



HOW TO HEAL AND ACTIVATE YOUR PINEAL GLAND

5 Easy Steps to Spiritual Enlightenment

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HOW TO HEAL AND ACTIVATE YOUR PINEAL GLAND (THIRD EYE)

5 Easy Steps to Spiritual Enrichment and Enlightenment

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SEE BEYOND THE VEIL

Your desire to see beyond the veil, feel, know, and become clear are natural and instinctive. These are gifts with which you were born. Beyond your physical or ordinary senses of seeing visually, feeling through nerve sensations in your skin, knowing intellectually, and hearing through your ears you have extraordinary intuitive senses that alert you to hidden messages, possible dangers, spiritual guidance, and inner knowing.

The body knows how to heal, and the pineal gland is no exception. However, environmental toxins, lifestyle, diet, and even your beliefs interfere, causing calcification, premature aging, and even weakness due to lack of use. Imagine that your pineal gland, also called the third eye, is your spiritual muscle, and that you're a spiritual athlete getting in shape for the big event – your spiritual mastery!

WHAT IS SPIRITUAL MASTERY?

I like to think of spiritual mastery as *effortless spiritual awareness*, or the ability to connect with ease to Divine wisdom and knowing. All extraordinary senses activate and become involved in the process of healing and activation. *Clairvoyance*, or seeing with the third eye, seems to be the most common ability. No wonder! Many people are visual in their preference to learn and interact. It's easier to see images than hear messages. When you develop your spiritual awareness, just notice how you prefer to receive messages. Do you see images in your mind's eye, hear messages, get a

hunch or sense of knowing, feel sensations such as goose-bumps, or even taste something? Spirit connects to us in all ways.

I've heard some spiritual teachers suggest that you can choose to be psychic or be a healer; One or the other. I've found that to be a silly limitation. Many healers develop their intuitive skills to become mediums, or psychics. Spiritual mastery just means that you've incorporated skills and awareness into your lifestyle so that healing and psychic, or intuitive, skills feel effortless and normal. In fact, it's more normal to be intuitive. Society has placed greater value on intellect and thinking skills. The heart has had to become subservient to the brain in order for intellect to flourish. However, when you reconnect to hidden values of intuition, you're remembering your innate skills as a human.

HEAL AND ACTIVATE

Activation makes little sense without first healing the pineal gland. Most people get this backwards, hoping to activate intuitive abilities, without taking steps to enhance healing and vitality. It would be like trying to go for a 5-mile run without first building stamina with proper nutrition and preliminary exercises.

I've selected the five most powerful tools I've personally used to heal and activate the pineal gland – the Seat of the Soul. You can have access to infinite wisdom with these simple starter steps.

DETOXIFY TO HEAL

The most overlooked, yet most important step in healing not only the pineal gland, but also the entire body, is detoxification. Heavy metals – the worst of all possible toxins – interfere with every function in the body including how nerves *fire*. Your nerves are like electrical wires coated with an insulating myelin sheath. However, the protective sheath degenerates in the presence of mercury, causing a short circuit in the nerve cell. This short circuit causes symptoms of nerve and muscle degeneration, such as MS, Parkinson's, Alzheimer's, autism, spasms, mental health issues, neuropathy, endocrine and auto-immune diseases to name a few.

With the pineal gland at the core of the brain, detoxification quickly gets through the crusty calcified coating around the pineal gland and enhances communication throughout the nervous system.

Avoid and actively remove heavy metals and other toxins from your body. Heavy metals act like a magnet for radiation, EMFs, and lower vibration. It's nearly impossible for the body to function, much less heal, when lead, mercury, cadmium, aluminum, arsenic, and other toxics are present, hiding in every cell. Furthermore, detoxification can decalcify the pineal gland, removing that crusty coating that keeps you from accessing greater intuition.

Without a doubt, the best heavy metal detoxification process is a form of zeolite called clinoptilolite. I only recommend the best, micronized, cleaned and activated. The zeolite I've used since 2006 has saved countless lives (including mine.) It's strictly a U.S. product, harvested and refined, cleaned,

pure (with no added ingredients), natural (not synthetic), and activated so it provides the ultimate efficiency in removing heavy metals over time.

It took years for your pineal gland to become encrusted. Plan to take a dose of 5-10 drops, 3 to 6 times per day followed by adequate hydration. Stay on your personal detox dose for at least 3 to 6 months before reducing your dose frequency to a maintenance dose of 10 drops at least 2 times per day, every day. Repeat your detox dose twice per year. Purchase Cell Defender Here

<https://avinihealth.com/rosemary>

MISTAKES – This process is not a one time, or one-bottle solution. The biggest mistake I see people make is that they stop taking detox. Your first dose takes care of toxins coming at you today. Your next dose takes care of a few yesterdays. The second biggest mistake I see people make is that they choose a generic zeolite. It's not simply a matter of grinding zeolite rocks into tiny particles and mixing it with water. There are more than 30 steps to the proprietary process which completely cleans and activates a detoxifier able to reach the pineal gland to effectively clean it, and there's only one source available.

TRIUMPHS – How would better sleep feel to you? Good quality sleep forms a better foundation for physical energy during the day (serotonin) and relaxation for sleep at night (melatonin). Removing heavy metals helps the sleep/wake cycle which in turn supports every other body function. How would less pain feel to you? Toxins create inflammation which can lead to stiff joints and jumpy muscles. You're looking for greater clarity? Better dreams? It's all possible when you detox heavy metals.

