

The Energetics of Spiritual Consciousness

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Deep within the human body, at the very center of the brain between the left and right hemisphere, sits a tiny gland called the pineal gland that regulates our state of consciousness. Through various methods of stimulation, the pineal gland will secrete serotonin to awaken us, melatonin to help us sleep, or the neurotransmitter dimethyltryptamine (DMT) to facilitate consciousness beyond the normal waking level of awareness (sometimes called altered states of consciousness). The interior of the pineal gland contains retinal tissue identical to the human eye, including corneal tissue, rods, and cones, and is connected to the visual cortex of the brain. The human body has a third eye located deep within the brain!

There has been a symbol for this *third eye*—usually located in the middle of the forehead and associated with the supernatural connection between humans and the spiritual world—in every recorded culture from every geographical region in every century. Hinduism, Taoism, and Zen texts include third-eye training as a means of accessing higher consciousness. Buddhism and Tibetan practices teach how to access the third eye to better understand existing reality. Hermetic tradition teaches there was a third eye

present in humans that atrophied as they evolved. What science has only recently proven, humankind has always intuitively known.

The pineal gland begins to function in the developing human fetus around the forty-ninth day after conception. Initially it is located in the back of the throat, and then it gradually moves upward and inward during gestation until it settles in the center of the brain. In normal development, the pineal gradually decreases in size until the age of puberty, when it has shrunk to the size of a pea.

Have you ever noticed that very young children seem to have a stronger connection to the spiritual world and experience that connection as common reality? This is in part due to the enlarged size of the pineal gland and higher levels of DMT secretion. Higher levels of DMT are present at birth, at the time of death, during out-of-body and near-death experiences, and during expanded states of consciousness, such as those that occur in deep prayer or meditation. This presence of elevated DMT at significant life events has led researchers to speculate that the pineal gland is our connection to the spiritual dimension.

My good friend, a pediatrician at a renowned teaching hospital, tells the story of an eight-year-old boy whose concerned mother brought him in for evaluation. He had been seeing things that were not visible to others and engaging in conversations with these invisible beings. After a thorough evaluation, the pediatrician and the resident child psychologist determined there was no apparent diagnosis. The child was perfectly healthy, physically as well as psychologically. Both doctors agreed that this young man was innocently observing the world through heightened sensory perceptions and interacting in a spiritual realm unseen to adult eyes.

Think for a moment about this powerful statement in Jeremiah 1:5: "Before I formed you in the womb I knew you ..." We were known

by God before we developed into human form. It is not known at what point in development we begin to lose consciousness of that intimate communion with our Creator. However, through focused intention we can begin the process of reawakening our spiritual consciousness and strengthening our spiritual connection.

Within the pineal gland are tiny crystals that magnify and intensify whatever signal passes through them. There are three forms of crystals: *piezoluminescent* crystals cause the pineal gland to glow continuously and magnify any light signals they receive, *piezoelectric* crystals intensify any electrical signals they receive, and *piezochromatic* crystals magnify and intensify colors. This third-eye gland is specifically constructed to enhance and intensify all signals it receives, thereby creating an environment for increased sensitivity to spiritual consciousness.

Brain scan research of thousands of religious people who practice prayer or meditation for several hours a day reveals that the pineal gland and frontal lobe are activated during prayer, while the parietal lobe goes silent. This research also shows that alpha and beta waves decrease while theta waves increase, along with an increase in blood flow and energetic movement through the pineal gland.⁵¹ What this research reveals is that the area of the brain where sensory input is normally processed shuts down during prayer, and increased activity occurs in areas of the brain not normally active during conscious activity. Although the brain waves are in a subconscious state, the pineal gland remains highly activated. Could sensory input outside the normal range of consciousness be activating the pineal gland—for example, communication with God? Could the pineal gland be our bridge to divine consciousness?

While we cannot definitively answer these questions, the

⁵¹ . “Prayer May Reshape Your Brain ... and Your Reality,” National Public Radio, May 2009, www.npr.org.

information that science has proven prompts serious contemplation and questions: Why would we be created with a third eye hidden deep within the brain? Why has every culture in recorded history described this third eye as the connection between man and the Divine? Why would we have an organic substance (DMT) embedded within the brain that can induce expanded states of consciousness? Is there anything in scripture that supports the idea that the third eye is our center of spiritual consciousness?

