

The activation of the pineal gland is important for our consciousness

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Abstract

In case of danger at sea, we send the signal SOS: Saveour Souls. Why the souls? They are more important than the body, because we are our souls, where as the body is perishable. Of greatest importance for this are the hormone glands of the brain, especially the pineal gland. They are exposed to great dangers today. Therefore, we should know what we can do to protect and regenerate the sepreicious parts of the organism. This is presented.

Introduction

In practice, the endocrine system is a critical gateway because it connects physical function with the psyche and brain via psychoneuroendocrinology. The endocrine system includes the following glands: the pituitary, pineal, hypothalamus, thyroid, parathyroid, adrenal, pancreas, and genital organs. These glands use hormones (rather than the electrical impulses used by the nervous system) to cause changes in our body, emotions, cognition, and energy. The hypothalamus, pituitary gland and pineal gland play a particularly important role in this process.

1. The Hypothalamus/Pituitary Gland Relationship

With access to both the nervous and endocrine systems, the hypothalamus plays a central role in connecting the two and in activating the pineal gland. It is also connected to the limbic system, a center for our feelings and emotions. When the hypothalamus is connected to the pituitary gland, it has the ability to influence most major systems and organ functions in the body, as well as our emotions. Together, the hypothalamus and pituitary gland regulate all of our basic survival processes such as body temperature, hunger, thirst, fatigue, growth, sleep, weight, sexual function, pain relief, blood pressure, circadian rhythms, and stress responses such as fight or flight.

The pituitary gland has two main lobes that are distinctly different embryologically, anatomically, and functionally. Overall, the pituitary gland is about the size of a pea; it sits below the hypothalamus. The hypothalamus communicates with the anterior pituitary via blood vessels and connects directly to the posterior lobe via the pituitary stalk or infundibulum. Although the pituitary gland is often referred to as the master gland because it appears to control the endocrine system,

the hypothalamus plays a more substantial role in this system than previously thought. The hypothalamus receives and integrates information from the rest of the body and then secretes the neurohormones that release or inhibit important pituitary hormones. By signaling and controlling the pituitary gland, the hypothalamus plays a critical role in the endocrine system and is important for the activation of the pineal gland.

2. Functions of the pituitary gland

The anterior pituitary secretes even key hormones associated with lactation, the release of testosterone, and the production of sex, thyroid, and human growth hormones. The posterior lobe produces oxytocin and vasopressin. Oxytocin promotes maternal instincts, bonding between partners, social integration, trust, and sexual desire. Vasopressin influences circadian rhythms, reabsorption of water into the blood stream, and also stimulates paternal protective and caring content.

3. The pinealgland

The pinealgland is located in the center of the brain, behind and above the pituitary gland. Because the pinealgland is bathed in highly charged cerebrospinal fluid (CSF) and has more blood flow per volume than any other organ, it is the gland with the highest concentration of energy in the body. The pinealgland is also the dominant source of melatonin in the body.

4. Melatonin

Melatonin is important for its effects on our mood, immune function, circadian rhythms, and the quality and quantity of our sleep. Melatonin is known as an anti-aging and anti-stress agent because it suppresses cortisol and is a powerful anti-

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oxidant. The production of melatonin by the pineal gland is activated by darkness and inhibited by light. Once released, melatonin circulates through the brain via the cerebrospinal fluid and enters near by blood vessels for distribution to the rest of the body. When melatonin levels are disrupted, mood swings, depression, and seasonal disturbances can occur. In addition to producing melatonin, a healthy, activated pineal gland also metabolizes other neurochemicals that coordinate physical and emotional processes at the cellular level. These neurochemicals, including pinoline and DMT (N,N-dimethyl-tryptamine), are thought to link body and mind.

Spiritual aspects of the pineal gland

Given its important role, it is not surprising that a healthy, activated pineal gland has been associated with spirituality for millennia. Its pineal cone shape is found in art and artifacts of many ancient traditions where enlightenment and immortality are at stake. Ancient Egyptians revered this tiny gland and even preserved it during the mummification process. With its spines and spirals, the pineal pinecone displays a perfect Fibonacci sequence – symbolizing growth and the unifying force that underlies creation.

