

# Chapter 13: Pineal Gland, Spirituality & Endo-Nasal Cranial.

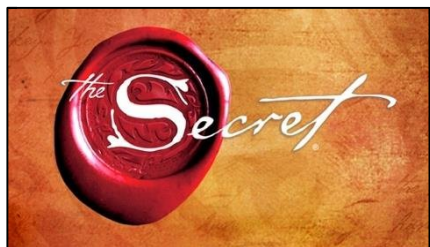


A new direction I am going in with my work using endo-nasal cranial therapy is on a more spiritual level. Let me explain: when the cranium is released, it allows the CSF to affect the pineal gland in a positive way by using the piezoelectric effect of the crystalline structures within the pineal. I'm calling this new technique Bliss Release. It's different in the sense that the intention in this treatment is a pineal opening which is part of FCR as well. However, the set and setting are more guided and meditative. I have used this same set and setting when we have facilitated ketamine in our practice. There's a special



*Performing Bliss-Release with Kelly with laser lights & guided meditation with intention.*

music list that is played in order to bring about a calm, relaxed state and utilizes a positive intention to support powerful transformational spiritual work. The patient is coached through a process of manifesting their outcomes similar to what has



been taught by my friend, Rhonda Byrne, who made the blockbuster film, "The Secret". The key here is to have gratitude for already

receiving this outcome. Historically, praying is more petitioning for what you want, which sends the Universe, Divine Spirit, or God, the energy and message that you lack and don't yet have this outcome. The secret is to be grateful for already receiving it and doing so in a deep heart-centered space of meditation.

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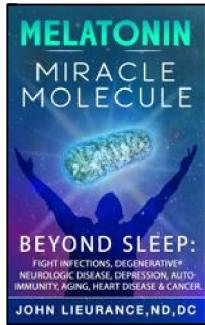
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*Dr John with Rhonda Byrne at her home in Ojai, California 2022.*



I wrote a book on Melatonin called “*Melatonin: Miracle Molecule.*” You can find it on Amazon. In this Melatonin book, chapter 20 has much of the same information as this chapter does. However, we will focus on endo-nasal and cranial motion in this chapter versus on melatonin. I actually wrote both of these books at the same time; however, it was almost 1 year ago that I released my Melatonin book and I’ve been taking a deep dive into the work I will present in this chapter. I would like to thank Peter for his inspiration on this work.



Dr John with Peter

Peter would like to stay anonymous and works (with those lucky enough to find him) using unique healing breath work. I met Peter in 2020 and we have worked on each other. He used his unique skillset on my body, mind, and spirit, and I worked on his cranium using endo-nasal balloons. Peter has worked over the years with some of the world’s top figures, from movie stars and elite athletes to politicians and public figures. And like most things in my life these days, it was a series of synchronicities that brought me to Peter’s home in California. The outcome of these sessions over the last 2 years are brought together in my work I now call *Bliss Release*.

Shaped like a pinecone, the pineal gland is deeply seated within the brain. This small gland has ignited the imagination of philosophers, scholars as well as spiritual leaders from different cultures and religions.



The Romans called the pineal “the supreme gland”, and Rene Descartes called it “the seat of our soul” in the 1600s. The pineal is referred to in Hinduism as the Eye of Shiva and in Buddhism as the Eye of wisdom and Compassion. In Egypt, the pineal is called the Eye of Osiris, Eye of Horus, and Eye of Ra, which is considered healing and regenerative [2, 3, 4]. There was an



archaeological find in Ecuador, in La Mana, where a black stone pyramid was found. This black pyramid was among many other items that somehow found its way to this site from several other faraway regions around the world. It contained an eye on the top

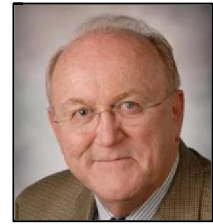


which is represented on our US dollar bills. It is most notably thought of in each of these cultures as the Third Eye, or a sensory organ to detect. This is similar to the eyeball which detects our physical world and is represented by light reflections and the visible light spectrum. Your third eye allows you to receive energy and information from a source that is thought to be creating our physical world. What is this “source energy” that all these religions are referring to that your pineal might be involved with? It’s experienced by many as a near-death

experience. For some it is a psychedelic experience, such as with a substance like Ayahuasca, psilocybin, DMT, ketamine, and MDMA, to name a few. It’s a state of consciousness where your pineal provides a sensory experience without any sensory input. The experience is surprisingly similar to those who have been through it, and they will describe it as a light and being

completely one with and in a state of love that they have difficulty putting into words. I have found that in the right setting, many individuals have unique and powerful spiritual experiences with FCR or, as I now call it, a more spiritual and guided method of endo-nasal Bliss Release [5, 6, 7].

Interestingly, researchers have suggested that the pineal gland and its hormonal product, melatonin, are possibly associated with improved longevity. It was my friend and colleague Dr. Russell Reiter, who in the late 1960s, was the first to prove through modern-day science that the pineal actually has a significant physiological role [8]. He went on to be instrumental in discovering many of the marvelous health benefits of a healthy pineal and the melatonin it produces. Since the pineal makes melatonin, when the pineal gland dysfunctions or fails, it can initiate or accelerate the aging process and disease.



This small gland is extremely vital for our health and lifespan. The pineal also releases DMT which is associated with feelings of love and connection to others. A paper published in 2018 by researchers in the U.K. purported that DMT simulates the near-death experience, wherein people report the sensation of transcending their bodies and entering another realm.

I was an expert guest on a film called *Psychedelics Revealed* and although I don't advocate using DMT (Dimethyltryptamine) recreationally, I am a proponent of using psychedelic medicines in the right setting to work through emotional trauma and to become more spiritually aware. These medicines can create a profound and mystical experience that many will refer to as the single most significant experience of their life! Many psychedelic medicines work through Melatonin & DMT pathways, and the pineal gland, and a healthy, structured cranium is supportive of this system! [9, 10, 11, 12]



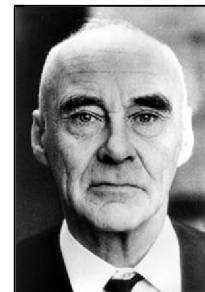
## What is “The Source Field”?

Simply called The Field, Source Field, Quantum Field, Torque Field, Morphogenic Field, and Divine Oneness by many, this is the life force, the spark of life that we are infused with that animates us and the world around us. The Catholic and Christian religions call it Heaven. In the **Indian religions**, heaven is considered *Svarga Loka*, [13] and the soul is subjected to **rebirth** in different living forms according to its *karma*. This cycle can be broken after a soul achieves *Nirvana*. This is a very real and provable energy. It's been studied and there is hard proof of its existence. It's related to gravity, and gravity is actually “The Field”, which when it moves through matter, creates time. I know this is difficult to wrap your head around at first, but the more you reflect on this the more reasonable it begins to sound.