There is a current attitude of fear and apprehension within the Christian community associated with the concept of a third eye. These fears come from the belief that third-eye enlightenment is directly connected with demonic influence or occult practices.³ However, the pineal gland is a God-created part of our physical makeup. We would be wise to embrace this third-eye gland and become aware of how it enhances our spiritual consciousness. Matthew 6:22–23 describes an eye that can light up the body this way: “The eye is the lamp of the body; so then if your eye is clear, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness.” The Hebrew word for eye used in this scripture is ayin, used in singular form, not plural. Typically, when we refer to our physical eyes, we use the plural form. Perhaps this is a reference to the third-eye gland, which does light up the whole mind when it is activated.

In modern Western cultures, constant exposure to everyday environmental toxins can calcify, harden, and cloud the pineal gland. In fact, heavy calcification is already prevalent by age seventeen. We now know that hormones found in certain foods, fluoride in drinking water, many pharmaceuticals, refined sugars, and EMF emissions will calcify the pineal gland. If the third eye is our doorway into spiritual consciousness, we need to do all we can to keep it clear. For a good list of common toxins, as well as protocols to cleanse and decalcify the pineal gland, go to www.med-health.net/pinealgland.

What does the health of the pineal gland have to do with energy medicine? As we have seen throughout this book, the mind, body, and spirit are intricately intertwined. If one area is out of balance, the other areas will be affected. To develop a strong and healthy spiritual body, you need to develop a strong and healthy spiritual connection. Trained energy medicine practitioners can help restructure and balance the sixth chakra (the energy vortex that feeds the pineal gland), help facilitate the detox and functioning of the pineal gland, and help the client identify distortions in thoughts and belief systems that interfere with spiritual alignment.

Consider this mission statement for the American Holistic Health Association: “Optimal health is much more than the absence of sickness. It is the conscious pursuit of the highest qualities of the physical, mental, emotional, spiritual, and social aspects of the human experience.” Being fully balanced and aligned in mind, body, and spirit is the truest definition of health.

Consciousness is energy at its highest form. In the energetic consciousness system creation takes place when God, our Creator, transmits energy starting in the highest spiritual frequencies and moving down into the more dense levels and lower frequencies until it manifests in human consciousness. As we learned in chapter 5, a thought appears first in the energetic field that surrounds the body before it registers in mental consciousness. Each level within the human auric field and chakra system filters the energetic information we take in, sometimes shifting the information through the distortions created by our unconscious defensive patterns. At the tip of each chakra, where it narrows and connects to the spinal cord, are seals that act as protection, filtering all incoming energetic information. They are sometimes referred as the heart of the chakra. Any distortions in these seals will also affect how we process and comprehend the information

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we are receiving. In very general terms, the seven seals of the seven chakras filter information in the following way. The root, or first chakra processes how we relate to the physical world. The second chakra processes our ability to experience pleasure in the world. The third chakra processes who we believe we are and our sense of purpose in the world. The fourth chakra processes our understanding of unconditional love. The fifth chakra processes our ability to speak truth freely. The sixth chakra processes our ability to visualize and understand truth. The seventh chakra processes how we relate to God and to ourselves as spiritual beings. The number seven is a sacred number, signifying completion or wholeness. There are seven chakras, seven layers in the auric field, and seven seals of protection—all working together to support wholeness in the human energy consciousness system.

Learning to move into the higher vibrational levels of the auric field can help move you into the higher aspects of your will, emotions, and reason. These higher levels of consciousness are the most direct paths to finding spiritual truth. Highly trained bioenergetic practitioners have learned to access these higher frequencies and can hold them in strong resonance for the client. This type of work requires professionals who have already discovered their own core essence, true heart longings, and life purpose, and can clearly explain their spiritual beliefs. It is important to learn whether the bioenergetic practitioner you choose to work with has undergone his or her own intensive personal process work and can therefore support you on your journey into a deeper spiritual connection.

We are all created with the potential for the divine to dwell within us. As that potential develops and aligns with our intention and purpose, the real manifestation and purpose of our life on earth will unfold. Learning to understand and listen to our entire energetic system gives us a greater capacity to access spiritual

consciousness. The process of awakening to ourselves, to our place in the world around us and to our spiritual destiny starts with intention. If the pineal gland and the human energetic system are our communication points between the natural and spiritual world, it would serve us to keep them as clean, balanced and open as we can.

Important Points to Remember:

- The pineal gland contains retinal tissue and functions as an internal third eye.
- The pineal gland is designed to enhance and intensify all signals it receives.
- The pineal gland is activated during prayer.
- It is important to keep the pineal gland clean and free of toxins.
- The pineal gland might be the communication center between the physical and spiritual worlds.
- There is scriptural support for the existence of an internal third eye.
- God creates human consciousness through the energetic systems