

THE PINEAL GLAND, CHAKRAS & THE SPINAL CORD

Ancient Wisdom · Modern Neuroscience · The Art of Inner Activation

What if you have an ancient, mystical gland in your brain that has become dormant from lack of use and activation? What if activating it unlocks something ineffable — out of this galaxy? Do your own research. Tune into the supercomputer in your head. Notice it, become aware of its incessant thinking — and thus free yourself from it. You will reach the same conclusion: the **Pineal Gland** is the pinecone-shaped gland in your brain that produces melatonin. And we have lost touch with it. It has shriveled & calcified from lack of activation.

WHAT SCIENCE & PHILOSOPHY SAYS

The pineal gland produces **melatonin** in darkness — not only the hormone that helps us sleep, but one shown to have anti-carcinogenic properties. It functions as a **neuroendocrine transducer**, converting neural signals from the hypothalamus into endocrine secretions — melatonin, serotonin, and hormones regulating the thyroid, adrenal glands, and gonads. It acts as the body's **biological clock**, synchronizing physiology with light and darkness. Not only that, but the Renaissance philosopher & mathematician René Descartes called it:

"The seat of the soul."

— René Descartes, 17th Century Philosopher & Mathematician

Descartes focused on the pineal gland for its **central location** in the brain, its **singular, unpaired nature** — unifying sensory input into one thought — and as the **mind-body bridge**, the physical site where the immaterial mind meets the material body.

REFERENCED IN SACRED TEXTS

Genesis 32:30 — "I have seen God face to face and I'll call the place Peniel." Jacob names the place *Peniel*, meaning "the face of God."

Matthew 6:22 / Luke 11:34 — "The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light." Activate the pineal gland and your body fills with melatonin — the immune strengthener, the cancer eliminator, the light within.

WHY HAS IT GONE DORMANT?

Chronic artificial light exposure, disconnection from nature's rhythms, and the relentless noise of the thinking mind have caused the pineal gland to calcify and diminish. The good news: activation is possible — and it begins from within.

Enter that place deep in your meditation — deep in your Self — surrendering thoughts from the ego-mind ("*Take no thought*"), connecting to that higher place above thought. When you've reached that place of clarity, peace, and knowing, you'll know you've activated the Pineal Gland. *Only when we go within will we see.*

THE SPINAL CORD: A LIVING SIPHON

Our spines are **siphons** — straws capable of moving cerebrospinal fluid (CSF) from the gonads all the way up to the brain. When we train the muscles in the perineum and abdomen to squeeze, while simultaneously following the breath up the spine, we literally shoot that potent creative energy to the pineal gland.

YOUR ELECTROMAGNETIC FIELD

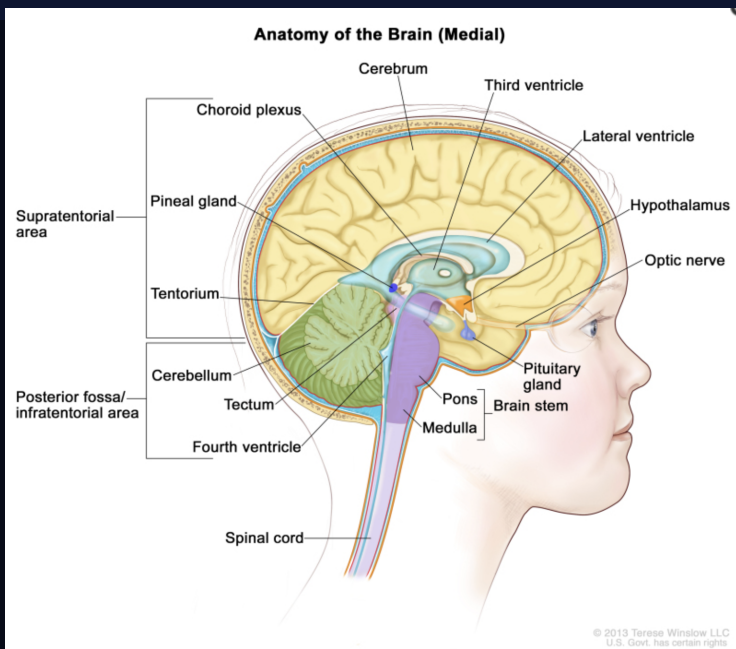
A 6-second inhale, followed by a 6-second exhale is considered the 'perfect breath' because it organizes the rocket body's electromagnetic field into a coherent, unified wave. The heart becomes balanced by the equal breaths, maximizing heart rate variability (HRV) and communicating with the brain a state of calmness & peace, reducing stress in real-time.

FROM THE 2023 PINEAL GLAND MORPHOLOGY STUDY (ScienceDirect)

"The pineal gland is a neuroendocrine transducer which converts neural signals from the suprachiasmatic nucleus of the hypothalamus into endocrine secretions by the pinealocytes, like melatonin, serotonin and various other hormones which regulate the thyroid, parathyroid, adrenal cortex and medulla and gonads."

