intestinal microflora and also obtained from food sources such as organ meats, liver (goose/chicken are best), egg yolks, fermented dairy products like cheese or butter (from cows eating rapidly growing green grass), Japanese fermented soybean dish Natto (the richest K2 food source), sauerkraut, marine oils, fish eggs and shellfish. Do not take K2 supplements if taking anticoagulant drugs (such as Warfarin) or other medications.

Recommended Product: [Green Pastures X-Factor Gold High-vitamin Butter Oil Non-gelatin Capsules](#)

Recommended Product: [Green Pasture X-Factor Gold High Vitamin Butter Oil – 120 Capsules](#)

Recommended Product: [Jarrow Formulas MK-7 \(vitamin K2\), 60 Softgels](#)

Recommended Product: [Jarrow Formulas Mk-7, 60 Softgels](#)

### **Boron:**

Boron is another detoxifier and pineal gland cleanser. It also works well as a fluoride remover. It is present in beets and best consumed by eating organic beets or trying beet powder mixed with spring water or other liquids/foods. You could try adding 1/4 tsp of sodium borate (Borax) to your green teas. An inexpensive source of boron can be purchased in most supermarkets as common borax. Borax should be taken in very small quantities in pure water, with as little as 1/32 to 1/4 of a teaspoon of borax to one liter of water. This mixture should be consumed in small quantities throughout the day has been found to be safe and effective. About 1/8 of a teaspoon with a pinch of sea salt has been found to be effective too. Another alternative to common borax is food grade sodium borate.

### **Melatonin:**

It has not been proven conclusively, but many believe that melatonin helps remove fluoride by increasing decalcification of the pineal gland which helps breakup the existing calcification. In addition to melatonin supplementation, plenty of daytime physical activity and/or exercise, a

healthy diet, not overeating and meditation/relaxation exercises all contribute to higher melatonin production from the pineal gland.

### **Iodine:**

Iodine has been clinically proven to increase the removal of sodium fluoride from the body via the urine as calcium fluoride. Most diets are deficient in this vital mineral and it is recommended that people take seaweed foods and iodine supplements that combine iodine and potassium iodide. However, eliminating fluoride with iodine also depletes your supply of calcium. It is therefore recommended that you increase your intake of organic vegetables to supplement the positive calcium that your body requires. To compliment the intake of iodine, it is recommended that lecithin is consumed too.

### **Tamarind:**

The pulp, bark, and leaves from the tamarind tree can be used to make teas, extracts and tinctures that will help eliminate fluorides through the urine. Tamarind is widely used in Ayurvedic Medicine and has many positive health properties.

### **Distilled Water:**

There is research to say that distilled water can help to decalcifying the pineal gland. For more information, please check out the following site: [24 Doctors with the courage to tell the truth about Distilled Water](#)

The site also takes about drinking urine. I know it sounds crazy, but our urine today is polluted due to our poor diets hence why it smells, etc. The thinking behind it is that clean urine during a raw diet is healthy and acts as a powerful cleansing agent. The link above contains a section about this, just search for 'dear water based creatures' within the webpage.

### **Nigella Sativa (the black seed):**

Nigella Sativa is a herb that originates from Western Asia. It gets its name from its deep black, sharp-cornered rectangular seeds (around 3 mm).

Over 200 studies have been carried out at international universities and articles published in various journals showing remarkable results supporting its traditional uses. The Nigella Sativa seed itself contains numerous esters of structurally unusual unsaturated fatty acids and the chemical composition is very rich and diverse. Apart from its active ingredient, crystalline nigellone, it contains 15 amino acids (including eight of the nine essential ones), carbohydrates, fatty acids including linolenic and oleic, volatile oils, alkaloids and dietary fiber, as well as minerals such as calcium, iron, sodium and potassium.

Recent research on the black seed has shown it to be a detoxifier, anti-biotic, anti-tumor, anti-inflammatory, anti-histaminic, anti-bacterial, anti-bronchial and immune boosting agent. This not only makes it a good pineal gland cleanser, but also an all-round health boosting product!

