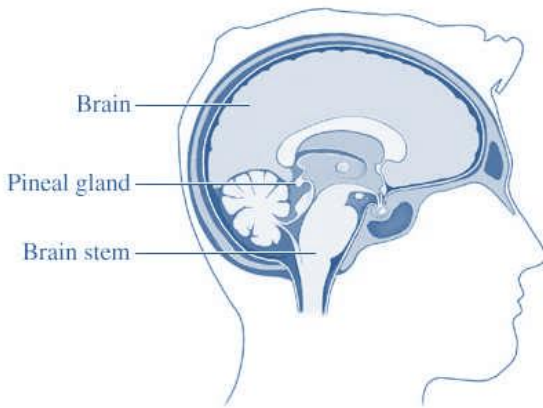




Activation of the Pineal Gland



The Pineal Gland has a very important role to play in the development of various stages of Spiritual practice. It is said to be the foundation of our Spiritual Third Eye, our Inner Vision, and it is considered by some Schools of Knowledge to be Seat of the Soul.

It is located in the geometrical center of the cranium. The Pineal Gland is about the size of a pea, and is the center of the brain in a tiny cave, behind and above the pituitary gland, which lies behind the root of the nose. It is located directly behind the eyes, attached to the third ventricle.

The true function of this mysterious gland has long been contemplated by philosophers and Spiritual Adepts from various schools of Wisdom and Spiritual practices.

Ancient Greeks believed the Pineal Gland, to be our connections to the realms of thought and beyond. Descartes called it “the Seat of the Soul”.

This gland is activated by Light, and it controls the various biorhythms of the human body. It works in harmony with the hypothalamus gland, which directs the bodies thirst, hunger, sexual desire and the biological clock that determines our aging process.

When the pineal gland awakens, one feels a pressure at the base of the brain. This pressure will often be experienced, when connecting to higher frequency. It is also known that, sometimes, a head injury can also Activation of the Pineal Gland: the opening of the Third Eye.

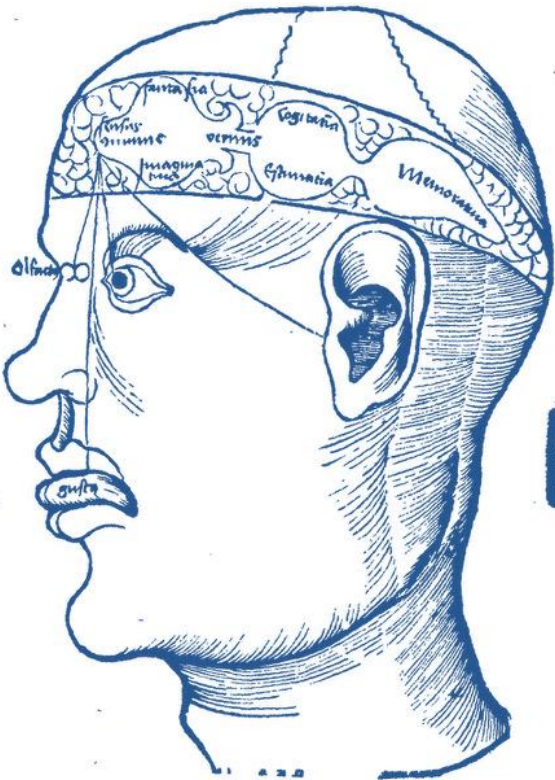
While the physiological functions of the Pineal Gland has been unknown until recent times, mystical traditions and esoteric schools have long known this area in the middle of the brain to be the connecting link between the physical and spiritual worlds.

It is said to be the place where the Sutrama Thread is anchored. Therefore, it is considered to be the most powerful and highest source of ethereal energy available to humans. The pineal gland has always been important in initiating supernatural powers. The developing of psychic talents and the awakening of other senses has been closely associated with activation of this gland.

The pineal gland secretes melatonin during times of relaxation and visualization.



As we create and change the electromagnetic energy fields and react to these energy stimuli around us, the pineal gland also changes, expanding its possibilities and its connections with different realms and vibrations, helping us to decode different frequencies and codes of Light.



When activated, the pineal gland becomes the line of communication with the higher planes. The crown chakra reaches down until its vortex touches the pineal gland.

Qi or Prana is pure energy and is received through this energy center in the head.

With practice, the vibration level of the astral body is raised allowing it to separate from the physical. Visualization exercises are the first

step in directing the energies in our systems to activate the “third eye”.

A magnetic field is created around the pineal gland by focusing the mind on the midway point, between the pineal gland and the pituitary body. The creative imagination visualizes something and the thought energy of the mind gives life and direction to this form.