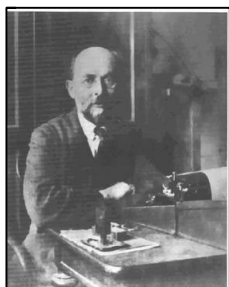
Image of Onion Experiment

Let's first talk about **Alexander Gavrilovich** (1874–1954), who was a **Russian** and **Soviet** biologist and medical scientist who originated the **morphogenetic field** theory and discovered the **biophoton** [14]. He conducted an experiment with onions and noticed that many lifeforms had both positive and negative sides to them, such as plants, eggs, animals, vegetables



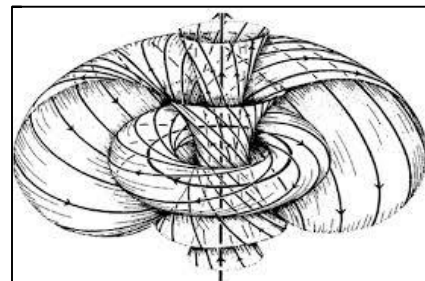
Alexander Gavrilovich

etc. He noticed a subtle energy coming out of the top of the onion which he then directed to the side of another onion. He observed a higher rate of mitosis, or cellular growth, occurred in the area just adjacent to where the tip of the other onion was directed, which was not even touching, but at a distance. He concluded that this energetic field coming out of the tip of the onion was providing an environment for more robust growth. He saw this as a “life-generating field” or “life-giving radiation” which was emitting from the top of this onion. The key here is gratitude for already receiving a desired outcome. Historically, praying is more petitioning for what you want, which sends the Universe, Divine Spirit or God, the energy that you lack and don't have this outcome already. The secret is being grateful for already receiving it and doing so in a deep heart-centered space of deep meditation.



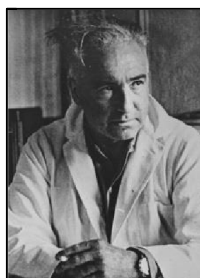
Nikolai Alexandrovich Kozyrev

Now let's discuss **Nikolai Alexandrovich Kozyrev** (1908 –1983), who was a **Soviet astronomer** and **astrophysicist**. When he was imprisoned by Stalin it was at a time when he was one of the top scientists in the country. While in prison, he had many hours to sit, reflect, and meditate. He began to have a deeper understanding of gravity,



time, and the source field. He noticed that energy was in a spiral, which makes sense when you look at everything from the quantum all the way up to the planets, the solar system, the galaxies, and even the entire universe.

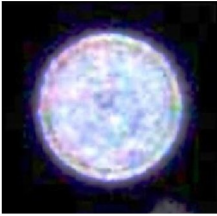
Scientists see this pattern throughout history, and this is what Nikolai discovered when he saw the way bacteria were growing freely along the spiral pattern that prompted him to start to look more deeply into this [15].



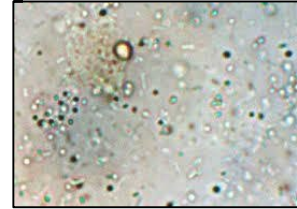
Dr. Wilhelm Reich

**Wilhelm Reich** (1897-1957) was an Austrian doctor of medicine and a psychoanalyst, a member of the second generation of analysts after Sigmund Freud [16]. The author of several influential books, most notably *Character Analysis* (1933), *The Mass Psychology of Fascism* (1933), and *The Sexual Revolution* (1936), Reich became known as one of the most radical figures in the history of psychiatry [17].

Reich called the source field, Orgone. He postulated that the energy created during an orgasm was a magnification of this Source Field energy that would spontaneously create life. This was in contrast to the idea of the entire process being more of a



chemical reaction or a reaction through DNA. His ideas were revolutionary, and he postulated that the field was creating life and not life creating the field. His electrophysiological experiments led to his “discovery” of microscopic vesicles (he called them “bions”), which **Reich** hypothesized were instrumental in originating life from nonliving



matter. Reich went to a biology lab and discovered that culturing amoebas in sterile, autoclaved water that was heated and even frozen to destroy any precursors, could lead to the development of life. He did this using old, dead hay or grass in water that he let soak for a week to ten days. Surprisingly, tiny amoebas would grow spontaneously in the sterile solution. Where did this originate from? Did it spontaneously come from dead material? Does this change the narrative being taught in medical books on the origin of life? Why has this science been hidden from us?



**Viktor Grebennikov**

Viktor Grebennikov was a Russian insect specialist, and his work connects the dots showing that having an ideal cranial structure positively impacts how energy waves might interact with the skull shape. [Victor S. Grebennikov: Insect Chitin Anti-Gravity & Cavity Structural Effect \(CSE\) \(rexresearch.com\)](http://victor.s.grebennikov.com)

“Cavernous structure effect” CSE gravitational waves or fractal waves moving through a structure begin to create swirling patterns like eddies is in a river. These waves can become more intense forms of energy and emit energy out from these caverns. Grebennikov was thought to have invented a small hover craft as seen in this image using this cavernous structure effect. He was noted to reference many ancient drawings from Egypt which suggested this effect and which are shown in the depictions, as well. Like beehives and insect bodies, the skull does the same when its shape is in its natural wide shape and not collapsed through the modern stressors of our industrial world.



Tibetan Buddhists would use meditation practices for extended periods of time. They believed this could provide access to higher levels of consciousness through tapping into this very Orgone field that Reich discovered [13]. Buddhists would practice these meditations for many hours. It is believed that one could achieve what’s called *Rainbow Body* through this deep connection with the Source Field... *through an open and active pineal gland* [19].

In Taoism, the Source Field is referred to as Tao. Lau Tzu [20] lived in the 6th century BC and was the author of the famous book, Tao Te Ching. Taoism practices include meditation in caves in complete darkness. The Taoist perspective on this practice is described in the book *Darkness Technology*.



*“The darkness actualizes successively higher states of divine consciousness, correlating with the synthesis and accumulation of psychedelic chemicals in the brain.*

*Melatonin quiets the body and mind in preparation for the finer and subtler realities of higher consciousness*

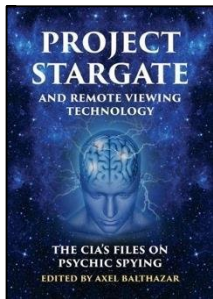
*(Days 1 to 3).*

*Pinoline, affecting the neuro-transmitters of the brain, permits visions and dream-states to emerge in our conscious awareness (Days 3 to 5).*

*Eventually, the brain synthesizes the ‘spirit molecules’ 5-methoxy-dimethyltryptamine (5-MeO-DMT) and dimethyltryptamine (DMT), facilitating the transcendental experiences of universal love and compassion (Days 6 to 12).”*



In the late 1980s, the neurochemist, James Callaway, in his paper called ‘Pineal Gland, DMT & Altered State of Consciousness’ proposed that pineal melatonin is converted into DMT (along with Pinoline and 5-MeO-DMT) just before the onset of REM (rapid eye-movement) sleep, when we dream. Are these natural, endogenous and psychoactive molecules literally fueling our dreams? [21] Consider the imagination of children, dreamers, people who are using plant



medicine or psychedelics, telepaths, remote viewers, UFO abductees, shamans, meditators in deep states of meditation, birthing mothers and babies, those who have had a near-death experience, and schizophrenics, and what they might all have in common. The *hypnagogic* imagery state occurs just before you fall asleep, and it is fueled by melatonin’s conversion to DMT during an *activation* of the pineal gland. This



*Remote viewing was used in CIA and FBI government programs. Accessing this information through “source field”.*

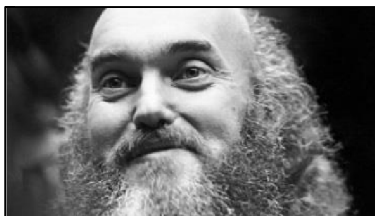
also seems to be the same thing Tibetan, Taoist and Kabbalistic masters and religious prophets share. In his courses, Dr. Joe Dispenza teaches the technique of waking up at 4 am, when melatonin peaks, to meditate. In fact, when I did his training, we woke up twice for a 4 am meditation and I have kept this practice alive ever since. This window immediately before falling asleep seems to be a natural gateway into a spiritual and divine world. Certain psychedelic medicines such as psilocybin, LSD, ketamine, ayahuasca and 5-MAO, can be an opening for some to understand this. The medicines work by *waking you up* or *uncovering a veil* to a more heightened reality than what we experience in the physical world.