## **Yoga:**

There are a number of yoga practices for decalcifying (and activating) your pineal gland. One highly recommended practice is the “Khechari Mudra” yogic meditation, or “Divine Nectar” as it is sometimes known. It may require years to clear the pineal gland completely as a standalone exercise. It is done using the following two phases:

### **PHASE 1**

1. In a yogi-sitting pose with your eyes closed, concentrate on stretching the tongue back into the throat.
2. While doing this, place the tip of your tongue on the roof of the mouth, flexing it to eventually reach the main sinus cavity behind the roof of the mouth.
3. Once your tongue is flexible enough and can enter into the sinus cavity, it will go straight up and bump against an area that is linked to your pineal gland. This is the first phase of the “Divine Nectar” meditation and it could take weeks and months to achieve.

### **PHASE 2**

The second phase of this meditation is to decalcify the pineal gland by scraping the above area with the tip of your tongue. As this area is linked to the pineal gland, it helps break the calcium layer around the pineal gland and clear it, slowly and gently. As the pineal gland gradually clears up, you start enjoying an amazing taste of “nectar” secreted by the pineal gland unlike anything else known to the human taste buds. During the decalcifying weeks, you will also experience the opening of your Third-Eye.

It is a slow process, but it’s very safe and rewarding, and requires discipline and persistence. For more information, visit the following link: [Wikipedia: Khecarī mudrā](#)) below is a video which shows visually how this yogic practice can be done:

*A couple of months doing a number or all of the above will leave your pineal gland decalcified and detoxified in no time!*



## How to activate the Pineal Gland?

Ever asked the simple question of how to activate the Pineal Gland? Now here is the answer...

Once you have started the journey of stopping further decalcification of your pineal gland and begin the process of detoxifying it, the next step is to start activating your pineal gland and thus developing your third eye.

Activating your pineal gland and developing it further will allow you to exercise your 3<sup>rd</sup> eye and thus strengthen your psychic ability.

Like any part of your body, once you understand how it works, you can help to maintain it so that it remains healthy. Just the same way our brains will develop if we use them more often, the same is true for our pineal glands. Many experts have shown that those who work on developing their pineal glands also help to enlarge it in a positive way.

As with all exercise and development, practice is key here. The more you can do to develop your pineal gland or activate your pineal gland, the more chance you have of reaching the desired end state of a fully functioning healthy pineal gland.

Below is a list of activities you can take to develop your pineal gland:

### *Prepare your Environment for Pineal Gland Activation:*

Cover your windows with curtains or blinds, and remove all electronics from your room, including computers, telephones and TVs, or anything that will emit light, emit EM fields or distract you from your meditation.

The pineal gland needs pure darkness to emit melatonin, which produces serotonin. These chemicals are crucial to psychic awareness, and thus in turn activates your pineal gland.

As mentioned in the previous section, stimulating the pineal gland into melatonin production should also lead to breaking up the calcification of the pineal gland.

Purify the air in your home by purchasing an ozone machine or an air purifier. Breathing will become much easier when your air is clean, and breathing is important to activating the pineal gland.

### *Prepare your Body for Pineal Gland Activation:*

Essentially, the preparation of the body includes the decalcification of your pineal gland, and eliminating the sources of the calcification. It also means having a healthy body, being balanced and having the best possible wellbeing.

This can be achieved with day-time exercise, a healthy diet, not over eating and meditating. They all contribute to the pineal gland producing higher concentrations of melatonin and thus helping to stimulate it. It also means you have a better and deeper night's sleep which is always good for your general wellbeing.

### *Foods that Stimulate your Pineal Gland:*

As mentioned in previous page, raw chocolate/cacao is a great pineal gland stimulant and also doubles as a detoxifier too.

### *Meditation & Yoga that Stimulate your Pineal Gland:*

One good method to stimulate your pineal gland is to chant Thoh (like saying Thoooh, with the oh pronounced like toe). If you are able to chant this in the note Middle C then that helps. It is recommended that you chant Thoh three times then wait 24 hours and do it again three times. Keeping repeating this process and you will find it a very powerful pineal gland stimulant.

