

# Tapping your glands

Pineal gland (top of head)

Associated with Melatonin & DMT

A portal to **altered states of consciousness** & entheogen in nature

Pituitary (third eye)

Adrenal stimulating hormone (stress hormones) Growth hormone (metabolism, fat distribution, healthy muscles & bones) Follicle stimulating hormone (egg development) Luteinizing hormone (ovulation)

Thyroid stimulating hormone (metabolism, energy & nervous system) Melanin stimulating hormone (skin pigmentation) Prolactin (milk production)

Oxytocin (**love hormone**, stimulates labor, **bonding**, milk delivery)

Vasopressin ADH (water balance, sodium levels, blood pressure)

Thyroid (throat)

Associated with Thyroxin (metabolism) & Calcitonin (pain threshold)

Thymus (under your sternum in chest)

School for the immune system where white blood cells **learn the difference between self and non-self**

Heart

Sends more signals to the brain than the brain sends to the heart

Associated with **emotion, love & intuition** (Visit HeartMath.com to learn more)

Mammary Glands (underarms and breasts)

Associated with Prolactin (makes the milk) Oxytocin (delivers milk)

Pancreas (midsection)

Associated with Insulin (carbohydrate metabolism & **the sweetness of life**)

Glucagon (one molecule can release a million molecules of stored glucose for a **sudden burst of energy**)

Adrenal glands (on top of kidneys)

Associated with Corticosteroid hormone (sleep/wake cycles, stress, energy, **inflammation reduction**)

Aldosterone (regulating blood pressure & electrolytes) Adrenaline & Noradrenaline (stress response)

Ovaries

Associated with Estrogen (reproductive functions)

Progesterone (menstrual cycle, pregnancy and embryogenesis)

Relaxin (**relaxes your body** to facilitate pregnancy & birth)

Drop the fence posts to potentize this practice.

We **direct our hormones** into the highest energetic vibration that we can.

