5 Transformative Methods to ACTIVATE Your Pineal Gland and Tap Into Your Superhuman Potential

Pineal Gland Series - Part 4

Scott Jeffrey

Most people sense that they aren’t living from their highest potential. For most, this “knowing” is subconscious. That is, a part of them knows, but consciously, they don’t connect with this reality. For some of us, however, as we get older, this realization becomes more conscious. (If you’re reading this, that likely includes you.)

We know the difference between when we’re operating from our higher potential and when we’re not.

But why do we often fail to operate from our innate power in the first place? One reason is that our brains rarely function the way they are designed to operate. The pineal gland—and many other vital glands and organs—aren’t functioning within their intended design. Thankfully, we have the power to change that.

Today’s guide is the final segment in a 4-part series on the pineal gland.

Part 1: Decalcify Your Pineal Gland
Part 2: Pineal Gland Detox
Part 3: Restore Your Circadian Rhythms

Now, we’ll examine how ancient traditions viewed the pineal gland. Then, we’ll explore traditional methods for pineal gland activation, or what’s often called “opening your third eye.”
Why is Pineal Gland Activation Important?

Why invest so much time discussing a tiny gland the size of a grain of rice? This blog is about actualizing our higher potential. When the pineal is closed, let alone calcified, we simply can't access our potential. It's that simple.

Even more disconcerting, when the pineal isn't functioning correctly, we often don't even know there's a problem. In the Hindu tradition, the third eye is called the ajna chakra. It is said that when the ajna chakra is blocked, it leads to:

- Uncertainty,
- Confusion,
- Jealousy,
- Cynicism, and
- Pessimism.

But when the third eye is open, we perceive reality differently. We experience greater:

- Clarity,
- Intuition,
- Empathy,
- Focus, and
- Decisiveness.

Surely, these are qualities anyone associates with our higher potential. These qualities are also essential for our spiritual and psychological development. With pineal gland activation comes a greater connection to the natural world and a willingness to let go of ego pursuits that shut out our soul. Third eye activation is also associated with lucid dreaming, astral projection, and an enhanced imagination. The pineal may actually be a gateway to higher creativity.

The Pineal in Ancient Traditions

Although modern science and medicine have just begun to understand the important role of the pineal gland, ancient cultures and traditions already have this knowledge.
For Buddhists, the pineal is a symbol of spiritual awakening. In Hinduism, the pineal is the seat of intuition and clairvoyance. For Taoists, the pineal is the *mind’s eye* or *heavenly eye*. References to the third eye and the pineal region are found throughout ancient Egypt. (Here’s an excellent article on third eye symbolism in Egyptian and Hindu mythology.)

Ancient Greeks believed the pineal was our connection to thought itself. Herophilus described it as the “sphincter of thought.” French mathematician and philosopher, Rene Descartes, shared this view. Speaking about the pineal, he wrote in *Treatise of Man*:

“My view is that this gland is the principal seat of the soul, and the place in which all thoughts are formed.”

![The top portion of “Seat of the rational soul.” A sketch by Rene Descartes.](image)

In Matthew 6:22, the Bible reads:

“The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.”

Notice how “eye” is singular and “thine eye be single.”

For at least over several thousand years in both the East and West, the pineal gland has been viewed as a connecting link between the physical (3D) world and some kind of psychic dimension beyond it.
Why Is the Pineal Gland Called the Third Eye?

Cultures as far back as ancient Egypt referred to the pineal as the inner eye or the *third eye*. Why?

When you cut the pineal open, the interior is lined with pinealocytes. These pinealocytes resemble the rods and cones in the retina of our eyes. The pineal even has retinal tissue and the same physical wiring to the brain's visual cortex. Indeed, the pineal gland does appear to be a *third eye*. How ancient cultures knew this is unclear.

In *Light: Medicine of the Future*, Jacob Liberman explains that light stimulates the pineal in creatures like birds, lizards, and fish *directly* through the skull.

> “In many reptiles, the pineal has all the photoreceptive elements characteristic of an eye. It is therefore referred to as a “third eye” because, in many creatures, it resembles an eye in both structure and activity."