Through these dream states, some experience contact with purported ‘entities’ transmitting information or “channeling” wisdom from within the Source Field. This has been recorded by the founder of the Theosophical Society, Helena Blavatsky, who wrote *The Secret Doctrine* [22]. This was also reported in secret government agencies that conducted remote viewing for the CIA where these remote viewers would state they would experience interactions with what they called “Divine Entities”. Jimmy Carter once stated that the most unexplainable experience while he was president was in 1979. A plane went down in Zaire, Congo and one of the CIA remote viewers gave them the exact GPS coordinates to the plane’s position. This was one of the earliest examples of an operational success claimed by the US Government’s sponsored remote viewing team. Remote viewing was popularized in the 1990s upon the [declassification](#) of certain documents related to the [Stargate Project](#), a \$20 million research program that had started in 1975. It was sponsored by the [U.S. government](#) in an attempt to determine any potential military application of psychic phenomena. Your pineal is the receiver of this source field, which carries information, and remote viewers have learned to access this through deep states of meditation. My understanding of this “channeling” is that one needs to be so totally present in the now moment that you can relax and allow this information to be the only thing rising in your awareness. You have a totally silent-thinking mind and all you are aware and conscious of is the present.

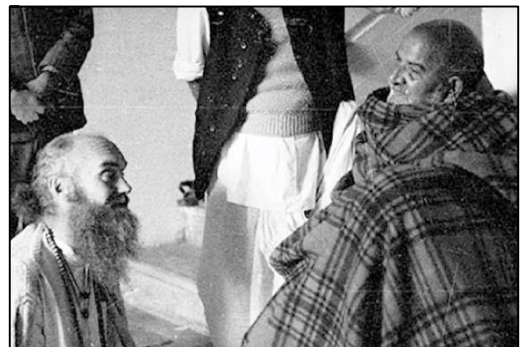
Is it possible that the pineal gland – the ‘Eye of Shiva’ which in many of us has atrophied as a result of toxins and chronic stress – is integral to the evolution of our consciousness? This was a wide held Hindu philosophy which considered an opened third eye to be a reawakened pineal gland. Is it possible that our healthy activated pineal could enable amazing abilities such as out-of-body experiences, near-death experiences, connection with divine beings, access to universal intelligence, remote viewing and astral travel, and ultimately our spiritual evolution?

It’s thought that with work, the pineal could be more active which could allow it to potentially be a stronger ‘radio antenna’ for our perception into Source Field.

Many spiritual practitioners meditate with the goal of a complete dissolution of all fear. There are only 2 states: fear and love. Through enough practice, they could drop all fear and live through pure love, thus filtering their entire experience of the physical world through love. This would be considered enlightenment. The term “enlightenment” is equal to the term “awakening” or “self-realization”.



***Ram Dass said the following about his experience when he was in the presence of an enlightened being:***



*“The universe disappears. Only his eyes exist. A flow of love, wisdom, consciousness passes between you. It is just his stillness, his presence, the incredible love that flows from him, the deep compassion you feel. You feel as if you were naked before his glance. He sees through you, he*

*knows all – past, present, and future. He does not judge, but simply acknowledges how it all is. Even a moment of such compassion can be liberating.” [23].*

This awake state seems to be transmissible to others in close proximity through this Source Field. To me this is like the onion experiment onion that Gavrilovich conducted.



There have been many enlightened beings that have achieved this state. A few of them were Amma, Jesus Christ, Buddha, Jiddu Krishnamurti, Krishna, Muhammad, Moses, Rumi, Socrates, St. Catherine of Siena, Osho, Yeshe Tsogyal, Lao-tzu, Mother Theresa, and St. John of the Cross.

Why do I get into source fields in a book on Endo-Nasal? It's in an attempt to open your eyes to the idea that your pineal is involved in more than melatonin production, and its health may have a direct relationship to your cranial function. When properly functioning, the pineal can open you up to experience a higher power which has the ability to support your health, vitality, and life span.

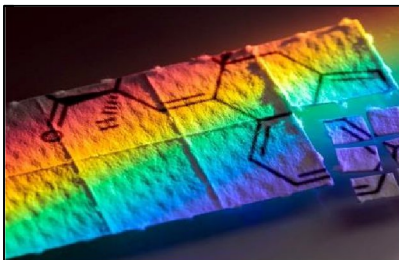
The precursor to melatonin is serotonin, a neurotransmitter derived from the amino acid tryptophan. Within the pineal gland, serotonin is acetylated and then methylated to yield melatonin. Serotonin regulates various states of consciousness. Serotonin is a feel-good hormone that increases alertness and happiness, but it also supports a relaxed state. Serotonin's energizing effects are what get you up in the morning washing away the fatigue that would otherwise keep you in bed.

Swami Karananda Saraswati [24], a well know guru from India once said:

*“The ropes that prevent the perception of reality in which you are infinite seems to be related to the level of serotonin in the brain.”*

The 3<sup>rd</sup> eye sees the spirit world or ethereal world and translates it into a meaningful understanding of or physical world.

In 1943, the same year the first atomic bombs were being ignited, **Albert Hoffmann** discovered the molecule LSD-25. Serotonin is very similar to LSD-25 and it occupies the same receptor as serotonin. In this study, he discovered that ‘Melatonin and LSD induce similar retinal changes in the frog’ [25]. It seems that there is a close relationship that LDS has to a deep state most experienced meditators and notable spiritual leaders describe in which they are more fully



connected to the ‘Divine Oneness’ or “The Source Field”. We will dive more into The Source Field later. Cranial and Dural blockages can initiate a sympathetic stress response in the body, and block CSF flow that activates the pineal's piezoelectric field. More on this later. In order to be in a state to appreciate Divine Oneness, the volume on the stress response system must be turned down, otherwise the body and nervous system are in a state if survival. This requires calming the stress response or the



sympathetic nervous system (fear) and activating the parasympathetic nervous system (love & bliss) which is associated with resting and digesting. Notably, digestion is the assimilation of nutrients and substance. It is in this state that we can assimilate wisdom, compassion, and understanding. I find it interesting to reflect on how melatonin is the ultimate buffer of stress in the body. It is in these deep states of relaxation that the body enters a heavy parasympathetic state. It's this same state that is associated with sleep, deep states of meditation, and as we will explore later, the potential for spontaneous healing through the release of exosomes & VSEL stem cells. More on that soon.

## Dr Joseph Dispenza

Dr. Joe Dispenza [26] teaches his students to use a particular type of breathing to improve the pressures around the pineal gland. I've taken his advanced course and it is something very powerful that creates a similar experience to being on psychedelics. There is a feeling of universal connection, love, and gratitude for being alive. This connection with the “divine source” is the experience I



*Dr John at a Dispenza  
Advanced Workshop*

I assume all religions speak about. Becoming more aware of this energy or “doorway” can allow you to be connected to something that many religions speak of that unites us all. However, this is an energy that is not yet detectable with modern science. That's the best I can do to explain, as I know some might read this and think it's a bit “woo-woo”, but there is no denying the events taking place



at these events and the studies soon to be published through the research conducted on Joe Dispenza's meditators.

