

Rapid Detoxification of the Third Eye (Pineal Gland)

OCTOBER 24, 2013 BY JOSE



The **pineal gland** (also called the **pineal body**, **epiphysis cerebri**, **epiphysis**, **conarium**, 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 is located near the center of the brain, between the two hemispheres, tucked in a groove where the two rounded thalamic bodies join.

The gland is activated by light, controls the various biorhythms of the body, and works in harmony with the hypothalamus gland, which directs the body's thirst, hunger, sexual desire, and the biological clock that determines the aging process. When pineal gland "awakens", one feels a pressure at the base of the brain.

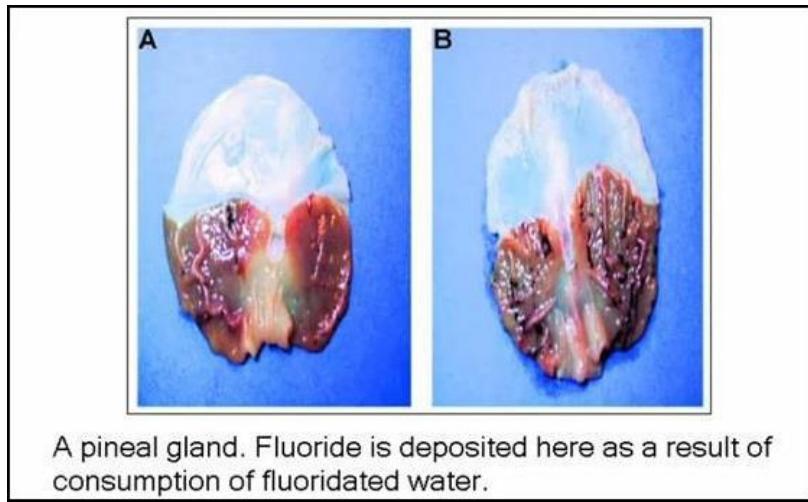
While the physiological function of the pineal gland has been unknown until recent times, mystical traditions and esoteric schools have long known this region in the middle of the brain to be a connecting link between the physical and spiritual worlds. Often considered the most powerful and highest source of ethereal energy available to humans, it serves as a virtual gateway within, to inner realms and spaces of higher consciousness. Thus, awakening the third eye can be compared to creating a "stargate" of sorts.

Meditation, visualization yoga, and numerous forms of out-of-body travel are said to open the third eye, allowing one to "see" beyond the physical realm.

Calcification of the Pineal Gland

Most people's pineal glands are heavily calcified by the time they are 17 years old, so much so that the gland often shows up as a lump of calcium during an MRI. Calcification is the build-up of calcium phosphate crystals in various parts of the body.

The pineal gland begins to calcify due to the harmful effects of artificial substances, such as fluoride, hormones, additives put into processed foods, and sugars and artificial sweeteners dumped into soft drinks. Cell phones are also being pinpointed as being harmful to the pineal gland due to their high concentrations of radiation.



Benefits of Detoxifying and Activating Your Pineal Gland

Detoxification and activation of the third eye can bring vast improvements to one's life. An open third eye can help bring clarity, concentration, perspicuity, bliss, intuition, decisiveness, and heightened insight, in addition to:

- vivid dreams
- lucid dreams
- easier astral projection
- better sleep
- enhanced imagination
- enabled aura viewing, seeing energy, seeing beings, and seeing with eyes closed
- clear channels and heightened perceptibility to energy

A closed third eye or "Ajna Chakra" in Hindu tradition brings with it confusion, uncertainty, cynicism, pessimism, jealousy, envy, and one-sidedness.