HEAL YOUR GUT

You've heard the expressions, "Trust your gut," or "Gut instinct." There's a lot of truth in that! You have more than 100 million nerves in your gut that reinforce a strong brain-gut connection. Keeping your gut healthy is a huge part of developing your intuitive skills, including supporting a healthy pineal gland. The main problem seems to be the standard American diet (SAD) causing inflammation, poor digestion, and Leaky Gut Syndrome. This is when you develop holes or spaces throughout the gut lining. Certain cells in the lining of your gut shrink creating holes or leaks in intestinal walls. The result is . . . you guessed it . . . more toxicity as waste and other toxins leak from the intestines into the blood. These toxins interfere with every aspect of health and healing – including that of the pineal gland. It's harder to access your spiritual guides when your gut is churning from inflammation.

You might notice that your body can no longer tolerate certain foods (you become sensitive or allergic for example,) you have back pain, depression, or inflammation throughout the body, appearing as symptoms of dis-ease. Heal your gut to prevent wastes and other harmful toxins from entering the bloodstream.

- Specific supplements and foods can help heal your gut. The usual ones to pursue are green foods and **fiber**, important prebiotics (like inulin) and natural food detoxifiers which support the health of normal gut flora.

- Most **probiotics** (natural gut flora such as bacteria) come to you naturally through raw fruits and vegetables – choose raw over processed whenever possible. If you've taken antibiotics, be sure to replenish your healthy gut flora (your healthy biome). Antibiotics tend to kill good and bad gut flora, so replenishing is vital.
- **Antioxidants**, natural brightly colored foods such as dark berries, dark green leafy vegetables, fish oil, zeolites, and even vitamin C, are all examples of foods high in antioxidants. They bind with free radicals (chemicals in your blood searching for electrons to steal from chemical reactions in your body) to help stop cell damage and degeneration.
- A secret ingredient for healing the gut may be less well known for now, but research breakthroughs in the benefits of Tributyrin show that holes in the gut can be healed. Almost like magic, damaged cells that line the gut re-inflate, closing the gaps of your leaky gut. Safely, gradually, over time your gut heals and toxins stop or slow pouring into the bloodstream.

SOUND VIBRATION TO HEAL AND ACTIVATE

Specific sound frequencies harmonize with the body, filling your energy centers with goodness. Other sounds create discord. Every sound has a function and can be perceived or felt differently with different people.

Implement pure tone frequencies from tuning forks such as Solfeggio or Fibonacci tones, and the higher realms of Angels (with higher pitch tones). Balance brain waves and retune your Soul DNA with specific binaural beats from Nucleotide tuners and brain tuners.

Specific frequencies actually help decalcify the pineal gland. Sound is vibration and different organs and glands have different frequencies. Getting your pineal gland to vibrate can help *shake off* calcification. Continued use of sound frequencies can help rebuild healthy cells, fortifying and activating the pineal gland. I've developed a protocol with tuning forks that does just that! ([See my Magic and Miracles Sound Therapy Kit](#))

CRYSTALS TO HEAL AND ACTIVATE

Some of my favorite crystals for healing and activating the pineal gland also enhance communicating with ancestors and spirit guides, as well as improve meditation. These include petrified wood and Danburite. I don't often use them together, but they often accompany me during meditations with other crystals (Danburite with Ethiopian opal, for example).

Some of my best friends are crystals! I implement them around the house to create sacred space, forming grids in each room of the house. I've included a short list that may interest you.

- Labradorite – helps you to find your way, seeing beyond the veil
- Smoky quartz – not only great for feeling safe and grounded, but, more importantly, to see through illusions and falsehoods, supporting health and healing on multiple dimensions
- Clear quartz (especially double terminated) and anything in the quartz family, such as amethyst, rose quartz, or Lemurian quartz – provide clarity or the ability to *see*. Amethyst helps

to open the crown and third eye (your pineal gland). Rose quartz is all about softening, soothing, love, and compassion. Lemurians help you reach the hidden transcripts and records.

- Apophyllite – helps to clear unwanted energies or illusions away from wholeness. I have it all over the house!

PLANT ESSENCES TO HEAL, ACTIVATE, AND REMEMBER

Often referred to as essential oils, plant essences easily stimulate the pineal gland to help you remember and heal. What would you need or want to remember? Emotions are stored not only in every cell, but especially in the limbic system of the brain. When you inhale aromas you can automatically penetrate beyond barriers and blockages. Just think for a moment about cinnamon. There's a reason why the smell is so popular in shopping malls, especially around winter holidays. It makes people feel like they're home, surrounded by warmth and love. People remember *feeling good*, so they may buy more. Unpleasant aromas have an opposite effect, of course.

To help heal the pineal gland, I recommend essences that help you become more meditative and calmer. These essences are especially high in sesquiterpenes – usually thicker in substance with scents that soothe with more subtle fragrances. Just be sure to use all natural, 100% essential oils. Any adulteration either won't work, or may cause irritation, allergic reactions, or other sensitivities.

Try vetiver, sandalwood, frankincense, cedarwood, or rose. These are all supportive to promoting meditation, healing and activating the pineal gland. I also like any of the pines to bring forth grandmother energy, in case you want to reach feminine ancestors directly.

If you're interested in ordering any supplements, detox, tuning forks, crystals, or plant essences, you're invited to call me directly. I'm happy to customize your order, give personal instructions, and provide additional resources to help you maximize your benefits.

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