NASA scientists, like my friend Hemal Patel, MD, are seeing changes in the blood levels of these meditators. They took blood samples from experienced meditators and found something that surprised us all. They found tiny vesicles in much higher amounts in the blood of the meditators which could be either exosomes or VSEL stem cells, or both. They conducted an experiment where they



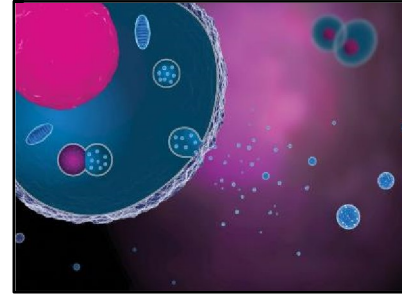
*Dr. John with Hemal Patel, MD*

used these small particles found in the plasma of the meditators and mixed them with epithelial cells. They then introduced the COVID-19 virus and compared the results in both samples of epithelial cells, one with and one without the meditator's healing particles. Shockingly, the COVID-19 virus was unable to enter the epithelial cells mixed with the meditator's plasma. In contrast, the control tissues without the particles were infected severely with COVID-19 [27].

## What are Exosomes?

Exosomes are packets of RNA which carry information to other cells and parts of the body. Scientists are attributing some of the remarkable changes within these meditators to these exosomes. These changes include the healing of diseases that range from virtually all known conditions, including cancer.

What I'm speaking of is spontaneous healing that occurs due to this heightened connection of source through the pineal gland, through a properly functioning cranial structure. Ultimately, it's the pineal and the other energy centers that run through the body.



We use exosomes and VSEL stem cells in my practice to heal various injuries and degenerative conditions that occur in the body, such as osteoarthritis and even damage from a stroke. Exosomes can be injected just like stem cells, as exosomes are the healing substances delivered by stem cells once they arrive at their target. Think of these exosomes as the stem of the stem cell. Therefore, by bypassing the need for the stem cells to deliver the exosomes, they can simply be isolated and injected by themselves with great results in many applications.



Our clinic began using stem cell therapy in 2005, in which we extracted them from both fat and adipose tissue, as well as bone marrow. In 2015, exosomes became commercially available to doctors for clinical use in regenerative medicine. These exosomes, which can be derived from placental stem cells, carry the information to repair and heal through messenger RNA.

They can be injected into the central nervous system through an intrathecal injection, as an intravenous injection, into soft tissue such as rotator cuff or other tendon injuries, or into joints to rebuild cartilage.

In our clinic, we do this under high-definition ultrasound. As of late, we are even using them to repair the inner ear for hearing loss and tinnitus with a system called SunaVae. You can learn more about this at [SunaVae.com](http://SunaVae.com). SunaVae uses a regenerative injection which was pioneered by Dr. Mimbo Shim in Korea and taught to me and my staff, and this technique is called ShimSpot. SunaVae also utilizes



*Dr John & Dr Shim: SunaVae Stem Cell Therapy to the Inner Ear, Florida.*

LumoMed which is a series of laser treatments pioneered by Dr. Amon Kaiser in Germany, which our clinic has been using since 2015 with great success for tinnitus, hyperacusis, and hearing loss.

## VSEL Stem Cells “Can Become Anything & Small Enough to Go Anywhere.”

Very small embryonic-like stem cells (VSEs) are pluripotent stem cells, meaning they are able to turn into any cell type needed for repair by your body. In other words, they are at the top of the cell differentiation tree. There are numerous reports demonstrating that there are rare stem cells that express early-development markers and are endowed with broader differentiation potential [44, 45, 46, 47, 48]. The size of a dormant VSEL is only 1-2 microns. After stimulation with the QiLaser, they expand to a size of 4-5 microns within 4 days. VSEs have an average diameter of 1-5 microns. In order to gain access to the entire body, substances need to pass through the lung tissue (pulmonary capillary beds) which must be smaller than 6 microns. VSEs have that ability and are able to turn into any cell type. They are small enough to go anywhere and powerful enough to turn into any cell type to support a regenerative effect throughout the body.



*Dr John & Dr Todd doing clinicals together.*

I studied with Todd Ovokaitys, MD at his center in Carlsbad, California, and we are among a few centers in the world using VSEs. Mike Tyson was recently treated by Dr. Ovokaitys and his return to boxing was so impressive that he responded in his interviews about how VSEs were an important part of his conditioning. Nature has equipped us with the means to heal. Doctors never heal patients; it is the patient that heals themselves. The doctor simply removes the interference to that expression of health, which is the body’s natural state. VSEs are revolutionary in their therapeutic use and, in my opinion, are the next big technological breakthrough in stem cell therapy and healing. VSEs even show efficacy in regenerating all tissues in the body; eyes, brain, joints, organs, glands, and the inner ear (see SunaVae.com for more on Inner Ear Regeneration).



*Harry receiving VSEs to his lower neck area: Sympathetic Ganglion.*

They are administered in our clinic by drawing several tubes of blood and we then spin them down to remove all the red blood cells. This leaves all the healing components within the blood including the VSEs. These tubes, once spun down, are then activated using a special system created by Dr. Ovokaitys. A blocking protein is removed using laser that is thought to activate the VSEs as well as to stimulate the VSEs to multiply 2-3-fold. There are 1-2 million VSEs per cc of blood after they have been activated with our system, which we learned from Dr. Todd. Once the blood

components are ready, they are placed into syringes which are either injected into a joint or tendon or given as an IV route of administration. The local injections are done in the same way Platelet Rich Plasma (PRP) or a stem cell treatment might be done. In our clinic, we use high-definition ultrasound to place the cells so we can both accurately see where the damage is and direct the injection into the perfect spot. The IV is simply a slow push into a vein. Once the IV and injections are completed, then there is special laser device we use to further activate the VSELs or to draw them into a specific area. Here is an example: if a shoulder or knee was injected, we would then laser the knee and or shoulder. If the IV was done, then we would use the laser to target them to areas such as the eyes, brain, glands, or any area we would like to direct them to.

Perhaps the most profound effect is reversal of the biological age clock at the DNA level. The most accurate testing of this clock that exists is called the *epigenetic DNA methylation biological age clock* developed by Dr. Steven Horvath of UCLA. With VSELs, the typical age reversal is about 3 years per treatment.

*Dr. Todd remarks that, "In the 2 years since the accurate testing has been available, with repeated treatments there's a growing number of recipients that are 10-15 years younger than their pre-treatment baseline, and up to 18 years younger than their chronological age."*

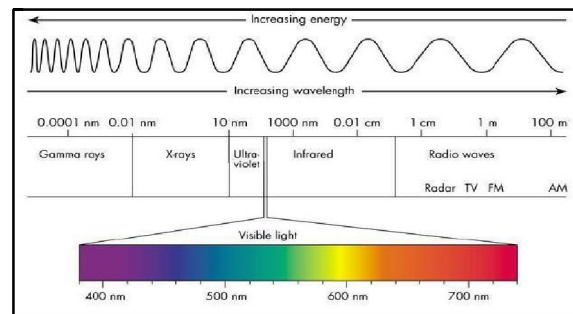


Results can be immediate, or they can also take time as the tissues can take up to 2-4 months to fully repair. This is similar to what is seen in the Joe Dispenza research with Hemal Patel, MD. Dr. Ovokaitys believes the regeneration and cancer effects have more to do with VSELs than exosomes. I feel more research should be done to look into these mechanisms.

## Healing Potential

Is it possible that when we connect with our pineal with certain intentions, such as to heal a foot or your brain, that the body responds by releasing these stem cells & healing particles like exosomes which will carry the information you intend?

I believe this is what's happening. If you look at a graph of all the energy spectrums and what a small part of it is the "visible light," you can appreciate there are so many frequencies and wavelengths we cannot see visually and that we must use a different receiver than the eyes to detect them. Maybe that receiver is the 3<sup>rd</sup> eye which is, of course, the pineal gland?