Another good method is to do some yogic visualizations such as the following:

1. slightly close your eyes, stare at the tip of your nose and slowly raise your gaze to the bridge of your nose.
2. Sit up with your back straight or lie down completely flat on your back. Keep your palms to the ceiling (above your head or on your knees).
3. Let go of all "thoughts" that seem conditioned. Acknowledge them if they come up, but allow them to flow away. Focus on your breathing to clear your mind of all irrelevant thoughts.
4. Visualize, as intently as possible, the spiritual body escaping from the physical body through the pineal gland. This is the first step in directing the energies required to activate the pineal gland. Eventually, you will feel yourself leave your physical body to astral project. Often, people hear a "popping" sound as the spirit exits the physical body.
5. Practice this meditation on a daily basis. Set aside a certain time each morning, preferably between 4am and 6am, for meditation. The more you practice, the easier it will be to develop and exercise your pineal gland.

As with all yogic practices, breathing is very important to raising your kundalini/chi energy. One should always breathe in through the nose and out through the mouth, inhaling the maximum capacity of oxygen possible. It is also very imperative to first fill your abdomen and then slowly

let your chest expand, then fully exhaling allowing all the toxins in your lungs/body to be released.

A book exists called *Awakening the Third Eye* by Samuel Sagan (MD) detailing a large number of step by step ways you can activate your pineal gland. The book is comprehensive and is a must read for all who are on the journey of opening up their third eye. You can access the book free of charge by following the link below:

[Awakening the Third Eye by Samuel Sagan](#)

Sun Gazing is a very powerful method of activating your pineal gland. If you are serious about sun gazing then you must follow a certain regime. There is a way to do sun gazing without damaging your eyes, but if you don't know this method and you just stare at the sun, you could create problems for yourself. The idea behind sun gazing is that you are literally absorbing the energy of the sun which thus energizes your body. Hira Ratan Manek (HRM) is the guy who has brought this practice to the mainstream and is now able to go without food for extremely long periods of time and still be fit and healthy. His pineal gland has actually grown over the years! You must start by gazing at the sun during the first 15 minutes of sunrise and last 15 minutes of sunset, just for a couple of seconds to begin with. The reason you do it during sunrise/sunset is because this is when the sun has the least impact on your eyes. The idea is to build up your capacity to stare at the sun during these times. For more information go to HRH's website: <http://solarhealing.com/>

Heart Healing raises the overall vibration of the being and heals fear. This in turn stimulates our pineal gland and helps us see other dimensions. For more on this, please go to: [http://emotrance.com/healing\\_the\\_heart.htm](http://emotrance.com/healing_the_heart.htm)

### *How to fully activate Pineal Gland antennas by Drunvalo Melchizedek*

The great and wise Drunvalo Melchizedek demonstrates in this video how you can fully activate your pineal gland and the pineal gland antennas. This video is so insightful and it is the first video I have come across that does into lots of detail. A must watch for all pineal gland activators out there!

### *Spirit Journeys that will develop your Pineal Gland:*

#### **Iboga:**

Iboga is a rainforest shrub and hallucinogen, native to western Central Africa. Iboga stimulates the central nervous system when taken in small doses and induces visions in larger doses. In parts of Africa where the plant grows the bark of the root is chewed for various pharmacological or ritualistic purposes. It is used in a similar way to Ayahuasca, to help open up your pineal gland and thus your connection to the spirit world. For more information, please visit: <http://www.ibogahouse.com/how-to-detox-your-pineal-gland-fluoride-mercury-consciousness/>

#### **Ayahuasca:**

As mentioned in the ‘What is the Pineal Gland?’ section, Ayahuasca is a South American shamanic brew used by shamans for many generations as a way to tap into the spirit world. It is a plant medicine that grows in the Amazon jungle, which brings profound physical and heart healing through its purgative effects and gives the individual ability to perceive other dimensions. The idea is that with enough practice and development, your pineal gland will produce this special substance. However you can also take this herbal medicine in a South American Shamanic ritual where participants go into a period of profound experience where issues and troubles come into awareness, allowing them to be healed with the insights that come from shamanic experience. This all helps to open up your pineal gland and stimulate it.

