

Pineal Gland Exercise

The pineal gland is located at the centre of the skull. Its original size was about the size of a ping pong ball and was once considered to be a major factor in consciousness. Because of lack of use it has shrunk to the size of a dried pea. The pineal gland is still responsible for the overall health of the body.

This is a 15 minute exercise, divided into three 5-minute segments, and is best practiced in a comfortable position, either lying down or sitting, with your eyes closed. Feel free to use a timer with a quiet signal, or open your eyes to check the time, or just estimate the 5 minute segments.

1. Begin by breathing in and out through the nose from your abdomen. Bring your breathing to smooth, equal breaths in and out. (5 min.)

2. Using the same abdominal breathing, as you breathe in, visualize your pineal gland lighting up to the size of a golf ball. On the out breath, gently send the healing intention of the breath either throughout the entire body or to a specific area of your body that you feel needs it. (5 min.)

3. Breathe in gently from the abdomen, then breathe out through the mouth using the OOM tone (for two days at the beginning), then use the OM tone (for three days) then alternate every so often. Practice this exercise for one month only. Then resume after two or three weeks if you wish. (5 min.)

The following tones can be used for specific areas of your body:

OM	Hard O	Entire Body
AMEN		Entire Body
OOM	As in room	Entire Body
YAHWEY		Entire Body
EHM	As in aim	Thymus & upper chest
MER	As in mir	Thyroid
MMM		Sinuses
AH		Chest & Heart
EYE	As in I	Throat
EEE		Brain
UH		Prostate, genitals
SSSSS	Tongue behind teeth	Lungs, asthma
WOOO		Back pain
MA		Heart

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