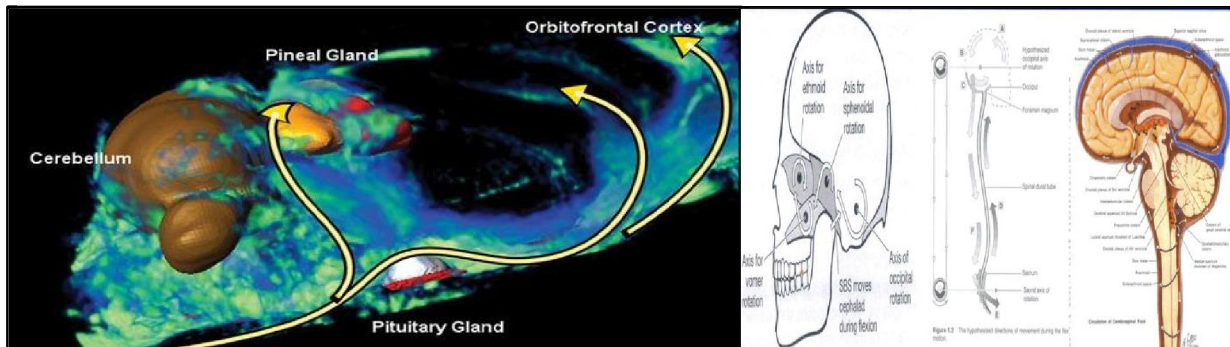


Is it possible the pineal is more of a radio receiver? Crystals within the pineal can become activated through a piezoelectric effect (more on this soon) resulting from the force created by

the CSF that normally pumps throughout your brain and spinal cord. This pressure against the crystals of the pineal allows us to tap into the Source Field, opening the opportunity to create powerful changes in our health. In the next section, I'll discuss endo-nasal and how it might enhance the pineal's "radio receiver" abilities.

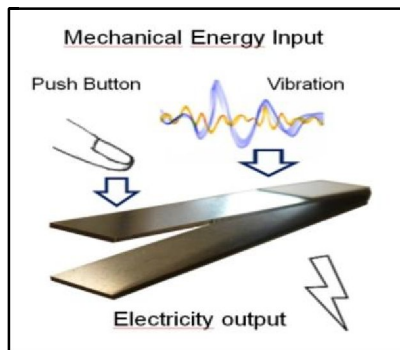
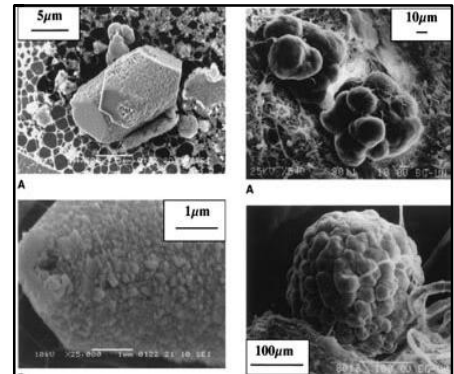
## Pineal & CSF Flow

This image of the flow of CSF shows how the circulation goes through the ventricles in the brain. These ventricles are like canals carrying life-giving nutrients that the CSF delivers to the brain and spinal cord. The pineal sits right at the end of the 3rd ventricle, and the CSF has most of its pressure around both the pineal and pituitary gland. Restricted motion in the cranium can alter this flow, and by using endo-nasal adjustments, we can support this flow to more fully move and activate your pineal.



### Take a look at this MRI showing the red areas as the most active

What Dr. Dispenza teaches is that breathing or 'breaths' directs your CSF into the pineal by locking down your muscles from the base of your pelvis or perineum up the spine and throat towards the pineal. There is a pumping action upon a full inhalation with intentionality to the pineal gland. This is creating hydrostatic pressure to the pineal, which Dr. Dispenza explains is involved in an activation of the crystalline structure inside the pineal.



There seems to be a piezoelectric effect from the hydrostatic pressure of CSF as it interacts with the crystalline structures within the pineal.

Piezoelectric is defined as the ability of certain materials to generate an electric charge in response to applied mechanical stress [28]. I always say you're either a swamp or a river and this

means better circulation and better health, and the pineal can become a victim or a victor dependent on the quality of circulation.

Doing things like this pineal breath which Dr. Dispenza teaches might hold some promise to improving pineal health. Is it possible that by simply unlocking the restrictions in the cranial bones that this might work more automatically even without the breathwork? Maybe the breathwork would be more effective with the cranium released? These are questions we hope to discover with some collaboration with the Dispenza group. Toxins and chemicals such as fluoride that interfere with pineal gland function should be avoided because it has been proven to create calcifications. Dr. Dispenza's work, along with a pineal-friendly lifestyle and endo-nasal might be the answer to greater awareness. We will get into how to better care for your pineal later.



## Still Point Breathing

Another teacher of mine, Dr. Michael Ryce, [29] does work synthesizing several disciplines, has created a profoundly powerful tool called Stillpoint Breathing. This is a technique that he created through his studies of the ancient Aramaic New Testament. This was the original scripture taught directly by Yeshua or Jesus Christ to his disciples in his native Aramaic

language.

The Greek translation in the creation story says God sent out his spirit, whereas in Aramaic, the original language, when properly translated said, "God Sent out his breathe." There seems to be a spiritual opening that occurs with doing breathwork and certain breathing styles. Many plant medicine techniques and psychedelic protocols such as with ketamine, MDMA, and psilocybin therapy, utilize breathing techniques, like holotropic breathing, during their ceremonies. There are also groups that strictly rely on breathing and intention, such as with Dr. Dispenza's and Dr. Ryce's protocols. How does this all tie into VSEL stem cells and exosomes, and how does prayer and meditation affect them? We will dive more into these tiny particles and how your microbiome might be involved.

## Information, Exosomes & The Micro-Biome (Bliss-Tides)

What seems to be within this Source Field is information. This information may explain the dramatic changes in the blood of meditators who achieve a certain peak experience. Then, there is the release of healing particles and stem cells discovered by Dr. Patel with meditators. These small healing particles are the source of information exchange in the body where stem cells use exosomes to transmit the effect to your tissues for repair and regeneration through the RNA codes contained within them. The exosomes can also be from your microbiome that also release exosomes [30]. I



would offer that many of the positive effects in healing seen through prayer and meditation are in fact through the complex collection of bacteria that numbers in the trillions within each of us. Your microbiome is quickly adaptable and can be influenced by our behaviors, thoughts, and even emotions. Healthy thoughts might lead to healthy substances released by your microbiome.

Environmental influences can have profound influences on the various strains of bacteria as well as neuropeptides that they release. In other words, your environment such as diet, thoughts, emotions, and sleep can have an influence on the level of the good bacteria and what they release that might support a healthy mental emotional state as well as a healthy body. This makes sense when we consider that in the early days of man, we would feel uncomfortable in areas where the food didn't support our microbiome so we would feel uneasy and desire to move to an area where the environment would better support the microbiome. Your thoughts, emotions, and foods can have a strong influence on your microbiome and the neuropeptides they produce. Your microbiome will help by releasing things like exosomes and specific neuropeptide that I call Bliss-Tides.