## Historical Symbolism

<http://www.conesandstones.com/historical-symbolism.html>

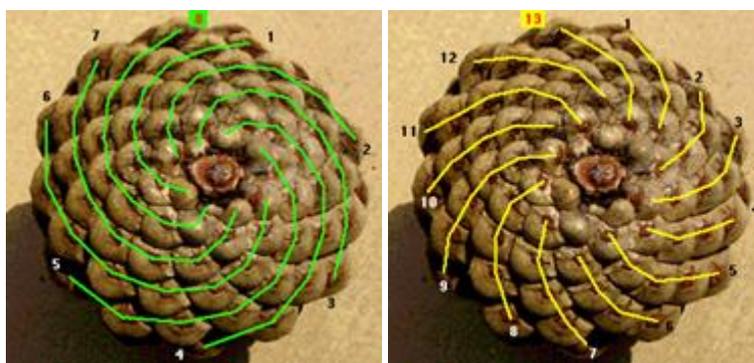
**Throughout the span of recorded human history, Pinecones have served as a symbolic representation of Human Enlightenment, the Third Eye and the Pineal Gland..**



### *Third-Eye Symbolism of the Pinecone*



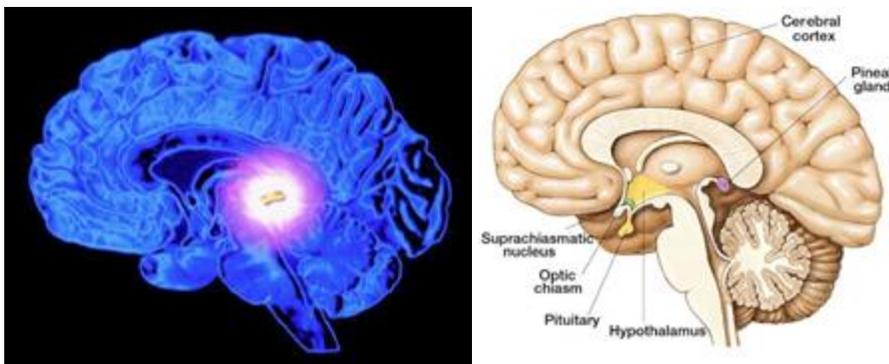
Conifer Pine Trees are one of the most ancient plant genera on the planet, having existed nearly three times longer than all flowering plant species. The Pinecone is the evolutionary precursor to the flower, and its spines spiral in a perfect Fibonacci sequence in either direction, much like the Sacred Geometry of a rose or a sunflower.



Throughout the span of recorded human history, Pinecones have served as a symbolic representation of Human Enlightenment, the Third Eye and the Pineal Gland.

Our "Pineal Gland, shaped like (and named after) the Pinecone, is at the geometric center of our brain and is intimately linked to our body's perception of light. The Pineal modulates our wake-sleep patterns and circadian rhythms, remains uniquely isolated from the blood-brain barrier system, and receives a higher percentage of blood flow than any other area of the body save the kidneys.

It is considered by many to be our biological Third Eye, the "Seat of the Soul," the "Epicenter of Enlightenment" -- and its sacred symbol throughout history, in cultures around the world, has been the Pinecone.



The Egyptian Staff of Osiris, dating back to approximately 1224 BC, depicts two intertwining serpents rising up to meet at a pinecone. Modern scholars and philosophers have noted the staff's symbolic parallels to the Indian "Kundalini," a spiritual energy in the body depicted as coiled serpents rising up from the base of the spine to the Third Eye (Pineal Gland) in the moment of enlightenment. Awakened Kundalini represents the merging and alignment of the Chakras, and is said to be the one and only way to attain the "Divine Wisdom" brining pure joy, pure knowledge and pure love.