In mammals, however, light stimulates the pineal exclusively via the eyes. Liberman believes humans originally received light stimulation through the top of the head (crown), as is described in many metaphysical and ancient traditions. The pineal, then, represents the *inward seeing eye*. Meaning that activating this third eye helps us see life beyond the normal limitations of our perception, bringing clarity of vision.

How to Activate the Pineal Gland

So now, if you're willing, together we'll explore some interesting territory. Each tradition has different methods for activating the third eye. It may be that different methods are appropriate for different individuals based on type, temperament, or some other factors.

In the remainder of this guide, we'll explore a fives methods for your consideration. These pineal gland activation methods include:

1. Meditation
2. Sun Gazing
3. Qigong
4. Psychedelics
5. Brainwave Entrainment

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Through a review of each of these methods, a common pattern emerges. We'll discuss this pattern in a concluding section.

**A Quick Word of Caution**

First, a word of caution feels appropriate here. While everyone should decalcify and detox their pineal, pineal gland activation shouldn't be taken lightly (as it is in many New Age circles).

Researcher David Wilcock explains that if the pineal gland gets “stuck on” it can cause schizophrenia, delusions, and waking hallucinations. Some traditions, like the Northern Reality School of Taoism, also caution against esoteric methods of altering your consciousness. So caution is advised on this journey.

It is possible that the third eye is designed to open naturally when the conditions are appropriate for each individual. In modern times, however, these conditions rarely arise spontaneously. Ancient cultures had shamans and wise elders who guided such processes for the younger generations. Today, however, each of us is responsible for our own inner journeys to awakening and higher development.

**Pineal Gland Activation Method #1: Meditation**

Perhaps the most traditional method of opening your third eye is through formal sitting meditation. Meditation is an important topic for anyone interesting in accessing their higher potential. (I’m working on a transformational guide that addresses many common misconceptions in our Western culture regarding meditation.)

But for our purposes here, through various meditative techniques, you can stimulate and activate your pineal gland. How? The pineal gland is sensitive to the bioelectrical signals of light and dark in its environment.

Meditation can activate this bioelectric energy. And, with practice, you can direct this energy to the pineal gland, stimulating it and helping it to open. For your meditation to be effective, your mind must become still so the scattered energy in your body can consolidate.

We can’t, however, quiet our minds through force. Instead, we must simply observe or watch our mind and allow it to become still without effort.

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Third Eye Meditation

A “third eye meditation” might look something like this:

1. Sit in a comfortable, relaxed posture.
2. Close your eyes or just lower your eyelids.
3. Allow your breath to become deep and slow. (Meaning don’t force it to become deep and slow, but simply watch the breath. Detached observation will naturally cause the breath to slow down.)
4. Rest your attention on the third eye region just above and between your two eyes. (Again, without strain or force.)

That’s it. You can also try imagining that you’re breathing a golden white light through the center of your third eye. The key is to remain relaxed and avoid trying to force the exercise. Let go of wanting or expecting any result as this will create tension that will block the flow of energy in this process.

Why This Meditation Works

By placing your attention on the pineal gland, you’re focusing your internal energy in this region. This relaxed focus releases neuropeptides and nitric oxide, which trigger the relaxation response. These chemicals will allow you to move into deeper meditation while stimulating the third eye region.

Recall that melatonin is the chief chemical produced and circulated by the pineal gland. Not surprisingly, an increase in melatonin secretion was found in the brains of meditators. Using functional MRI scans of individuals in a particular form of sitting meditation, researchers at Taiwan University found that meditation does trigger pineal gland activation.

You’ll know your third eye meditation is working when you begin to feel either a slight pressure in the region or a pulsating sensation. It can feel as though there’s a mini heart beating in your forehead—an unusual sensation for certain.

Pineal Gland Activation Method #2: Sun Gazing

This next method, if you’re unfamiliar with it, will seem odd and perhaps dangerous. We’ve all been told not that staring directly at the sun will damage our eyes.

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One thing I will say with fair certainty: for those of us committed to actualizing our higher potential, we must be willing to challenge everything we’ve been told. Repeatedly, I continue to learn that most of what I’ve been “taught” is either completely wrong or just severely limited. And sungazing is a perfect example.