5. The Pineal Gland: Key to the Third Eye

Spiritual traditions associate and activate the pineal gland with the opening of the third eye of inner vision, insight and wisdom. Scientific research is beginning to validate the relationship between the pineal gland and vision: Comparative research into the anatomy, physiology, and biochemistry of the pineal gland and retina in a variety of animal species suggests that the two organs share evolutionary and development all pathways. Living fossils such as the Tuatara have a light-sensitive pineal eye with a rudimentary lens, cornea, and retina. Other species such as frogs and lampreys also have pineal gland eyes. In humans, pineal gland cells resemble retinal cells in composition and in the presence of proteins found nowhere else in the body.

6. Melatonin and the Spirit Molecules

In terms of spiritual experience, melatonin calms the body and mind and, by means of communication with one's soul, enables the upward evolution of consciousness. Both pinoline and DMT, secreted by a healthy, activated pineal gland, are psychoactive and cause changes in perception, mood, consciousness, cognition and behavior. Pinoline enables visions and dream states in consciousness and was used by ancient Egyptians and Zoroastrians in their rituals. It supports DNA replication and is said to resonate with the pulse of life at ~8 cycles per second (Schumann's frequency).

DMT is produced in the pineal gland during deep meditation and extraordinary conditions of birth, sexual ecstasy, extreme physical stress, and near-death experiences. It also alters our dream consciousness when released into the blood stream during the Rapid Eye Movement phase of sleep. DMT connects the body and mind because of its relationship to visionary experiences and extraordinary states of transcendent consciousness.

ness.

Vibrations

The activated pineal gland can also influence our experience through vibration. Rhythmic vibrations can have a powerful effect on our perception, emotions, and physical state. We know this intuitively, and we experience it directly when we feel the effects of music on our mood, memory, and physiology. In the early 1980s, French musician Fabien Maman researched the effects of sound vibrations on cells. He found that sounds can destroy cancer cells and invigorate healthy ones. There are parents who play classical music to stimulate brain development in their children before and after birth. Rhythm entrainment, also called resonance, occurs when two wave forms begin to resonate with each other at exactly the same frequency. When the hypothalamus and pituitary gland resonate with the pulsating vibration of the pineal gland, our entire system can move toward harmony.

According to Daoists, the North Star emits pulsating vibrations that influence and activate the pineal gland. When the pineal gland pulses in sync with the North Star, it receives cosmic information and relays it through resonance to the hypothalamus and pituitary gland. In turn, they send messages to the heart, which communicates with the rest of the body through its own electromagnetic pulsing.

7. Magnetic fields and the pineal gland

In addition to being sensitive to light and vibration, the pineal gland is also stimulated by natural magnetic fields. Studies with birds and other animals conclude that the pineal gland monitors magnetic fields and helps the body orient itself in space by acting as a navigational center. This magnetic receptive capacity also explains why geomagnetic storms and environmental stress can affect the pineal gland, leading to problems with circadian rhythms and melatonin secretion.

The heart generates a strong electromagnetic field that permeates the entire body. When the heart is activated with the high frequencies of love and compassion, its electromagnetic field is amplified and expanded. The sensitivity of the pineal gland to electromagnetic energy causes it to begin to vibrate and activate along with the heart. When the set organs are in resonance, their high vibration stimulates the third eye to greater inspiration, intuition and inner vision.

The pineal gland and its relationship to light

All three brain glands are extremely sensitive and responsive to light. Before 2002, two forms of light receptors in the eye were known to science: Cones (for color vision) and rods (for dim vision). In 2002, scientists discovered a third photo receptor: cells in the retina that contain a light-sensitive pigment called melanopsin. These cells send messages to the suprachiasmatic nucleus (SCN) of the hypothalamus. The SCN is responsible for controlling circadian rhythms that affect our sleep, wakefulness, hormones, temperature, and digestive functions. When the hypothalamus receives information about the presence or

absence of light, it signals the pineal gland to activate or inhibit the production of cortisol and melatonin. Fluctuations in melatonin levels cause a cascade of changes in the SCN, pituitary, and retina. The pituitary gland also responds to light by releasing vasopressin, which influences the SCN to adjust our circadian clock.

In addition to light perceived by our eyes, studies now show that the whole body acts as a light receptor. Light shining on any part of the body can be detected, signaling the SCN and pineal gland to stop producing melatonin. Because there is so much ambient light these days, our systems rarely get the deep relaxation that occurs in complete darkness. Many people find that removing light sources from the bedroom can be helpful in optimizing sleep cycles, improving overall health, and stimulating activation and balancing of the pineal gland.