Depictions of Hindu deities are also interwoven with both literal and symbolic representations of serpents and pinecones. In some cases, Hindu gods are carved, sculpted or drawn holding a pinecone in outstretched hand. Shiva, the most prominent god in the Hindu tradition, is consistently depicted with a head, or coiled hair, shaped in marked similarity to a pinecone and interwoven with a serpent or serpents.



In addition to spiritual consciousness and enlightenment, pinecones have also historically been used as symbols of everlasting or eternal life. Ancient Assyrian palace carvings, dating back to 713-716 BC depict four-winged God-like figures purposefully holding aloft pinecones, or in some cases, using a pinecone to pollinate their depiction of the Tree of Life -- a tribute, perhaps, to both the Pinecone's immortality symbolism and its role as an icon of enlightenment.



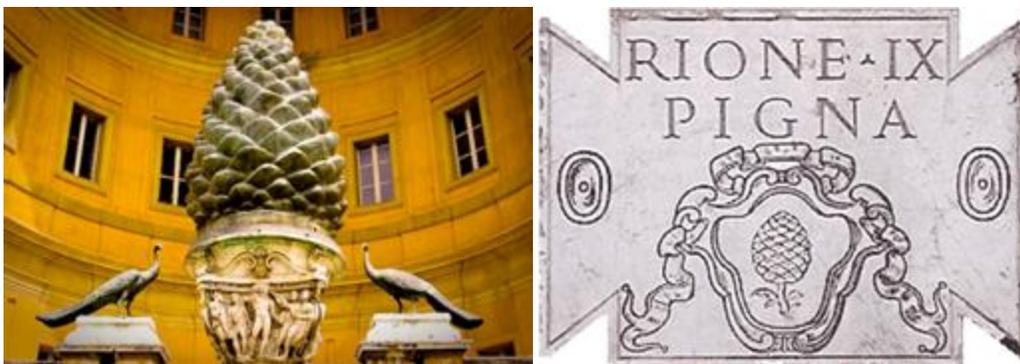
In yet another culture's tribute to the Pinecone as symbolic of spiritual ascension and immortality, a statue of the Mexican god "Chicomecoatl" ("Seven Snakes") again depicts the deity offering forth pinecones in one hand, and an evergreen tree in the other.

The Greeks and Romans also incorporated the Pinecone into their elaborate systems of religious belief and mythology. Dionysus, later known as Bacchus to the Romans, was continually depicted carrying a "Thyrsus," a fennel staff woven with ivy and leaves and topped with a pinecone. The Thyrsus, purported to drip with honey, was regularly used as a sacred instrument at religious rituals and fetes.



Romans later built an enormous bronze sculpture, the "Pigna," in the shape of a huge pinecone three stories tall. According to a popular medieval legend, the sculpture stood on top of the Pantheon, as a lid for the round opening in the center of the building's vault.

The Pigna is confirmed to have served as a large fountain overflowing with water next the Temple of Isis in Ancient Rome, however, the gigantic statue now sits directly in front of the Catholic Vatican in the "Court of the Pinecone."



Catholic religious tradition is intricately interwoven with pinecones, perhaps most prominently atop the sacred staff carried by the Pope himself. The Coat of Arms of the Holy See, found on the Vatican flag among other places, features a stacking of three crowns suspiciously similar in shape to a pinecone. The very name, “Holy See,” appears too many to be a direct reference to the Third Eye...



Pinecones also turn up as sources of “illumination” in the church, such as candleholders and lamps, seemingly symbolic of the spiritual illumination the Third Eye represents. All of these factors lead conspiracy theorists and philosophers to accuse the Catholic church of using Christianity/Catholicism as a veil to blind the public to true spiritual enlightenment: The awakening of our Pineal Gland.



One theory proposes that the Pinecone was actually the fruit from the Tree of the Knowledge of Good and Evil, purported in Genesis to have been eaten by Eve at the urgings of a serpent, and leading to the eviction of mankind from the Garden of Eden. This concept proves particularly provocative given the consistent reappearance of pinecone images with serpents and snake references across cultures.