The Pineal activation and development, along with imagination and visualization, are important elements in many methods to separate from the physical form.

Intuition is also a subsidiary improvement outcome achieved through the Pineal activation. Knowledge and memory of the astral plane are not registered in full waking consciousness until the intuition becomes strong enough.

Flashes of intuition come with increasing consistency as the “third eye” is activated to a greater degree. Through regular practice, Universal Knowledge can also be acquired and understood easily.

The pineal gland communicates with Divine thought after being touched by the vibrating light of kundalini. Kundalini starts its ascending towards the head center after responding to the vibration from the “light” in the head. This light is located at the top of the “sutrama thread”, which passes down from the highest plane of our being into the physical vehicle. The Pineal gland as the wide open third eye¹ is the organ of spiritual vision, and is ultimately related to karma as

¹ Also known as the Eye of Shiva



we become more spiritual in the natural course of evolution and we reach a spiritual state of connection where we can sincerely identify ourselves as Co-creators.

As human beings, we continue to evolve further out of matter on the journey from spirit to matter back to spirit. The pineal gland will continue to rise from its state of age-long dormancy, bringing back to humanity astral capacities and spiritual abilities. This abstract sense of awareness is much more subjective and does not involve normal level of mundane consciousness which is mostly concerned with self-identity.

Gradually, when the pineal gland is lifted from dormancy, Consciousness is raised from an emotional nature into an illuminated Awareness.

If the pineal gland is not yet fully developed, it will become so in the course of evolution. When our ego and personality are set aside and we keep our mental energy intact, we can become "conscious" of the non-physical, our inner self, and the subconscious; through different practices to activate the "light" in the head.



The Soul Star

Approximately six inches above the head is an etheric star of light that hovers over every person's head on earth. The brightness of this

star very much depends on the Soul evolution of the Soul Extension on earth. The Soul Star is not the Soul, but rather an instrument through which the Soul does its work. The Soul Star is an extension of the Soul. It is the Soul Star that becomes activated upon doing the Soul Mantra.

The understanding of the Soul Star is very important in terms of understanding how to do the following meditations of Djwhal Khul. Upon saying the Soul Mantra, the Soul Star will light up like a brilliant shining star and is ready to go to work as long as the work is in service of the Soul.

After saying the Soul Mantra, the Soul Star will obey thought and creative visualization and will actually be able to move, expand, contract, or send out beams of energy at the Personality or Soul Extension's direction. The understanding, aid, and usage of your soul star will become absolutely invaluable to you in building your Antahkarana, and in all areas of your life.

The Soul Mantra

The Soul Mantra, or Monadic Mantra, is the foundation to all spiritual work. It is the key to open all doors.

Soul Mantra

**I am the Monad, I am the Soul
I am the Light Divine
I am Love, I am Will
I am Fixed Design**



The Central Canal



The Central Canal is a term that refers to the column of energy that extends from the base of the spine to the top of the head. It is also referred to as the Chakra Column, or Sushumna.

It is a part of the Sutratma, the Silver Cord, and Life Thread which are all different names for the same cord.

One of the very important practices of the spiritual path is to widen your Central Canal and clear it of all psychic debris. Ideally the

Central Canal can be widened into a column of light that is the size of the circumference of your head. Most people's Central Canal is a very small tube and gets very clogged like a bathroom pipe that is not working effectively.

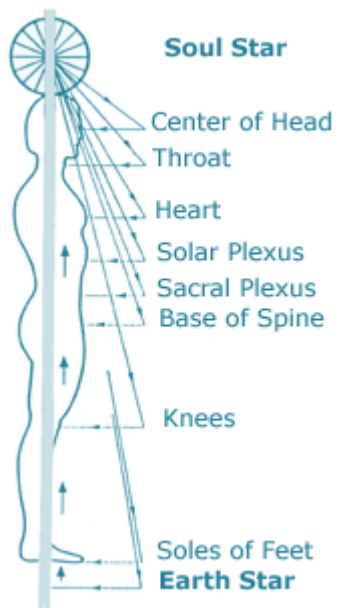
The following three meditations were given by Djwhal Khul and are for the distinct purpose of widening and clearing your Central Canal, and building your Antahkarana. It is through the Antahkarana and Central Canal that the Soul and spiritual energies can flow to you. To have a wide, clear, and well built Antahkarana and Central Canal allows you to be filled with the light of spirit at your slightest request.

The importance of this work cannot be emphasized enough. A small amount of focused work will bring dramatic results. What is also quite interesting to experience is that after doing the Soul, or Monadic Mantra, is that the Soul and Monad do half the work with you.