## **BLISS-TIDES & My Experiments with Them.**

The exosomes and VSELS can support the physical body by clearing inflammation and regenerating your cells. Bliss-Tides, through your microbiome and through a healthy lifestyle and a positive and blissful mental/emotional state, can turn around and further promote even more of these positive and blissful mental/emotional states. I am working on producing these through culturing rare and exquisite probiotics. So far, my experiments are suggesting that supplementing with them can lead to profound peace in the body and mind, and feelings of love and oneness. Make sure you are signed up for our newsletter to keep in the loop on this as we may be having this available in our events in Sarasota as well as to our patient population. Next, let's dive into breathing and how it opens you up to your subconscious and beyond.

## **The Unconscious Mind, Breath & the Pineal**

I have personally greatly benefited from a regular breathwork practice and found that breathwork when properly done, has accelerated my physical, mental, emotional, and spiritual healing process. I often wake up at 4 am and do one or two hours of meditation that utilizes many of the tools I learned through various teachers I've worked with.

The first breathwork experience was in the late 1990's with Stillpoint breathing through Dr. Michael Ryce. When I asked Michael to explain the rationale and method of Stillpoint breathing, he shared that he had gathered information from many sources before he could "see" what all of these sources of information were actually saying. With his unique history and personal experimentation, he discovered and pieced together this amazing breathing method.



He explained the background of his technique like this. "Many years of inner work and study, especially from the first century Aramaic language, gifted me with a foundation from which to

comprehend the healing power of the breath. The "secret" has been hidden in plain sight for centuries if you have, "the eyes to see," and "the ears to hear."

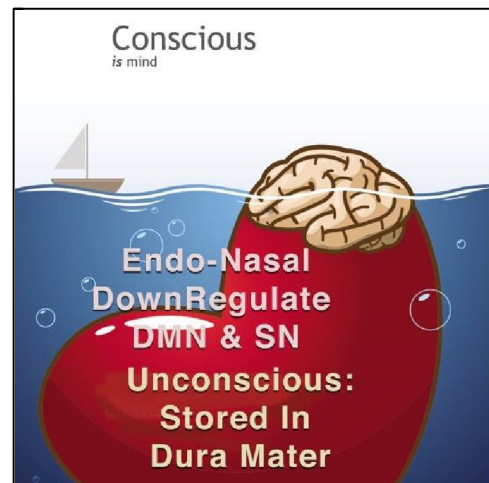
A foundation is needed to understand what the... "eyes to see... ears to hear" even means. In essence, to understand what another says, you have to generate your perception of what they are saying through a set of "brain cells" which match those of the meaning originating from their minds. If my perception of their conversation is built out of a different set of brain cells than theirs, my meaning for the exact words they use will be different. Simply put, I have a different perspective.

For example, if I hand a map to someone who just arrived to a new city, for the first time, and ask them to navigate to an address on the other side of town, what might be their response? Without using an app on your phone, it might be bewilderment. They look at the same map but, with, "no eyes to see" and no "brain cells," the mind generates a senseless blob of lines and colors, certainly nothing they can make any sense of compared to someone familiar with the city.



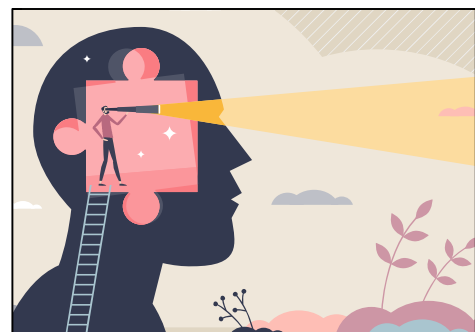
I look at the map, and with the "brain cells" for reading a map, I will understand the directions on the map. It would require me to see the map through the perspective of the map maker to follow their directions. If my "brain cells" for north on a map with a northern orientation tell me to go south, I have no way to accurately navigate efficiently.

One of the networks within the brain responsible for this construct of reality includes the [Salient Network \(SN\)](#). The salient network contributes to a variety of complex functions, including communication, social behavior, and self-awareness through the integration of sensory, emotional, and cognitive information.



*Dr John Comment Box: The word [Salience](#) (also called *saliency*) is that property by which something stands out. Salient events are an attentional mechanism by which organisms learn and survive; those organisms can focus their limited perceptual and cognitive resources on the pertinent (that is, salient) subset of the sensory data available to them.*

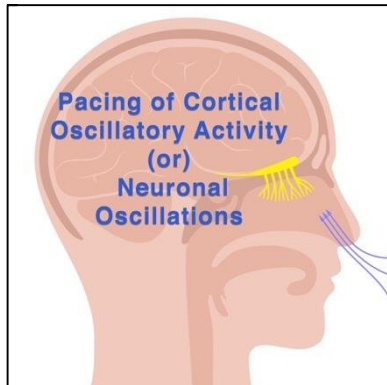
The [Salient Network](#) is the network that allows us to have a bit of control over what we place our attention on. The SN is upstream to another network called the Default Mode Network (DMN) in the sense that the SN allows the DMN to operate.





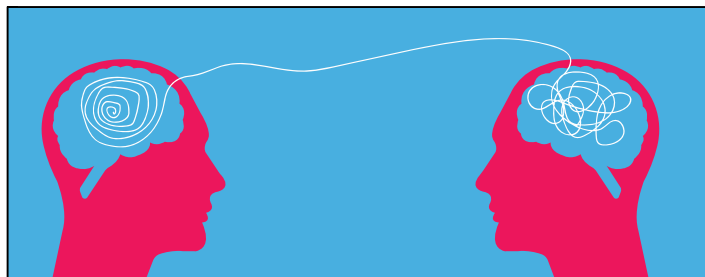
The DMN is best known for being active when a person is not focused on the outside. It's active when the brain is at wakeful rest, such as during daydreaming and mind-wandering. The DMN can also be active when the individual is thinking about others, thinking about themselves, remembering the past and planning for the future. This network houses the self, the assumptions about the self, and the stories we tell about ourselves to ourselves. The DMN is where our sense of self becomes our reality. *Keep in mind that nasal breathing (nasal openness) has a powerful impact on these brain networks, and we dive deep into this in chapter 12.*

Limbic Oscillations also play a role in this story of building brain cells and our construct of identity of self. Respiratory rhythms that draw air through the nose are hard wired into your brains “need to breathe”. At a pace of 2-12 Hertz, these rhythms regulate cortical excitability and



coordinate network interactions. This helps to shape olfactory coding, memory, and behavior. Limbic oscillations are hard linked to the human respiratory cycle and this respiration control creates pacing for the cortical oscillatory activity. Endo-nasal therapy, as well as intra-nasal and trans-cranial light therapy, can play a role to enhance these systems.

*Dr Johns Comment Box: Endo Nasal Therapy can open the nasal passages to allow better activation to the limbic oscillations, default mode network and salient networks. This can have a profound impact on how we process information and build our constructs of reality and our identity of self. Limbic Oscillations are intimately connected through nasal breathing which drives our emotions and is hardwired into the SN & DMN.*



In order for accurate communication to occur, especially on complex topics, our mind must be building its perception of reality and self-identify through the SN (what we choose to place our attention

on) and DMN (how our reality is constructed based on all the data points highlighted through the SN). So indeed, it's through our thoughts that we create our individual meanings. So often, we might think we understand another but, in fact, we are living in different perceptual constructs of reality.

Dr John Comment box: There might be an entirely different way to look at the world by breaking free from the constraints of these brain networks. There may also be subconscious and unconscious information available that we may not have access to that is driving these networks through deep limbic (emotional) triggers. The breath holds the key to activating this information (thought energy) where we can access it and make some decisions as to whether these thoughts are giving us the mental, emotional, and physical support we would like or if they are causing negative thoughts and behaviors.