The Bible itself alludes to pinecones and the Pineal Gland on several occasions, sometimes quite specifically. Beginning in Genesis, Jacob wrestles all night with God, and is commanded to change his name to Israel. The bible then purports the following:

*And Jacob called the name of the place Peniel: "For I have seen God face to face, and my life is preserved.*

*And as he passed over Peniel the sun rose upon him.*

--Genesis 32:30-31

(Literal Biblical translation of the word "Penile" means "Face of God")

In another interesting passage, Matthew seems to provide an uncannily similar description of the Third Eye to texts of the Yogic and Hindu spiritual traditions. This verse is also interesting because the Pineal Gland is the only part of the brain that is "single," not possessing a left and right hemisphere.

*The light of the body is the eye: if therefore your eye be single, your whole body shall be full of light.*

--Matthew 6:22

Matthew's description also appears pertinent to recent pineal experimentation conducted in amphibians. Pineal supplementation in frogs, which possess a more prominent Pineal Gland, results in a physical "lightening" of their entire skin pigmentation. The Pineal Gland in some reptiles actually still contains "rods" and "cones" as in our retinas, and is capable of directly perceiving light.

This final verse from Hosea, seems to more directly address the connection between spirituality and the Pinecone/Pine Tree:

*O Ephraim, what more have I to do with idols?*

*I will answer him and care for him.*

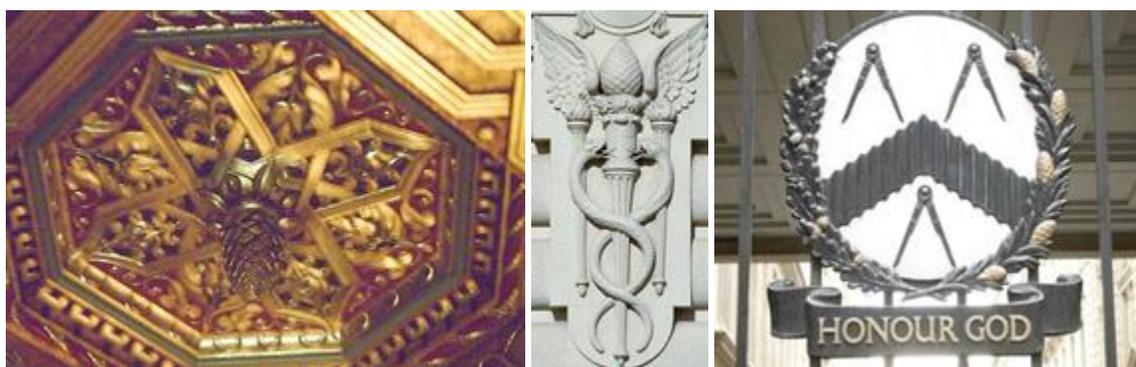
*I am like a green pine tree;*

*Your fruitfulness comes from me.*

--Hosea 14:8

In addition to critical theories relating to Christianity and the Catholic Church, conspiracy theorists also point to the presence of pinecones in Freemason architecture and symbolism as another example of organized spiritual oppression. They believe the Freemasons fully understand the spiritual significance of the Third Eye, and regularly pay iconic tribute to it, while continuing to placate the masses with a doctrine of religious and cultural dogma.

Pinecones regularly appear framed in Freemason Octagons on the ceilings of Masonic Lodges, and Large Freemason sculptures on the side of the Whitehall Building in the New York Financial District goes so far as to depict two enormous intertwining snakes spiraling up to a pinecone overlooking Battery Place (which is striking similarity to the Staff of Osiris).



Taking things yet another step further, conspiracy theorists also point out the flaunting of pinecone symbolism by Hitler and Nazi Germany, as evidenced by pinecone-topped staffs inlaid into Hitler's desk, and pinecones hidden in the body of the classic Nazi eagle icon.



Yet another increasingly popular theory claims that Fluoride was introduced to our water supply as a means of oppressing spiritual awakening and consciousness by broad organizations, such as the Free Masons and Illuminati.