How To Decalcify Your Pineal Gland

The idea of having a calcified pineal gland can be likened to a door being glued shut. Although the pathway is unable to be used while it is glued shut, it is still a doorway never the less! With constant pushing the door will eventually break open. These are some of the ways usually recommended for those seeking to decalcify the third eye (an * indicates that the specific method mentioned should be combined with at least one of the others listed for a complete effect):

- **Avoid all things fluoride:** Tap water, cooking with tap water, fluoridated toothpaste, inorganic fruits and vegetables, showers without a filter, red meat, soda/artificial food/drinks. It can be difficult to stick to only organic fruits and vegetables, so a gradual transition from your current diet to a more natural one can only be of benefit.
- **Pineal gland detoxifiers and stimulants:** Hydrilla verticillata, Chlorella, Spirulina, blue-green algae, iodine, zeolite, ginseng, borax, D3, Bentonite Clay, chlorophyll, blue skate liver oil.
- **Foods:** Raw cacao, goji berries, cilantro, watermelon, bananas, honey, coconut oil, hemp seeds, seaweed, and noni juice.

- **Essentials oils:** These can be used to help stimulate the pineal gland and facilitate states of spiritual awareness, meditation, astral projection, etc. Good essential oils for pineal gland function include: lavender, sandalwood, frankincense, parsley, Davana, pine, Pink Lotus, and mugwort (excess use of mugwort has a neurotoxic effect if inhaled directly, so use with care). Essential oils can be inhaled directly, burned in a diffuser or nebulizer, or added to bath water.

- **Citric acid** (load up on *lemons)

- **Garlic*** (Take about half a bulb a day or more for a while; if you crush and soak in raw apple cider vinegar or fresh lemon juice it becomes deodorized; use leftover vinegar or lemon juice on a salad if preferred)

- **Raw apple cider vinegar*:** (Contains malic acid. Take a lot of it, and make sure it's raw [Braggs is a recommended brand]) You can take 1 quart mason jar with ionized alkaline water, 8 tablespoons of Bragg's Apple Cider Vinegar, and 2 tablespoons of raw, local honey daily. This has many benefits, aside from those linked to the pineal gland.

- **Sungazing:** (Gazing at the sun during the first 15 minutes of sunrise and last 15 minutes of sunset can do wonders for your pineal gland.)

- **Regular meditation and chanting:** Chanting causes the tetrahedron bone in the nose to resonate and this resonance causes the pineal gland to be stimulated, which promotes the secretion of more beneficial hormones (known to promote a youthful appearance). The sound "OM" resonates with the 4th Chakra, known as the Heart Center, the seat of Unconditional Love. Chanting "OM" opens you up to universal and cosmic awareness. You can chant up to 5 or 10 minutes, or longer, if inspired and able to.

- **Crystals:** Those that benefit the pineal gland include amethyst (wand), laser quartz (wand), moonstone, pietersite, purple sapphire, purple-violet tourmaline, rhodonite, rose aura, and sodalite. However, any indigo, violet, or dark purple gemstone or crystal can be used to stimulate the pineal gland and open/balance/align the 6th and 7th Chakras. Placed directly on the third eye or brow chakra for 15-30 minutes a day or every other day can help to open/balance/align the 3rd Eye (Brow) Chakra and prevent/rid one of calcification of the gland. The best exercise for pineal gland stimulation and health is to take an amethyst obelisk crystal or an amethyst wand, point it at the third eye (point of the wand should touch the skin) and look up directly at the Sun with the eyes closed. Do this every day or whenever possible for about 5-10 minutes. The Sun's rays penetrate through the base of the obelisk or the end of the amethyst wand and beam directly into the pineal gland, stimulating it. A laser quartz (wand) can be used as well. Quartz crystal is said to benefit every single chakra.

- **Magnets:** Attaching a magnet (that sticks by adhesive) to the part of your skin above your third eye (located between your two physical eyes, but slightly above the eyes) for a few hours throughout the day can also help stimulate and decalcify the pineal gland. Magnets cause the body to become alkaline, especially the part of the body where the magnet is attached. Any strength (gauss) magnet will work, but only use magnets on the head area during waking hours. The energy from the Sun will magnify the strength of the magnet's effect on the pineal gland.

- **Natural entheogens (not for everyone):** Ayahuasca, Psilocybin Mushrooms, peyote, changa (xanga), cannabis, salvia, DMT, etc.

The search for a "remedy" in itself is a train of thought that is lazy, mechanistic, and usually not in line with the purpose at hand. However, what is required is the investment of time, work, and dedication/consistency.