

# Pineal Gland Attunement





## Introduction

This Pineal Gland Attunement is part of the Humanity Healing Attunement of the Month series. It is based on the Pineal Gland Activation program.

For more details about the Pineal Gland, we recommend that you read the eBooks, Pineal Gland I: The Transcendental Gateway and Pineal Gland II: Activation prior to the Attunement.

## 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.

## **Pre-Attunement Procedure**

It is very important that after the Attunement has been scheduled and before it takes place, that the Aspirant work with the Intunement Procedure outlined at least once. This is very important! If there are questions, please contact us so that we can discuss them with you.

Please note that the Attunement is done energetically and at a distance. It is not done via a teleconference. The energetic connection between Aspirant and Master Teacher is made by the Teacher through the Soul Stars. We use this technique because the work being done is not with the physical body, but with the subtle bodies and on higher planes.

On the day of the Attunement, the Aspirant should find in a quiet place where they can be undisturbed for about an hour. They should then recite the Soul Mantra and place themselves in a receptive meditative state. The Master Teacher does the work at this point, facilitating the connection with the Initiate. A Cleaning and Balancing is always done as the first phase of the Attunement process. The Aspirant will feel when the process is over, and it is always recommended that they should



write their impressions and experiences down before they fade. It is also recommended that the Initiate plan on getting a full night's sleep after the Attunement.

The time of day for the Attunement is not important for this attunement due to the transmission technique used, but it is important that it be done on the same day as scheduled. If there is a problem, please contact us so that arrangements can be made.

If there are questions about the impressions/experiences/visualizations/dreams/etc., please email us so that we can schedule a time to call and discuss them.

The Attunement will continue to filter through your subtle bodies for a 21-day period afterwards, with the strongest impressions being in the first seven days. Careful note should be taken of any dream experiences, and we encourage you to discuss any questions you may have about them with the Master Teacher.

Attunements are powerful. In recognition of that, we strongly recommend these additional guidelines:

- 1) No alcohol 24 hours prior to attunement
- 2) Drink plenty of water before and after (or the following apple drink)

3) We suggest the drinking of the following apple drink on the day of the attunement. To prepare a gallon, mix 1/2 gallon apple juice, 1/2 gallon water, 2 tbsp apple cider vinegar, 1 tbsp honey. You don't need to drink this much, but this is how we make it. This is very good for internal purification.

4) We suggest you take a bath with a little baking soda and apple cider vinegar in it the night before and the night after the attunement. Not only is it relaxing, but it is good for cleaning your energy field. You may prefer to take a bath in the ocean instead, which also works great. What is important is to acidify your auric field, through the apple cider vinegar bath, the baking soda bath, or the ocean bath.

5) We do not have a dietary requirement, but we strongly suggest you eat light foods prior to the attunement, i.e. no super-sized Big Mac meals. :-)

6) We recommend you keep a journal

7) As a cleansing practice, try to avoid people or situation that you know may disrupt your mood, if possible. If not, try to dedicate at least 5 minutes a day to doing a balancing breathing exercise.