The Triangulation Meditation

There are two versions of the Triangulation Meditation that will be shared in this eBook. The first is adapted by Joshua Stone and the second by Alice Bailey. The second builds upon the first and is more in-depth.

1. Say the Soul Mantra three times while concentrating on the Soul Star. Visualize the Soul Star as a brilliant star or sun situated about six inches above your head.



2. Move the Soul Star with the power of your mind and imagination diagonally forward to a position one foot in front of your third eye. Then bring the Soul Star straight back to the center of your head and into the Central Canal. Now bring the soul star straight upward through the Central Canal and back to six inches above your head.

Be sure to move the Soul Star very slowly and deliberately in its upward motion. As it moves, the Soul Star is literally burning away any hindering thought forms and psychic debris. This work is a cooperative effort of both the personality and the Soul who is using the Soul Star as its instrument. Your Soul is very excited to have this opportunity to work with you in this manner.

3. Repeat this same process of creating the triangle with the third eye one more time.
4. Repeat this same procedure for the throat, heart, solar plexus, sacral, root, and knee chakras the chakras in the soles of your feet, and the Earth Star, which sits about one foot below your feet. Do this triangulation method two times for each of these centers.

The image used to help visualize the meditation is from the book, *The Rainbow Bridge, First Phase Link with the Soul*.² This image gives in visual form, the exact process of the Triangulation Meditation. The second version of the meditation is as follows:

1. Say the Soul Mantra three times while concentrating on the Soul Star. Visualize the soul star as a brilliant star or sun.
2. After saying the Soul Mantra three times, move the Soul Star with the power of your mind and imagination diagonally forward to a position one foot in front of your third eye. Then bring the Soul Star straight back into the center of your head into the Central Canal and chakra column. Then bring the Soul Star straight upward through the entire central canal back to six inches above the head where the Soul Star originally rested. Be sure to move the Soul Star very slowly and deliberately in its upward motion. The Soul Star is literally burning away hindering

² *The Rainbow Bridge - First Phase Link with the Soul*, by Two Disciples



thought forms and psychic debris as it moves. This work is a cooperative effort of both the Personality and the Soul who is utilizing the Soul Star as its instrument. The Soul is very excited to have this opportunity to work with you in this manner.

3. Repeat this same process of creating the triangle with the third eye one more time.
4. Repeat this same procedure now, but this time creates your triangle down to your throat chakra, as the diagram indicates. Do this two times for the throat chakra.
5. Repeat the same process for the heart chakra, solar plexus chakra, sacral chakra, base of the spine chakra, knee chakra, sole of the feet, and for the earth star which sits about one foot below the earth. Do this triangulation method two times for each one of these centers and you are done.

This meditation has helped you to clear your Central Canal, and begin to build your Antahkarana.

This last step is to build a triangle all the way to the Soul itself which is above the Soul Star. This part of the Meditation will work on building the Antahkarana to the Soul rather than focusing on the Central Canal.

If you feel it is appropriate you could also build a triangle all the way to your monad, or the Mighty I AM Presence. Do each of these three times, and upon completion you could chant your mantra, or words of power while visualizing the Antahkarana, and holding your mind steady in the light.

In a sense here you are blending the first meditation with this second Triangulation meditation. This is very powerful as you no doubt can see, feel and intuit.

The Projective Technique- Activation of the Pineal Gland

First sit comfortably with your eyes closed.

1. Calm your mind of intrusive thoughts and with your mind's eyes, imagine your Ajna Chakra (third eye chakra) being intensely bright. Imagine a ball of light with a blue-whitish tone pulsing in your forehead.

It is like a little Sun which obeys the volition of your Will, pulsating, dilating continuously.

Keep your attention to this point for about 3 minutes.

2. Now, lie down and with a very serene mind, visualize two small spheres with white light that are now pulsating near your ears.

Using your Will, make them pulsate and irradiate their light and energy inside your ears, and feel with all your senses the vibrational energy of their presence. Keep this image and situation alive in your mind for at least two minutes.

3. Now, slowly, with a steady pace to your breathing (if you lose your rhythmic pace, go back to the cyclical breathing 4x4), try to visualize both spheres inserting into both sides of your head at the same time.



This part of the exercise has to be performed with the upmost care, attention and seriousness.

4. With care, visualize both of the spheres inside of your ears. Slowly merge the two spheres into one sphere inside of the Cranium box, in a straight line from both ears. This is the place where the Pineal Gland is located. This is where the basic filament of the Sutrama is grounded.
5. Carefully make this new merged sphere of light start pulsing as an energetic valve, projecting its light from inside.

Breathe slowly as you are starting to get acquaintance with this new source of energy.

