

# THE PINEAL GLAND, LIGHT, & FREQUENCIES



There is a very small, insignificant looking gland found in the middle of your brain called the *pineal gland*. Up until a few years ago, modern scientists had discounted this gland as only a “remnant” or “insignificant vestige of tissue” like the appendix. In the 17<sup>th</sup> century, Renee Descartes called the pineal, “the seat of the soul.” Today, that statement seems to be coming true for the body.

The Pineal Gland, often referred to as the “third eye,” holds immense significance for humanity. It is a gland deeply connected to our spiritual understanding and human experience. The nervous system and brain are intricately linked to the pineal gland, which is associated with celestial bodies such as the Sun and Moon, as well as electromagnetic and light waves, and hormone regulation. As the pineal gland begins to open, it enables access to the realm of out-of-body experiences, the production of melatonin and DMT, and embodies the highest level of health and wellness symbolized by the Caduceus.

The Pineal is a pinecone-shaped gland, located as a protrusion in the roof of the third cerebral ventricle. The small gland has an extremely high rate of blood flow (4ml/min/g), which is second only to the kidney. This gland is also not protected by the blood brain barrier, so it is open to all elements that may be found in the blood.

This gland is an amazing link between man’s environment and his behavior and development, including aging. In reality, it is a neuroendocrine transducer, converting neural information into endocrine secretions. The gland receives light information from the eyes and other electromagnetic information and responds by the secretion of a number of hormones. These hormones control other glands primarily connected to the immune system, the reproductive system, our body’s rhythmic cycles, growth, maturation, and aging.

Melatonin is the principal hormone secreted by the gland along with *serotonin*, *acetyl serotonin*, *pineal antigonadotropin*, *gonadotropin releasing factor*, and *arginine vasotocin*. Besides melatonin, arginine vasotocin has been the most widely studied and found to be the most potent hormone. Many of these hormones interact with the hormones produced and released by the anterior pituitary, hypothalamus, and the adrenal cortex. Thus, the cascading effect becomes quite large considering it comes from such a tiny gland.

To fully activate and optimize the functioning of the pineal gland, the body’s energy must flow freely without stagnation. Detoxification programs can aid in restoring the pineal gland’s functionality. Unfortunately, the occult forces have introduced fluoride into our daily lives through water, toothpaste, and various other products. This insidious addition calcifies and accumulates within the pineal gland, impeding its proper function. The pineal gland contains magnetite, a magnetic quartz crystal, akin to a receiver for radio and quantum activity. It is often referred to as the ‘seat of the soul.’

Throughout history, religions have possessed knowledge about the pineal gland. Symbolically represented by the pinecone on a staff, it signifies the connection between the spine and the pineal gland. The term “third eye” derives from the fact that the pineal gland possesses structures similar to the human eyeball, including cones, rods, and a retina. Nerve endings from the pineal gland extend to the retina, emphasizing its connection to vision. The pineal gland’s effectiveness relies on the Circadian Rhythm, which regulates the release of melatonin, influencing sleep and antioxidation processes in the body. The electromagnetic waves emanating from the moon play a role in this rhythm. Conversely, exposure to sunlight stimulates the pineal gland and aids in its decalcification, while also promoting the production of melatonin.

The occult forces within society have intentionally manipulated humanity by employing fluoride to hinder the pineal gland’s functionality. By doing so, individuals are detached from their spiritual divinity, becoming more susceptible to accepting others’ views of God or religion. Each person’s connection to the spiritual realm is subjective, and it plays a significant role in finding purpose and meaning. However, the objective reality of ascension and consciousness expansion remains universal, offering various levels of awareness and unique talents. The pineal gland enables us to tap into these subjective experiences and embrace the oneness of our own journey. On a broader scale, these experiences determine how far individuals ascend in consciousness and the reality they choose to embrace.

Reclaiming the pineal gland is of utmost importance for humanity. Our aim is to assist individuals in restoring the function of their pineal glands. Without doing so, individuals unknowingly follow the occult practices imposed by the current system. Empowering these falsehoods, corruption, and spiritual stagnation will further the spiritual death of humanity. Higher consciousness and sacred spiritual laws surpass the control exerted by the occult forces ruling society.

The most well-known of the hormones, *melatonin*, is secreted in a nightly rhythm by the gland. The level of secretion begins around twilight and reaches its maximum level between 2 o’clock and 4 o’clock in the morning. The levels are quite low just before dawn. The longer the darkness, the more melatonin secretion occurs but artificial light, especially in the blue and green wavelengths, tends to inhibit its production and secretion.

Melatonin is lipid soluble and derived from the amino acid, tryptophan through serotonin formation. In the rat, serotonin has been found more in the pineal gland than in any other tissue. The pineal seems to produce and secrete the serotonin during the day and melatonin at night. The melatonin does cross the placental barrier and enters the fetal circulation, developing the circadian rhythm of a fetus. The gland reaches an adult level by the later teen years.

Functions of this hormone are many. It has a definite effect on sexual maturation, and it has been shown in patients with childhood tumors near the gland (in which the tumor impinges and destroys the gland) to have precocious puberty.