In 1997, British Dr. Jennifer Luke extensively documented the Pineal Gland as the primary target for Fluoride accumulation in our bodies, where it calcifies the Pineal, inhibiting blood flow and "clogging" the basic functions of our Third Eye.

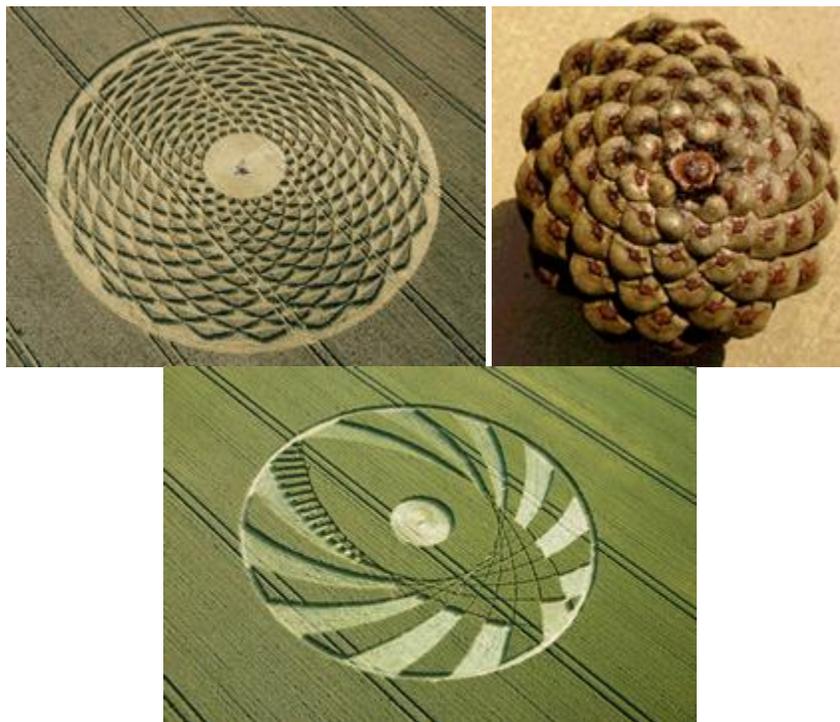
By feeding the public Fluoride from birth, critics claim that secret societies working within our government have attempted to maintain greater spiritual and social complacency by chemically clouding our biological portal to spiritual awareness.

Psycho pharmacologist Rick Strassman believes the Third Eye/Pineal Gland to be the source of the psychedelic Dimethyltryptamine (DMT) in our bodies. Strassman has hypothesized that large amounts of DMT are released in our bodies during heightened states of spiritual consciousness, such as birth, death and near-death experiences -- or perhaps during the awakening of our Kundalini in a moment of Enlightenment.

Synthesized DMT, or plants containing DMT are often used as recreational psychedelics, or in shamanic ceremonies, such as the Ayahuasca ceremony originating in South America. DMT and/or Ayahuasca users often report intensely entheogenic experiences of spiritual awakening, contact with entities of supernatural or spiritual origin, and the dilation or compression of time.

It is worth noting that among reports of thousands users experiences with Ayahuasca, the Serpent is documented as the most commonly appearing archetype in their spiritual/psychedelic visions.

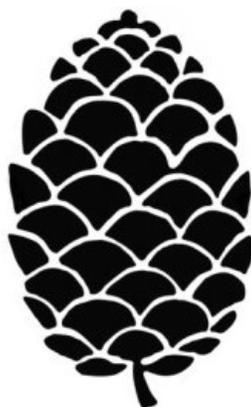
Pinecone related similarities have also shown up in Crop Circles. Although crop circles are typically representative of a wide range of items and ideas, the two featured here reflect noteworthy Pinecone/Third Eye parallels...



As with many iconic symbols throughout history (the Swastika, the Christian Cross, the All-Seeing-Eye on the dollar bill), the totemic power of the Pinecone has been used by a broad spectrum of both positive and negative cultural forces throughout history to reference and allude to Spiritual Enlightenment and the Third Eye.