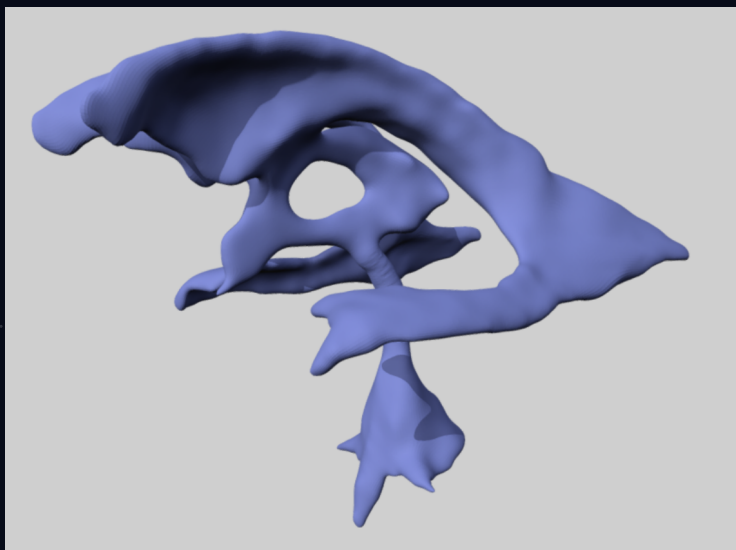
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Brain Anatomy · The Ventricle System · The Pineal Gland



Anatomy of the Brain (Medial) · © Terese Winslow LLC / U.S. Govt.

Source: ncbi.nlm.nih.gov/books/NBK65989/figure/CDR0000587224__135/



sketchfab.com/3d-models/ventricles-in-the-human-brain-35e035e2065a431b9476ecdc5c81f144

"Wheresoever the body is, thither the eagles be gathered together." — Luke 17:37
(The "eagles" — the ventricle system of the brain)

HOW TO REACH THE PINEAL GLAND

Since the pineal gland sits deep in the center of the head connecting both hemispheres, we reach it by opening our **chakras** — the spinning energy wheels running along the spine.

Turn attention — and therefore energy — inward. Become aware of the breath, then the sensations of the body. Do not fight the thinking. When you are no longer identified with thought, keep attention on the breath. Know you are entering the *kingdom of God within*.

THE 7 CHAKRAS: ENERGY CENTERS

- **Root (Muladhara)**
Security, grounding — base of spine
- **Sacral (Svadhithana)**
Creativity, vitality — lower abdomen
- **Solar Plexus (Manipura)**
Power, will — upper abdomen
- **Heart (Anahata)**
Love, compassion — chest center
- **Throat (Vishuddha)**
Expression, immunity — throat
- **Third Eye (Ajna)**
Intuition, pineal activation — forehead
- **Crown (Sahasrara)**
Unity, transcendence — top of head

ANCIENT EGYPT & THE BRAIN

Neuroscience is merging with ancient wisdom. The ancient Egyptians knew about this thousands of years ago. The symbol of Ra parallels exactly the anatomical structures of the brain — the medulla oblongata and the ventricle system. Tune in. The answers are within.

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Activating Your Chakras — The 9-Step Inner Practice

The 7 Energy Centers



Chakra	Sanskrit	Focus
Root	Muladhara	Security · Grounding
Sacral	Svadhithana	Creativity · Flow
Solar Plexus	Manipura	Power · Will
Heart	Anahata	Love · Compassion
Throat	Vishuddha	Expression · Immunity
Third Eye	Ajna	Intuition · Pineal
Crown	Sahasrara	Unity · Transcendence

WHAT ARE CHAKRAS?

"Chakra" = wheel in Sanskrit — spinning energy centers along the spine. When we bless each center with awareness (while remaining aware that we're aware), we unlock dormant energy and shoot it upward to the heart and brain, activating the Pineal Gland.

Step-by-Step Chakra Activation

- Find a Comfortable Position**
Sit with spine erect — on a cushion, legs crossed. Rest hands. Eyes half-open or gently closed.
- Connect with the Breath**
Notice the breath and its sensations. Rest in it. Let it flow freely. If the mind races, let it — keep returning to the breath. Enter a focused, relaxed state (what we call Samadhi), sustaining and connecting to an elevated emotion such as gratitude.
- Root Chakra — Perineal Space**
Move attention to the base of the spine. Contract the perineum, hold 5 seconds, release. Bless with loving awareness: acceptance, courage, contentment, peace, joy. Become aware of the space expanding in all directions.
- Sacral Chakra — Lower Abdomen**
Rise to the space surrounding the intestines. Contract, hold 5 sec, release. Bless with gratitude, courage, abundance. Become aware of the space in all directions.
- Solar Plexus — Upper Abdomen**
Expand to the base of the lungs. Contract, hold, release. Thank this space for keeping you alive. Feel light radiating outward in all directions.
- Heart Space**
Reconnect with the breath. Feel it entering the heart, giving life. Rest here with loving-kindness, gratitude, and peace — spreading in all directions.
- Throat & Neck**
Rise to the center of expression and immunity. You may feel the urge to hum. Know nothing can harm you at the essence. Unlimited power is within.
- Back of the Head**
Keep ascending. Accept and love yourself without conditions. Feel yourself grow lighter. Spread elevated emotions everywhere in all directions.
- The Crown — Pineal Activation**
Place attention on the center of the forehead into the middle of the head. Picture golden light extending in all directions. Stay with the breath. You may feel a lot all at once — do not fear. Gently smile. You have arrived.
- Close with Gratitude**
Bring palms together at your chest. Bow. Say a mantra. Love is boundless — and you are this boundless love.

"Only when we go within will we see."

— Takeoff Holistic Health