If the tumor is associated with glandular tissue resulting in an increased level of melatonin secretion, there is a delay in sexual development and puberty. In fact, the transition from Tanner stage 1 to Tanner stage 5 of sexual maturation has been associated with significantly decreased levels of nocturnal melatonin secretion. Animals that had the pineal gland removed at an early age, also showed precocious sexual development. Menopause is also associated with greatly reduced levels of melatonin in the blood stream. Arginine vasotocin, also secreted from the pineal, has an even more profound effect than melatonin in suppressing reproductive hormones.

***Melanocyte stimulating hormone*** (MSH) is secreted by the pituitary gland causing increased pigmentation in the skin. Melatonin inhibits MSH.

In man, MSH is a potent negative regulator of food intake. If the MSH levels drop, obesity becomes apparent due to over eating. In rabbits, MSH mobilizes lipids from adipose tissues, but this remains unclear in humans. Low levels of melatonin could lead to an increase in eating habits, due to its effect on MSH.

Melatonin is also linked to the proper functioning of the immune system. T-cells, which are made in the thymus gland, are an immune foster and play a role in the inhibition of cancer growth and its spread (cancer patients do show a higher degree of pineal calcification than controls). Melatonin supplements can help revitalize the thymus gland and give the immune system a boost in effectiveness. IGg and IGM responses were also found to increase when melatonin supplements were given to aged rats. In fact, IGM levels became similar to control group young rats. Zinc plasma levels, which had their pineal glands removed. When these rats were given melatonin supplements, their wound healing and plasma zinc levels returned to normal.

Pound for pound, melatonin is the most effective antioxidant known. It detoxifies the most damaging free radicals such as the hydroxyl radical, the peroxyxynitrite anion, singlet oxygen, and nitric oxide. It can stimulate antioxidative enzymes like the powerful *glutathione peroxidase*, *glutathione reductase*, *glucose-6-phosphate dehydrogenase* and *superoxide dismutase*. It also helps by reducing the effect of free radical damage on healthy tissues. In cells, melatonin is found in the cell membrane and around the genetic material, the nucleus. Its protection is a key component of damage control, not only to the cell itself, but also to its genetic material.

Peroxyxynitrites are an especially lethal free radical to myelin and its destruction has been implicated in a number of diseases such as multiple sclerosis and ALS or Lou Gehrig's disease. In 100% of MS cases, the pineal gland has been extensively calcified. Heavy pineal calcifications in animals have been associated with lower plasma melatonin levels.

Aging has been associated with a progressively calcifying pineal gland. These calcifications are really a layering of mineral deposits that can be detected on conventional CT scans, MRIs, and head S-rays. These deposits are usually found next to blood vessels and on analysis, are composed of hydroxy apatite. The same found in the enamel of teeth and bones. Besides calcium, the most common elements found in the calcifications are magnesium, phosphate, and fluoride. The compositions have been shown to change as one ages with a decrease in phosphorous and an increase in calcium and fluoride.

The calcification of the gland seems to peak at around age 60 with the maximum levels in females occurring at the time of menopause. Even in children, the calcification of the gland has been found with investigators noting some sporadic findings at 8 years of age, 4½ years old, and even in a newborn infant. The layers of rock-hard substances eventually chokes-off the gland's blood supply and calcifies the gland. The layers are actually called "brain sand."

In old age, the frequency of adults found with calcified pineal glands increases and the many hormonal benefits of the gland, especially the anti-oxidant and immune boosting properties are lost. Fluoride, which has been labeled the "aging factor" and people afflicted with chronic fluorosis, seem much older than their years should indicate.

The pineal gland seems to be a particular magnet for fluoride. There is a positive correlation between degree of calcification and the amount of fluoride found there. Since the calcification of developing enamel

and calcifications occurring in the pineal were occurring at the same time, shows the pineal's metabolism and functions could be affected in the same way that ameloblasts are affected in the developing enamel organ.

There is significantly less melatonin levels found in the high fluoride group and a resulting accelerated onset of puberty in female gerbils. Higher fluoride levels during early childhood may be a significant contributing factor in the current decline in the age of puberty.

The premature calcification found in the pineal gland may be due to both a direct and indirect cause. Fluoride loves copper (and other positive charged minerals) and is most strongly attracted to it. Copper is present in the pineal gland, as are zinc and many other trace elements. These are most likely used as cofactors for hormonal synthesis. Fluoride freely enters the gland and accumulates there, incorporating into the hydroxy apatite structure in the same way that would occur in bones and teeth.

Indirectly, an increase in calcification will come as a side effect due to the repeated elevations of parathyroid hormone. Fluoride ingestion causes repeated elevated levels of parathyroid hormone. Normal parathyroid function will inhibit the formation and growth of the so-called "brain sand."

When melatonin levels are low, there is an elevated release of cortisol from the adrenal cortex. Increased levels of cortisol are associated with clinical depression. One researcher found enlarged pineal calcifications (over 1 cm in diameter on CT scan) in bipolar patients and found this incidence to be 25 times greater than the reported incidence of non-psychiatric patients and another found electro-convulsive therapy effectiveness to be indirectly correlated to the presence of enlarged pineal calcifications.

Early sexual development, an obese society, and an ever-increasing number of people with clinical depression are hallmark in our society in America today. The increasing levels of fluoride consumption just be a coincidence or are they related? Could the elevated levels of fluoride have a synergistic effect on our increasing exposure to electromagnetic fields from cell phones and wireless microwave devices, television and computers, and artificial junk blue light, not being outdoors in the sun, causing a decrease in melatonin production.