

~ TRUE "VISION" ~

(Part 4)

Conditioning the pineal gland is something that needs to be done and can be done while in the process of decalcification as well as after. As this gland will need some training, this process can be undertaken while the pineal is still "waking up." Interesting to note, the pineal gland manufactures proteins found nowhere else in the body. Also, during the decalcification process, seldom is the pineal FULLY encased in calcium, but typically the top ALWAYS is, which is the "point" of the crystalline shaped gland. Resembling a "pine cone" one can see a perfect fibonacci sequence fully apparent in the shape and construct of it and like all other fibonacci spirals, the locus of the spiral is the most energetic, which is why the pineal is specifically targeted by the elite who do NOT wish anyone to "wake up" and thereby find themselves BEYOND the control of them, once the "stargate" is open, those chains vanish.

To begin this study, consider the physical aspect of this work first. Simply TAPPING your forehead directly between your eyebrows sends vibrations back through the pineal and can assist in activating it, much the way music can invoke mood changes, so can physical rhythms stimulate the pineal. Also, pressing your tongue against the roof of your mouth triggers a response from your pituitary gland, which then signals the pineal, all part of the Crystal Palace. Actually the pressing of the tongue against the roof of your mouth as far BACK as you can reach, is an ancient meditation form and alters brainwave activity as well, but that is a completely separate series altogether.

Muscular "squeezing" and contact techniques also stimulate the pineal by virtue of "pumping" the Crystal Palace. Two easy examples are squeezing the eyes, which then in turn with the muscular connection with the sphenoid activates the pituitary. Likewise, contracting the sphincter muscles of the anal cavity passes vibrational energy throughout the rectal floor and then this vibration also travels up the spine and passes upward to the and dural tube to the occiput. The intracranial membrane system then subsequently transfers the vibration to the center of the head, activating both the pineal and pituitary glands. The key to these practices is doing them RYTHMICALLY! Like getting a plate glass window to begin to vibrate, it is only a matter of adding ONE "thump" to it and a person can break a car windshield easily using just their hands and the same concept is involved here in the transferrance of physical and rhythmic energy through the Crystal Palace.... "KNOCK, and the door shall be OPENED" is a quote from Scripture. Why would we not take this on a level of literal meaning as well as figurative?

Smiling, also has interesting effects on our physiology. The act of smiling opens both the heart and crown, thereby allowing even MORE light to enter into us. Activating the pineal using sound vibrations, light vibrations are but only two of the avenues to take when beginning this undertaken, and to make the entire approach well-rounded, suggest covering as many of the individual bases as possible.

The art of sungazing, is incredibly effective as well, albeit, for those not already very disciplined Spiritually, can be incredibly dangerous. Suggest if doing this, either while journeying on Ayahuasca or not, to limit this activity to when the Sun is extremely low on the horizon, but due to the Doppler shift, SUNRISE is the better of the two times to do this, as light is ADVANCING to us and thereby wavelengths are shortened rather than when moving AWAY from us which elongates the waveform, creating more higher vibrating blues, than the reds seen at sunset. There are reported instances where while journeying on Ayahuasca while sungazing actually can also CRACK open (decalcify) the pineal in just one session so this activity actually does both!

The practice of “Spinal Cord Breathing” techniques also naturally elevate the electromagnetic charge of the cerebrospinal fluid to such an extraordinary degree that this rhythmic breathing exercise pulses EM energy throughout the entire Crystal Palace and as a result, advances their condition and enhances their performance. In Spinal Cord Breathing, the movement of the sacrum transfers vibration up the spine and to the occiput through the dural tube. Connected with the occiput at the sphenobasilar joint (SBJ), the sphenoid also begins to vibrate, stimulating the pituitary. At the same time, the rocking wavelike movement of the pituitary stalk activates the hypothalamus and milks the pituitary gland, which as we know is connected to the health and activation of the pineal gland. The milking of the pituitary releases more oxytocin and vasopressin, which heighten feelings of trust, relaxation, peace, and empathy while reducing fear, anxiety, and aggression.

The pituitary gland is located above the sphenoid sinus, which drains almost directly down the throat. During high levels of excitement, CSF may be excreted into the sphenoid sinus. Here, vasopressin and oxytocin mix with the already highly charged CSF and drip down into the throat, giving us the nectar (frequently referred to as Soma) that is often described in spiritual experiences. Both vasopressin and oxytocin are critical hormones during the birth process; their presence in the nectar may contribute to birth-like experiences. The effects of these hormones on bonding may also explain the feeling of deep connection and unconditional love that is part of many enlightenment experiences.

This potent brew travels down the back of the throat and into the stomach, where it is absorbed directly through the mucous membranes. Some of this fluid also enters the bloodstream later in the digestive process. In this way, the nectar is brought to the lower Dantian for integration into the physical body, uniting heaven and earth.

Please note that ALL of these techniques do not require herbs, or other inorganic substances and are very simple, natural and easy ways to condition and activate the pineal gland. There are many more ways to working on this aspect of development of ourselves into higher realms of abilities but for the sake of length, I will close this article here.

Highest Regards and Much Love,

Kevin

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