

Pineal Gland – Spirit of Light

The Center of Our Personal Universe

By Rodney Van Dueck, Neuro-spinal Bio-engineer

French philosopher René Descartes (1596-1650) emphasized the pineal (pronounced Pi-neal pi-nee-al) gland in his writings, calling it the seat of the soul and “the part of the body in which the soul directly exercises its functions.” He contended that this was the center where the soul and body interact, and where we receive messages from the Divine. Dr. Rodney Van Dueck shares his insight about his experiences with the pineal gland.

Imagine a bridge. On the left lives the physical; on the right lives the spiritual. Under the bridge lives the ogre. Pay the ogre his toll to cross the bridge. Who is the ogre? The pineal gland. What is the toll? Blood sugar, the final digestion of all food. Keep the ogre supplied and he will ensure that our “sun” continues to shine – we will have clarity, bliss, insight, intuition and imagination. Don’t feed him properly, and we will experience problems such as confusion, jealousy and pessimism.

I asked my mentor Dr. Burl Pettibon, a neuro-spinal bio-engineer, “What is the spine shaped liked, exactly?” He took a piece of paper, and without saying a word, drew a mathematical model of the spine – a side view with its curves and a front view. Then he added numbers and degrees and showed me how to measure them on x-rays. He started at the skull center and dropped a gravity line. The center lined up at a small white spot. I asked him what it was. “That,” he said, “is the pineal gland.”

Often, researchers use a familiar object to describe a new discovery. When the gland in the center of the brain was discovered, it was named pineal, meaning “pinecone.” To be named after a pinecone just because that’s what it looks like is an injustice. Why researchers never renamed it after discovering it contained rods and cones just like the retina, I don’t know. So, if it has rods and cones, does that mean we can see from the pineal, can see what the sun sees; or travel through the light waves? The pineal looks to the sun, is comforted by the sun. Ask a child to draw a picture of the sun and they draw a circle with rays. That’s because their pineal still sees the rays. They continue to see the rays until someone tells them they don’t. As adults we generally don’t see the rays. The movie “Peter Pan” was all about the pineal. When Peter had a happy thought, he turned into Peter Pan and could defy the laws and fly.

Notice the colour of people’s palms. Regardless of skin colour, our palms are a lighter colour than our body. The palms are pale so they can absorb the sun’s rays and refract the colors of the rainbow into our body, where each organ absorbs its particular frequency. The pineal also does this job. Photoreceptors in the pineal (just like the ones in our eyes) are activated by light received through the eyes, absorbing the base color of the rainbow, the ultraviolet or rhodopsin. If we gently press our fingertip into our eyeball near the side of our nose, we should see the “purple” shade of the pineal. Blind people can see this, too. This slight pressure aligns the macula to the pineal and we “see” its color. Light is the only energy we can see; we see it in the form of colour.

The pineal gland produces melatonin and serotonin, hormones that balance our night and day circadian rhythms. Melatonin allows us to rest as darkness descends. Serotonin brings alertness as the sun rises. To do its job, the pineal requires nourishment in the form of salt; much like the ocean nourishes our Earth. Please remember that we are not, I repeat NOT, made up of water. We are made up of salt water. Taste your tears or sweat, and yes, you taste salty. This salt is an ammonium chloride base manufactured in the third ventricle of the brain. This salt, extracted from our food, is superheated by nuclear reactions in the brain. Nuclear output of the brain equals an energy that is frequency, and we must have the right frequency. This superheat comes from the explosions of blood sugar, much like how nuclear power plants use radioactive materials like uranium and plutonium. The spillover of this melted salt is cerebral spinal fluid (CSF), which then surrounds the brain to protect it, floods the pineal gland and flows down the spinal cord by gravitational force. It pools at the end of the spinal cord at the third lumbar vertebra. The lower lumbar vertebrae – the sacrum and the coccyx – have a unique design which acts like a pump when we move to raise the CSF levels and return the fluid to the brain where this cycle repeats.