6. From this point of light, make a straight line from there to your Anahata, the Heart Chakra. Fill your heart cavity with this brand new light.
7. With your mind's eye draw another line connecting your pineal gland with your Ajna Chakra, or Third Eye, and another line connecting to the base of the head. This point is called "The Mouth of God".

We would advise the practitioner to practice this Activation when it is time for bed, and to allow yourself to fall asleep if necessary. It is important to allow the Theta waves of the brain to permeate all this process. In the "theta" state, we are resting deeply and still conscious, at the threshold of drifting away from or back into conscious awareness. As the brain enters deeper states our

consciousness is less concerned with the physical state, and the Pineal is gradually activated and the walls of separation from the Divine start to disappear.

This Meditation activation must be practiced every night for an extended period of time, as there is much energy detritus accumulated by the ages to be cleansed. Be persistent and keep yourself motivated, as this is an extraordinary tool for improvement and to expand your spiritual, cosmic and galactic connections.

You may feel some energetic side effects from this exercise, such as pressure in your Cranium, but all of these are transitory and they will diminish and disappear with practice.

About Sutrama

The Silver Cord is the energetic link that connects our physical body to the higher realms of existence.

Tradition gives the account that the first person to make the mention to the existence of this Cord was the Evangelist Paul, the Apostle of Jesus Christ.

Through the history of mankind, this cord has received many names: Sutrama, the Soul's Cord, Astral Web, Silver Thread, and Light Thread, to name a few.

During the first half of the Twentieth Century, there was a huge discussion about where the real location of this cord was in relation to the anatomy of the Human Body, especially during an astral projection experience.

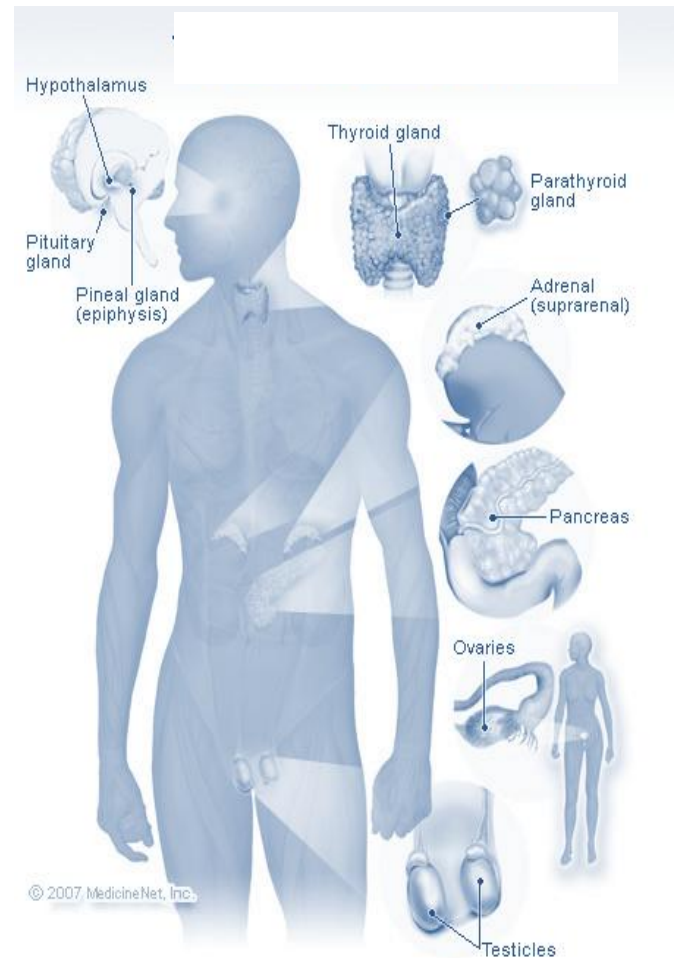


Some affirmed the connective point coincided with the umbilical cord; others said it was located in the pectoral area, while others mentioned it to be located either on the forehead or the base of the Neck.

But in truth, the Silver Thread is nothing more than a reunion of diverse filaments from the Double Etheric (the bioelectric field) which functions as the connection between the Lower Body and the Spirit (Soul+Monad).

When the practitioner start voluntarily the process of leaving the physical body, as in to practice astral projections, he is immediately directed to leave the body through the base of the neck, where the “Brain Bulb” is located. This is the center which controls the breathing and respiration processes. The connection between the Pituitary and the Pineal glands is vital to the healthy maintenance of the body functions and the brain in general.

We can say that all the Nervous System is maintained with this “moving of energy” to the head. It is true that the improvement Sutrama can be achieved as a product of the integrated practice of breathing techniques, cleansing of the cellular activities, and perfect functioning of the Chakras and Nadis.



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