Modern-day organizations appear to be toting the Pinecone's symbolic power over the masses, while simultaneously disguising its true importance -- and may even be seeking to chemically block or poison our Third Eye via Fluorinated public drinking water.

Third Eye Pinecone Talismans represent a reclamation of the emblematic power and natural beauty of the Pinecone, the Pineal Gland, and the ancient historical heritage accompanying one of Mother Nature's most compelling organic symbols.



## [Pineal Gland – Our Third Eye: The Biggest Cover-Up in Human History](http://www.wakingtimes.com/2012/06/19/pineal-gland-our-third-eye-the-biggest-cover-up-in-human-history/)

<http://www.wakingtimes.com/2012/06/19/pineal-gland-our-third-eye-the-biggest-cover-up-in-human-history/>



[Waking Times](#)

[Mystic Banana](#)

The pineal gland (also called the pineal body, epiphysis cerebri, epiphysis or the “third eye”) is a small endocrine gland in the vertebrate brain. It produces the serotonin derivative melatonin, a hormone that affects the modulation of wake/sleep patterns and seasonal functions. Its shape resembles a tiny pine cone (hence its name), and it is located near the center of the brain, between the two hemispheres, tucked in a groove where the two rounded thalamic bodies join.

### **The Secret : What they don't want you to KNOW!**

Every human being's [Pineal Gland](#) or The third eye can be activated to spiritual world frequencies and enables you to have the sense of all knowing, godlike euphoria and oneness all around you. A pineal gland once tuned into to proper frequencies with help of meditation, yoga or various esoteric, occult methods, enables a person to travel into other dimensions, popularly known as astral travel or astral projection or remote viewing.

With more advance practice and ancient methods it is also possible to control the thoughts and actions of people in the physical world. **Yes, it is bizarre, but the United States, former Soviet Union governments and various shadow organization have been doing this type of research for ages and have succeed far beyond our imagination.**

Pineal Gland is represented in Catholicism in Rome; they depict the pineal as a pine cone in art. The ancient societies like the Egyptians and the Romans knew the benefits and exemplified this in their vast symbologies with a symbol of an eye.

Pineal Gland reference is also in back of the U.S. dollar bill with what is called the 'all seeing eye', which is a reference to the ability of an individual (or group of individuals) to use this gland and go to the other side (spiritual world) and possibly control the thoughts and actions of people in the physical world by knowing what they are thinking at all times in our physical world.

Various research being conducted so far confirms that there are certain periods in the night, between the hours of one and four in the morning where chemicals are released in the brain that bring about feelings of connectedness to one's higher source.

### **The Conspiracy : How they are Killing your Pineal Gland**

In the late 90's, a scientist by the name of Jennifer Luke carries out the first study the effects of sodium fluoride on the pineal gland. She determined that the pineal gland, located in the middle of the brain, was a target for fluoride. The pineal gland simply absorbed more fluoride than any other physical matter in the body, even bones.

Pineal gland is like a magnet to sodium fluoride. This calcifies the gland and makes it no longer effective in balancing the entire hormonal processes through the body.

Various Researches every since have proved Sodium Fluoride goes to the most important gland in the brain? It's the only thing that attacks the most important center of our gland in the brain. It's prevalent in foods, beverages and in our bath and drinking water. Sodium Fluoride is put in 90% of the United States water supply. Water filters you buy in supermarkets do not take the fluoride out. Only reverse osmosis or water distillation. The cheapest way is to buy a water distiller.

**Sodium Fluoride is in our water supply, food, Pepsi, coke, to dumb down the masses, literally!.** The fluoride was introduced into the water by the Nazis and the Russians in their concentration camps to make the camp population docile and do not question authority.

I am not a conspiracy theorist, but I believe that if you take away the seat of the soul, this disconnects our oneness with our god and power of our source our spirituality and turn us into a mundane slave of secret societies, shadow organizations and the control freak corporate world.

I like to end my article with this quote..

*"Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it."*

**- :Buddha**