Sun gazing is a powerful, ancient technique with tremendous benefits. The theory behind sungazing is that you’re absorbing the energy of the sun directly through your eyes and skin.

The Man Who Eats the Sun

Hira Ratan Manek (known as HRM) is the person who brought this method to the mainstream. Through sungazing, HRM and many others have been able to go long periods of time (years!) without eating and still remain physically healthy. HRM is featured in an interesting documentary titled Eat the Sun.

A team of physicians from the University of Pennsylvania examined HRM 24/7 for 130 days. They confirmed his claims that he survives largely on sunlight with a very small amount of buttermilk or water. Neuroscientist Andrew Newberg and pineal gland authority George Bernard studied HRM’s brain during this 130 day period. They found that the gray cells in HRM’s brain are actually regenerating.

Further, the pineal gland generally shrinks in individuals after their mid-fifties. In HRM’s case, this 64-year-old man’s pineal gland was actually expanding! (His pineal was measured at 8 x 11 mm compared to the maximum average size of 6 x 6 mm.)

Is this so surprising? Recall the profound impact light has on the pineal from our last guide on the pineal gland and sleep. The research cited in that guide supports the idea that sunlight reduces the harmful effects of artificial blue light. Here, we’re learning that the sun’s support goes further: the sun can help us restore the original size and function of this all-important gland.

The Benefits of Fasting

While stopping eating isn’t the goal of pineal gland activation, many who have gone through HRM’s sungazing method report that hunger eventually ceases.
In my personal experience with sun gazing, I can confirm these reports as well. Eating becomes a choice, but there’s no longer hunger or a physical need to eat.

This 2011 study by the Intermountain Medical Center found that periodic fasting:

- Lowers your risk of heart disease and diabetes
- Causes changes to your blood cholesterol levels
- Increases human growth hormone (HGH)

HGH is a metabolic protein that protects lean muscle and metabolic balance. HGH increased an average of 1,300 percent in women and 2,000 percent in men during a 24-hour fasting period. Fasting also supports detoxification, which might be the greatest benefit to your pineal gland.

**How to Use Sun Gazing to Activate the Pineal Gland**

Why are we told that it’s dangerous to look at the sun? Ultraviolet (UV) radiation can damage the retina. But did you know that the UV index is generally zero during sunrise and sunset?

When sun gazing, it’s important to only gaze at the sun within the first hour in the morning and the last hour in the evening when the sun still has an orange glow.

You do not sun gaze during the day when the UV index is high. Sun gazing is reportedly safe whenever the UV index is less than 2. Your local weather source quotes the current UV index. In fact, using HRM’s method, you start within the first 15 minutes of sunlight in the morning and the last 15 minutes at the end of the day.

You only gaze into the sun for a couple of seconds at first, building up to 45 minutes per day over the course of nine months. You can read the specifics of HRM’s method here. Sun gazing is also done barefoot, so you’re getting the added benefits of earth grounding too.

But even if you’re not interested in following this particular protocol, occasional sun gazing in the early morning or late evening will support your efforts to activate your pineal gland.

Finally, whenever possible, ditch your sunglasses. Direct and indirect sunlight stimulates the pineal, prompting it to produce serotonin. This neurotransmitter will elevate your mood and your level of energy.
Pineal Gland Activation Method #3: Qigong

Qigong translates to “life energy cultivation” or “energy skill.” I briefly discussed qigong in my guide on the internal martial art practice called Zhan Zhang.

Qigong practices are designed to increase the practitioner’s sensitivity to the flow of energy within the body, called chi (or qi). Then, one learns how to move this energy with gentle physical motions and breathing. Finally, the practitioner learns how to move this chi with one’s mind, or intent.

Most of us have many blocked energy meridians and centers that keep the body’s chi from reaching vital glands in the endocrine system. Circulating the body’s energy using qigong helps open these pathways, allowing this energy to reach these areas and activate the pineal gland.