The ancient Aramaic language, which was Jesus' original language and is the root language of at least 5 of the world's major religions, is not a religious language. It comes from a deep understanding of the function and inter-relationship of physics, physiology, genetics, and psychology. Often scripture is filtered through primitive religious precepts, often reflective of a deeply disturbed mind that functions out of fear, hostility, and control. The Aramaic version of the Bible describes how the world really works, and how to harmonize with life and your fellow humans. There is also a description of neurology that resonates strongly with what we're just now learning about the human brain.

Michael arrived at his conclusions with breath and the Stillpoint process through decades of working with people where each time a memory of unresolved trauma began to surface, people radically altered their breathing patterns, or stopped breathing all together.

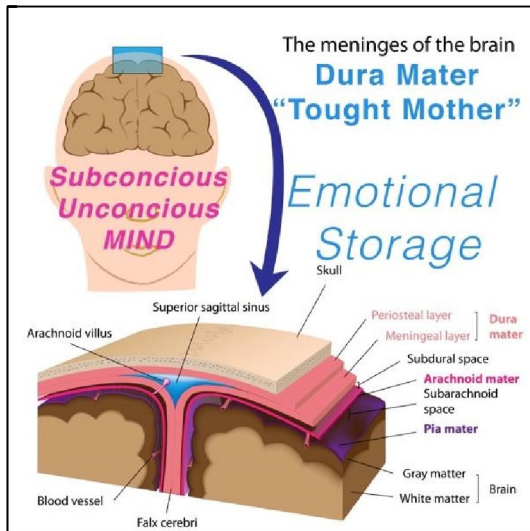
In the Greek Scriptures, there is a passage that states, "keep thy heart with all diligence; for out of it are the issues of life". In Aramaic, this might translate into "take care of the unconscious." Since it is the unconscious that is hidden from us, I offer this, "Take care of hidden thoughts within your unconscious and subconscious because this is what your life is created from!"

*Dr John Comment: There may also be unconscious information available we may not have access to and the breath may hold the key to accessing both. Take care of hidden thoughts within your unconscious because this is what your life is created from!*



How do I do that? Another Greek passage refers to a tearing of a purple curtain in a church, "The veil of the temple must be 'Rent in Twain!' "Rent in Twain" means opened into two. Understood in its original sense, it says (long form), "Your body is your temple, and you have built a barrier to hide what you do not want to look at or deal with. This has been going on for generations. You have been driven and controlled by your unconscious generational patterns."

Breath is the key! It's how the veil is built and through breath we can break it down? We commonly hold our breath and create a veil when unconscious pain began to surface. The veil of the temple is the barrier between the conscious and the subconscious/unconscious. That barrier is built by holding the breath. This barrier (the veil) is opened by proper use of the breath. I also offer that these subconscious and unconscious patterns become locked into our

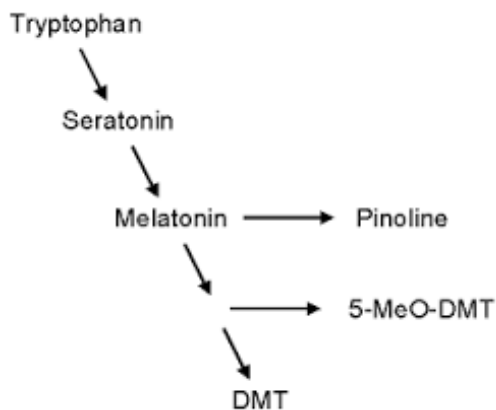


tissues such as dense connective tissue and there is no other such dense tissue then the Dura Mater or “Tough Mother” that surrounds our brain and spinal cord and it is the main structure released with endo-nasal balloons. Our “Tough Mother” is built to protect us just like mothers do, however, sometime mothers become overly protective and don’t allow the full expression of the child (life force).

There’s more to this story as there are specific chemicals at play here that are released during specific breathing, meditation, and prayer. Next, let’s dive into DMT and its relationship to melatonin.

## DMT, The Spirit Molecule

DMT or N, N-Dimethyltryptamine is so powerful that it was dubbed the “spirit molecule” for its spiritual awakening-type effects. It’s defined as a chemical substance that occurs in many plants and animals and is a derivative and a structural analog of tryptamine. DMT is used as a recreational psychedelic drug and prepared by various cultures for ritual purposes as an entheogen

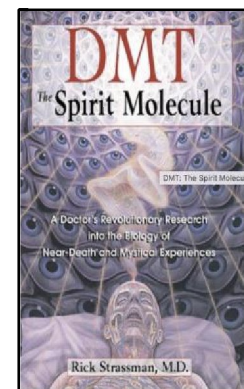


such as with Ayahuasca. Ayahuasca is traditionally prepared using two plants called *Banisteriopsis caapi* and *Psychotria Viridis*. The latter contains DMT while the former contains MAOIs, which prevent certain enzymes in your body from breaking down DMT.

DMT may also be released when we dream. It’s also believed to be released during birth and death. This release of DMT at death may be responsible for those mystical experiences seen with Dispenza’s work and psychedelic

drugs such as psilocybin and LSD. Trace amounts of DMT have been shown in rat pineal glands [31].

The pineal gland in humans produces a small amount of DMT, but it’s uncertain if the pineal is a large enough source of DMT to be psychoactive.





My personal belief is that DMT can be released by a healthy pineal. Keep in mind 80% of us have calcified pineal glands, and therefore, a healthy pineal is fairly rare, thus meaning that studies on typical pineal glands might not reflect the potential in certain individuals. In fact, it's quite possible that the pineal can produce more DMT than what scientists have seen thus far, given the right circumstance.

Dr. Ryce's and Dr. Dispenza's work, as well as other anecdotal methods to activate your "third eye" such as breathing methods, yoga, meditation, taking certain supplements, doing a pineal detox or cleanse, using crystals and various vibrations tuned to certain frequencies, might hold the answers.

Dr. Rick Strassman wrote a book on DMT called "The Spirit Molecule: A Doctor's Revolutionary Research into the Biology of Near-Death and Mystical Experiences" [32]. In this amazing book, Strassman sees DMT consistently producing near-death and mystical experiences with his volunteers. any reported encounters with intelligent nonhuman presences, aliens, angels, and spirits. Nearly all felt that the sessions were among the most profound experiences of their lives.

## The Pineal Gland Commonly Becomes Inadequate & Calcified as We Age.

In 80% of adult humans, the pineal gland contains calcifications defined as "corpora arenacea" or "brain sand" [33].



One of the defense mechanisms protecting the body against the effects of fluoride toxicity seems to be its deposition in calcified tissues. The symptoms of excessive fluoride accumulation in bones and teeth are known and well documented, classified as skeletal fluorosis and dental fluorosis, respectively.

Calcium deposition into the pineal gland is similar to that found in bones. The process of calcium accumulation in the pineal gland is initiated in childhood and even in newborns.

Calcification is accompanied by a reduction in melatonin synthesis. Pineal gland calcification has an indirect effect on the production and secretion of melatonin. The image here shows the severe calcification of the pineal.

In light of this science, it may make sense to limit fluoride intake by avoiding drinking most municipal water sources, which have been fortified with fluoride, as well as many conventional toothpastes.

Researchers have studied a potential connection between increased fluoride exposure and pineal gland calcifications. Fluoride is a naturally occurring mineral that some areas add to their water supply to reduce tooth decay. The mineral is present in most toothpaste because it's thought that it necessary to maintain and strengthen tooth enamel. Yet, fluoride is naturally attracted to calcium, and researchers believe increased fluoridation leads to increased pineal gland calcification.