My approach to the pineal is simple: Allow it to do its thing. We need to maintain its function by keeping it in its place, at the center of the head. That's the best place to start. Gravity passes down through the skull and neck. Now we know the neck should be curved at 60 degrees, 90 degrees vertical and the atlas or first vertebra at 30 degrees to the horizontal, giving us a special triangle of 60, 30, 90 – perfect position to take the headweight down to the upper back. As the brain leaves the skull it becomes the brain stem. Inside, we find five thermostats for rest, thirst/appetite, heat, libido, and muscles. So the position of the neck is not just vital for the special senses but for those thermostats as well.

Any alteration of position changes the gravitational responses at the spinocerebellar loop. The flow through the brain changes and if auditory nerves pick it up, tinnitus may occur, or a migraine headache, sinus trouble, vertigo, insomnia, anosmia (loss of smell). An alteration wreaks havoc with our special senses.

As the master conductor, the pineal has the ability to reach Universal consciousness. This is why we can be hypnotized. A hypnotist will have us look upward, and thereby have access to our pineal in order to put us into a state. Accessing the pineal is also a way to power nap. Winston Churchill used this technique. When under stress, sit in a chair, tilt the head back and, with eyes closed, look up for three minutes. You will be refreshed.

Think of the stories that have been told for thousands of years about not flying too close to the sun. Often times we cannot handle the sun in the center of our solar system. How often have we heard in some form or another, "Don't shine too bright"? And that's where we get our shine – at the pineal. If we want to be high functioning mentally and physically, our pineal needs to be high functioning. That means we need to care for our pineal gland. It is not protected by the blood-brain barrier, so there is no defense against harmful toxins – such as fluoride, hormones and additives, sugars and artificial sweeteners – that enter the bloodstream and weaken the pineal gland's ability to receive photons of light from the sun, moon and stars. I'm interested in providing the pineal with nourishment so it can function properly.

Activate, boost and care for your pineal gland:

- Water: Do not drink plain water; always add a few drops of some minerals in the form of fruit, such as lemon juice, or vegetable juice. Ideally, we should get all our water from food; groundwater and rainwater are easily contaminated. Plants filter water for us.
- Food: Naturally detoxify the pineal gland by adding to your diet: chlorella, spirulina, chlorophyll, garlic, goji berries, hemp seed, coconut oil, seaweed, apple cider vinegar, local honey.
- Essential Oils: In a diffuser or nebulizer, burn lavender, sandalwood, pink lotus or pine to stimulate the pineal gland.
- Sun: Hold the palm of the hand outwards for three minutes (it takes three minutes to transmit the energy) to absorb the sun's rays. Gaze at the sun during the first 15 minutes of sunrise and the last 15 minutes of sunset.
- Meditate and chant: It is the pineal that is most affected by meditation and visualization.
- Crystals: Any indigo, violet or dark purple gemstone or crystal, such as amethyst or quartz, will stimulate the pineal gland. Place the crystal on the brow for 15 to 30 minutes a day.
- Singing Bowl: The pineal tones at the frequency of F major; use a singing bowl tuned to that note.
- Light Therapy: Encourages pineal gland activation, thereby enhancing creativity, influencing circadian rhythms and producing melatonin.

Maintain center with these simple steps to realign the head's center and therefore the pineal gland:

1. Fold a hand towel in half lengthwise bringing the sides toward the center, but leave half an inch in the center; roll up and secure with elastic bands. Place this under your neck when you lie down.
2. For the next three minutes, with eyes closed, force your eyes to look upward as far as possible (look to your pineal gland).
3. During these three minutes, breathe in through your nose for the count of three, hold the air deep in your lungs for a count of 12, and then gently release the air out of the mouth for a count of six. Repeat this cycle for three minutes. This will bring the essential element to your pineal, no, not oxygen as that's only about 18 percent of air; it's the 81 percent that is nitrogen that you want. As we do with soil, we need to fertilize the brain and that's the role of nitrogen (the other one percent is argon). This simple procedure aligns the neck, removes carbon dioxide and restores biochemical actions.

Side bar: Blood sugar. We eat to produce blood sugar. It is the final digestion of all food and is stored in the attic of the liver. When we need blood sugar for muscles or the brain, the messenger, namely insulin, sends the request to the liver. Interestingly, the messenger and storage are not in the same place. Once the blood sugar explodes, the body receives this nuclear radiation and transports it to the

organs and where it's needed. To produce blood sugar, eat nutrient-rich, unprocessed food in as raw a form as possible. Processed food prevents the pineal from doing its job.