In truth, the meditation practice described above is a form of qigong as you’re focusing your intention on the pineal gland to increase the energy flow in this region. If you first develop sensitivity to your body’s energy prior to doing a meditative practice like this, it will be far more effective. In fact, if you practice Zhan Zhang daily and your body opens up, you’ll experience an increased flow of energy throughout your body and brain.

Pineal Gland Qigong Using the Sun

There are many forms of qigong training that can influence pineal gland activation.

One particular exercise in Master Shou-Yu Liang and Wen-Ching Wu’s excellent book, Qigong Empowerment, combines qigong with another method we just discussed above—sun gazing:

“When the sun starts to rise over the horizon, extend one of your arms toward the sun, and point your index finger at the sun.

“Look at the sun from your index finger to the sun. While the sun is still red in color, focus on the sun as it rises completely above the horizon. It is said that with this training, one will open the Heavenly Eye.”

In Taoism, the Heavenly Eye is another term for the third eye.
Pineal Gland Activation Method #4: DMT

In my previous guide, How to Decalcify Your Pineal Gland, we learned that the pineal synthesizes and secretes a hormone called melatonin. But the pineal is also responsible for another chemical we didn't discuss.

In his revolutionary book, DMT: The Spirit Molecule (audio), psychiatrist and researcher Rick Strassman theorized that the pineal gland produces another important chemical called N,N-dimethyltryptamine or DMT. And, in 2013, Strassman along with other researchers did indeed find DMT in the pineal gland of rats. (It seems science is still unclear whether the pineal produces DMT or simply regulates it.)

Dubbed the “Spirit Molecule,” DMT is a natural hallucinogen capable of producing extraordinary visions and mystical states of consciousness. DMT is similar to the properties of lysergic acid diethylamide (known as LSD or acid), but is naturally occurring in our bodies whereas LSD is a synthetic drug.

In DMT, Strassman explains:

“DMT exists in all of our bodies and occurs throughout the plant and animal kingdoms. It is a part of the normal makeup of humans and other mammals; marine animals; grasses and peas; toads and frogs; mushrooms and molds; and barks, flowers, and roots.”

In the 1970s, Japanese scientists discovered that the brain transports DMT across the blood-brain barrier into its tissues. Strassman continues:

“I know of no other psychedelic drug that the brain treats with such eagerness ... If DMT were only an insignificant, irrelevant by-product of our metabolism, why does the brain go out of its way to draw it into its confines?”

Researcher Graham Hancock theorizes that DMT is the lens of our pineal gland that allows us to see wider areas of our reality than are normally inaccessible to us.

Ayahuasca

DMT is present in the Amazonian botanical tea called ayahuasca. Ayahuasca is a sacred tea made from the vine of the Ayahuasca plant combined with the leaves of either chacruna or
chagropanga bush. It’s reported that a very small amount of DMT is produced by the pineal gland every night while we dream. But when you take Ayahuasca, you’re essentially getting a massive DMT boost that may be able to break up any existing calcification in your pineal.

This “herbal medicine” is taken as part of a South American shamanic ritual that leads participants through profound experiences—both “positive” and “negative”—as content from their unconscious comes into conscious awareness.

When used with the proper mindset and environment, ayahuasca and other substances like iboga and psilocybin (“magic mushrooms”) have the potential to heal our minds and activate our pineal glands. However, taking these psychedelic substances in isolation—meaning without other transformational practices listed above—will likely only have a temporary effect on your pineal.

**Pineal Gland Activation Method #5: Brainwave Entrainment**

Our brains operate on a range of brainwave patterns. Each pattern is associated with a specific state of consciousness.

Brainwave frequencies are measured in hertz (cycles per second). From high to low, here are the most commonly cited frequencies and their associated state of consciousness:

<table>
<thead>
<tr>
<th>Brainwave Frequency</th>
<th>State of Consciousness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gamma (40 - 100 Hertz)</td>
<td>Ecstatic peak experiences / Oneness</td>
</tr>
<tr>
<td>High Beta (22 - 40 Hertz)</td>
<td>Anxiety / Nervousness</td>
</tr>
<tr>
<td>Low Beta (14 - 22 Hertz)</td>
<td>Alertness / Focus</td>
</tr>
<tr>
<td>Alpha (8 - 14 Hertz)</td>
<td>Physically relaxed / Meditative</td>
</tr>
<tr>
<td>Theta waves (4 to 8 Hertz)</td>
<td>Deeply relaxed / REM sleep</td>
</tr>
<tr>
<td>Delta (0.5 - 4 Hertz)</td>
<td>Dreamless sleep / deepest meditation</td>
</tr>
</tbody>
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If you do a Google search on “third eye activation” you’ll get lots of results for “brainwave entrainment” audio programs and sound clips on Youtube. These programs are usually a combination of binaural beats and isochronic tones.
When you simultaneously hear one pure-tone sine wave in the left ear and another sine wave in the right ear, it creates an auditory illusion called a \textit{binaural beat}. An \textit{isochronic tone} is simply a pure tone that’s turned on and off rapidly.

The goal of these programs is to induce a particular state of consciousness by \textit{entraining} the brain to the frequencies of the sounds. Although there’s a lack of controlled research studies, \textit{preliminary research} suggests brainwave entrainment does facilitate a change in brainwave patterns and has a therapeutic effect.

The effects of these changes, however, are likely only temporary. In my personal experience, I’ve found that best benefits from brainwave entrainment come when used in conjunction with meditation.

\textbf{Brainwave Frequencies for the Pineal Gland Activation}

The question for us here is: \textit{Which brain wave patterns support pineal gland activation?}

While there’s no clear answer to this question, research does point us in several directions. \textit{This study} of two individuals during an ayahuasca (DMT) experience found that they produced an increase in “global EEG coherence in the 36-44 Hz and 50-64 Hz frequency bands for both subjects.” These frequency bands are known as \textit{gamma waves}.

Then, we need to consider what brainwave frequencies are associated with the production of the pineal gland’s chief chemical: \textit{melatonin}. The answer is \textit{delta waves}—the brain waves we experience during deep, dreamless sleep. Finally, \textit{theta waves} are activated during the REM stage of sleep. And \textit{theta and gamma} waves work together during REM sleep.

Put the above together, and to use brainwave entrainment for pineal gland activation, use binaural beats and isochronic tones that activate delta, theta, and gamma frequencies.

I’ve experimented with most of the popular entrainment programs on the market. Of them, \textit{Profound Meditation Program 3.0} by iAwake Technologies was the most impressive. You can download a free sample from them \textit{here}.

\textbf{Achieving Total Brain Coherence}

Ultimately, all of the pineal gland activation methods discussed above work to bring the entire brain online—not just the pineal.
In *Awakening the Mind: A Guide to Mastering the Power of Your Brain Waves*, researcher Anna Wise explains that in peak experiences and high-performing individuals, not one but *all* of the brainwave frequencies are active.

Check out this [MRI image of the brain on LSD](https://www.scottjeffrey.com) (the first of its kind):

This brainscan image represents the goal of these methods: *to activate the whole brain, including the pineal gland*.

In [this video](https://www.scottjeffrey.com), the EEG of an individual is recorded while he’s sun gazing. The neuroscientist notes how all of the various brainwave frequencies become active throughout the brain.

**Recap: How to Approach Third Eye Awakening**

So again, when we speak of pineal gland activation, we’re really talking about bringing the *entire brain* online, integrating all the various brain regions. While psychedelics appear to accomplish this goal temporarily, methods like meditation, sun gazing, and qigong give us the ability to change the physical structure of our consciousness over time.

As the pineal activates and the brain becomes more integrated, one’s reality is perceived differently. You’ll begin to notice more of your unconscious behavior, which helps you get to *know your shadow*. You may wake up to many new realities about your life, the universe, and existence itself that were unavailable to you before.
Perhaps this process has already begun for you. If not, the door to this new adventure is now before you.

**Book Recommendations**

**DMT: The Spirit Molecule**
by Richard Strassman

**Light: Medicine of the Future**
by Jacob Liberman

**Qigong Empowerment: A Guide to Medical, Taoist, Buddhist and Wushu Energy Cultivation**
by Master Shou-Yu Liang and Wen-Ching Wu

**Awakening the Mind: A Guide to Mastering the Power of Your Brain Waves**
by Anna Wise