

Pineal Meditation

A guided meditation to purify balance and ground the pineal gland, connecting it with the heart and grounding it

Purpose: Balancing and purifying the pineal gland. Connecting it with all directions in and beyond space and time.

Here we use the same three spatial axes through the pineal gland you use for locating it. Connect the upper attachments of your ears by a straight line. Find the point in between your eyebrows and a point on the back of your head 2 inches (5cm) above the centre of the protruding ridge of skull bone. Connect these points by a straight line. Your pineal gland is exactly at the intersection of these two lines. If you like you can imagine a third straight line through the central vertical axis of your body. This line intersects the two others in your pineal gland.

Meditation:

Allow your self to relax and to become aware of your strong root in the Earth and of the energy sphere of Love you have created in and around you. Bring your attention into your heart and become aware of the Love energy flowing in and out from and into all directions. Now follow a stream of Love energy from your heart straight up, into the pineal gland in the centre of the brain. The pineal gland looks like a tiny mushroom the size of a grain of rice. Allow your attention to enter your pineal gland. It is a hollow organ. Really experience yourself inside the comfortable space of your pineal gland.

Sitting inside your pineal gland you look and feel forward. See, feel or imagine a thin laser like beam of light starting in your pineal gland and pointing forward, through the point in between your eyebrows. Observe the length, colour and intensity of this beam of light without any judgement and allow these to change if needed, to balance your pineal gland. Allow it to connect your pineal gland with your future.

While inside your pineal gland you feel and look behind you. See, feel or imagine a thin laser like beam of light starting in your pineal gland and pointing behind you, through the point 2 inches (5cm) above the centre of the protruding ridge of skull bone. Observe the length, colour and intensity of this beam of light without any judgement and allow these to change if needed, to balance your pineal gland. If this beam is completely different from the forward beam, let this be OK. Allow

it to connect your pineal gland with your past.

Now experience or imagine the two beams of light connecting with each other inside your pineal gland and balancing with each other, at the same time starting to balance your pineal gland.

Now from within your pineal gland you feel and look to the right. See, feel or imagine a thin laser like beam of light starting in your pineal gland and pointing to the right, through the upper attachment point of your right ear to your head. Observe the length, colour and intensity of this beam of light without any judgement and allow these to change if needed, to balance your pineal gland. If this beam is completely different from the other beams, let this be OK. Allow it to connect your pineal gland with all life everywhere.

Still sitting inside your pineal gland you feel and look to the left. See, feel or imagine a thin laser like beam of light starting in your pineal gland and pointing to the left, through the upper attachment point of your left ear to your head. Observe the length, colour and intensity of this beam of light without any judgement and allow these to change if needed, to balance your pineal gland. If this beam is completely different from the other beams, let this be OK. Allow it to connect your pineal gland with all life everywhere.

Now experience or imagine the forward, backward, right and left beams of light connecting with each other inside your pineal gland and balancing with each other, at the same time balancing your pineal gland more.

From the inside your pineal gland you feel and look straight up. See, feel or imagine a thin laser like beam of light starting in your pineal gland and pointing up through your crown. Observe the length, colour and intensity of this beam of light without any judgement and allow these to change if needed, to balance your pineal gland. If this beam is completely different from the other beams, let this be OK. Allow it to connect your pineal gland with the Cosmos.

While you experience yourself in your pineal gland, you look and feel down, through the vertical axis of your body into the earth. See, feel or imagine a thin laser like beam of light starting in your pineal gland and pointing down through your body and into the earth. Observe the length, colour and intensity of this beam of light without any judgement and allow these to change if needed, to balance your pineal gland. If this beam is completely different from the other beams, let this be OK. Allow it to connect your pineal gland with the heart crystal of the Earth.

Now experience or imagine the forward, backward, right, left, upwards and downwards beams of light connecting with each other inside your pineal gland and balancing with each other, at the same time balancing your pineal gland completely, connecting it through space and time with all dimensions of the Cosmos, all the way to Source.

Exhale strongly, while imagining that your pineal gland cleanses itself from the inside out, producing a bright flash of white light. Then inhale deeply, through your nose. You may repeat this cleansing breath a couple of times until you feel your pineal gland is free of anything that pollutes or blocks it.

Pineal Gland activation through breath

This exercise energises your whole body including the pineal gland. Inhale by snorting through the nose (as if snoring). Exhale through your mouth, letting the air scrape by the uvula without sound. Repeat this several times for 1 or 2 minutes or as long as feels comfortable.

Taken from The Pineal Gland your cosmic antenna a workshop designed and given by Saskia Bosman. She can be contacted at sothisster@gmail.com. If you want more information on the workshop have a chat with Ayuka next time you see her at HT.