Problems

The brain's endocrine glands are very sensitive to electromagnetic waves and radiation. Insofar as they are of natural origin, they activate the glands. The opposite is the case with technical electrosmog, e.g. 5G. The glands are weakened or even blocked. Functions of our consciousness are restricted, we develop in extreme cases towards zombies or robots. In addition, contact with our own soul can no longer be maintained. Therefore an active protection against electrosmog is inevitably necessary [7]. This problem is intensified by brain-toxic substances, which nowadays unfortunately can penetrate the blood-brain barrier. These are metals like aluminum, titanium, mercury, platinum or palladium, but also hydrocarbons like glyphosate, PCP, formaldehyde and others. Cleansing of the brain can be done by coriander tincture.

8. Qi Gong Practices to Activate the Pineal Gland

Many Qi Gong exercises contain elements such as breathing or tapping that can be used to activate the bones and glands of the brain.

1. Breathing

Deep rhythmic breathing strengthens circulation and lymph flow, activates the pineal and pituitary glands, and stimulates the flow of cerebrospinal fluid. It is said that breathing ionizes the cerebrospinal fluid, increasing its effectiveness.

2. Tapping

Tapping gently on the forehead between the eyebrows activates the pineal gland. The vibration sends a wave directly back to the pineal gland, activating it. The same vibration also moves through the bones to the sphenoid bone, which in turn stimulates the pituitary gland, which rests in the sella turcica. The vibration of the pituitary gland awakens the hypothalamus through the pituitary stalk.

3. Toning

Toning, chanting, singing and humming send vibrations to the brain glands and the seven chakras and activate the cerebrospinal fluid.

4. Pressing

Pressing your tongue to the roof of your mouth activates the pituitary gland and through its physical and chemical connec-

tions, also activates the pineal gland and hypothalamus.

5. Squeeze

When we squeeze our eyes, the muscle connection with the sphenoid activates the pituitary gland. Sucking into our cheeks moves the jaw, which stimulates the neck and cranial pumps. Contraction of the anal sphincter and perineum sends vibrations to the muscles that surround the anus and form the pelvic floor. From the pelvis, the vibration then moves down the spine and dural tube to the occipital bone. The intracranial membrane system transmits the vibration to the center of the head, activating the pineal gland and pituitary gland.

6. Indulge in darkness

Darkness causes increased production and release of melatonin and eventually pinoline and DMT as a result of its action to activate the pineal gland and help stimulate third eye function.

7. Laughter and smiling

Smiling opens both the heart and the crown, allowing more light to pass through while increasing the vibration of the organs. Laughter and smiling reduce stress and relax the body, which increases the flow of chi. Laughter also triggers the release of endorphins and promotes a sense of well-being.

8. Focussing

Since energy flows where our attention is, we should look at positive images and symbols. The Dao also emphasizes the importance of good nutrition and hydration. We are made up of 70 percent water, which is a good conductor. For the activation of the pineal gland, an adequate intake of pure and energized water is important. In addition, a good diet rich in essential amino acids, such as tryptophan, is helpful in providing the building blocks for brain hormones. Tryptophan is found in foods such as chocolate, seaweed, almonds, bananas, dried dates, sesame seeds, chickpeas and nuts.

9. Deswitching

Abnormal functional states of the brain glands cause the state of switching. Here the communications of the brain parts are reduced, the brain develops preferences for harmful substances or behaviors and rejects positive ones. In extreme cases, this manifests as dependence or addiction. The author has described three exercises of deswitching to ensure normal reactions of the brain again.

10. Smell good scents

The olfactory brain is one of the oldest of the brain. From there the mood is influenced. When we smell bad smells, we get disgusted. On the other hand, when we smell pleasant scents, our mood develops upwards. We should not underestimate the effect of perfumes and fragrances. Lavender, sandalwood or jasmine are examples that we should treat ourselves to.

Conclusion

Our brain glands and especially the pineal gland are of great importance, not only in the context of psychoneuroendocrinology, but also for our spirituality and contact with the soul. There are a number of problems and threats here today that

we should be aware of. Fortunately, there are also a number of treatments and solutions, so we are not at the mercy of this.

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