A study in 2019, 'Fluoride-Free Diet Stimulates Pineal Growth in Aged Male Rats' [34], found those who were placed on a fluoride-free diet for 4 to 8 weeks experienced a greater increase in the number of pineal gland cells compared with those who consumed fluoridated food and drinking water. See the chapter on pineal for more details on this subject.

***Dr John Comment Box: Endo-Nasal can support a healthy pineal.***

*The stagnation and chronic swampy state of the pineal from a locked up cranial structure can be improved using endo-nasal cranial work.*

## **These are my favorite natural alternatives to fluoride toothpaste.**

### **1. OZONE TOOTHPASTE**

The disinfecting power that ozone has can be used to kill many different types of bacteria that cause certain diseases, pain, and tooth decay. Ozone is dissolved into tooth paste and can penetrate areas of the teeth, gums, and mouth. This is my go-to tooth paste.

[Ozone tooth paste](#)



### **2. MINERAL CREMES/MOUTHRINSES**

You can use a mineral creme which coats your teeth in a protective film. This film can release natural calcium and phosphate minerals into the enamel. A mineral mouth rinses can provide bioavailable minerals in high concentrations to naturally strengthen enamel.

### **3. TOOTH POWDER**

Therapeutic tooth powder can be used daily to neutralize acidity in the mouth and provide naturally occurring minerals to strengthen your enamel.

### **4. MCT OIL PULLING**

Oil pulling with MCT coconut oil can be an excellent way to support your teeth. Coconut oil contains monolaurin, which has antibiotic properties and naturally occurring minerals. Oil pulling involves swishing oil around the mouth, using it like a mouthwash. Put a tablespoon of MCT oil in your mouth, then



swish it around for 15–20 minutes. Try adding a few drops of peppermint or tea tree essential oil to create it even more effective and it tastes better as well.

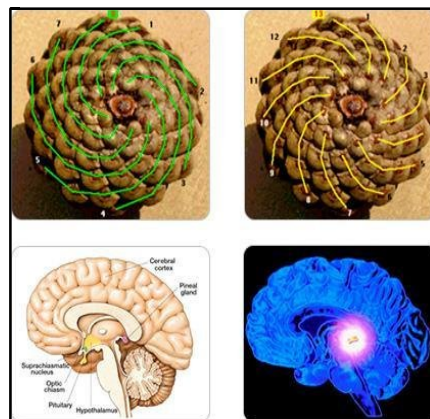
## 5. XYLITOL

[Xylitol](#) is a natural sugar and tastes sweet. This 2003 [study](#) [35], shows that xylitol is effective at re-mineralizing enamel. Make sure to chew it after or between meals to get the maximum remineralization benefits.

## Support Your Pineal Gland

Pineal calcification is calcium deposition in the pineal gland, which has long been reported in humans. The occurrence of pineal calcification depends on environmental factors, such as sunlight exposure, toxins like fluoride, and increased metabolic activity. This calcification is seen in many chronic conditions.

Studies have found that the more metabolically active the pineal gland is, the more likely it is to form calcium deposits. Furthermore, researchers have conducted animal studies where gerbils who were exposed to less light than others had higher amounts of pineal gland calcifications [36]. Darkness strongly influences the pineal to release melatonin. If the pineal gland has to work harder to produce your melatonin as a consequence of less sunlight exposure, calcification can occur.

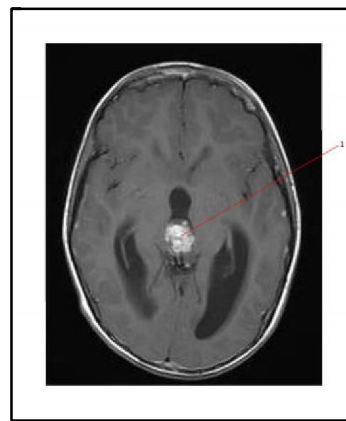


Certain chronic medical conditions will increase the likelihood of pineal gland calcifications. Pineal calcification causing lower melatonin levels can lead to a lowering of the body's ability to be resilient to stress adaptation. Examples of these medical conditions include Alzheimer's disease, migraine headaches, kidney disease, and schizophrenia. One consideration about all degenerative neurological conditions is the glymphatic connection. The glymphatic system is the primary detoxification mechanism used by the central nervous system. Deep sleep is the strongest activator of this system and is enhanced or inhibited from a properly functioning cranial structure.

Considering the swamp/river relationship to cellular health, it's easy to see how poor cleansing leads to accumulation of waste. This leads to proteins like beta amyloid, such as with Alzheimer's disease, that build up and entangle the nerves within the brain. Reading through this book you can see how vast of an influence melatonin has on all of your organs and cells. Sleep is more important than nutrition for pineal health, and the body needs to have a strong circadian rhythm, both of which rely on a healthy pineal and cranial function.

## Can you decalcify your pineal gland?

Besides cranial work, sun, and breathwork, you need to stop consuming fluoridated water. If you're on a public water system, you can request support from your water supplier, which will contain information about fluoride and chlorine, which is another mineral that may contribute to calcifications. As an alternative,



some people will have a whole house water filter that is a reverse osmosis system at the sink to have pure water to drink. Quality bottled water can be another way to avoid drinking toxins. Avoid toothpaste that contains fluoride. Fluoride is also used in pesticides and some chemicals used to create non-stick compounds for pots and pans. Eat organic foods and avoid processed foods to reduce fluoride consumption. Calcium supplementation consumed in excess could be problematic, especially if you're low in vitamin D and K-2. Another issue could be taking too much vitamin D and not enough vitamin K-2, as the K-2 is needed to prevent the calcium from depositing into your tissues. Either way, to answer the question: Yes, it is possible to decalcify the pineal gland.

## Nutrients To Detox Your Pineal Gland

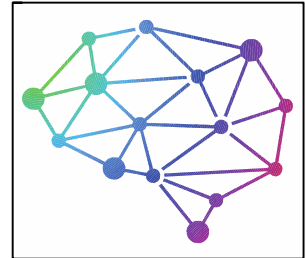
Spending more time in the sun each day and limiting the use on sunglasses, regular meditations, prayer, and breathwork are all great ways to detoxify your pineal. Breathing that works on the hydrostatic pressures in your CSF may have the strongest effect to detoxify the pineal. Recall my analogy about the swamp versus the river and consider that circulation brings in nutrients and takes out garbage. There are also supplements and foods that can help. Besides melatonin, there are a few others that can be helpful. Here are the ones I found to be most relevant:

- ***Iodine*** is a mineral found in sea vegetables, like seaweed or kelp. This vital mineral assists the thyroid gland in regulating hormones and is one of the most efficient removers (chelators) of heavy metals from the body. Iodine chelates heavy metals such as mercury, lead, cadmium, and aluminum, as well as fluoride.
- ***Shilajit*** is plant material produced over millions of years from plants preserved in dark crevices of the Himalayan Mountains. Shilajit forms a thick resin that's packed with 85 different trace minerals including fulvic acid. Fulvic acid helps eliminate toxins and heavy metals, supporting the decalcification process.
- ***Turmeric*** is another excellent supplement for your pineal gland detox. This study in Pharmacognosy Magazine shows that curcumin, the active ingredient in turmeric, can prevent and potentially reverse the damage from fluoride exposure [38].
- ***Chaga Mushrooms:*** The Chinese call it the "King of Plants." In Siberia, it's the "Gift from God", and for the Japanese, it's the "Diamond of the Forest." Not bad for wood-rotting fungus! Hundreds of scientific studies have demonstrated the potent effects of the Chaga mushroom on the immune, hormonal, and central nervous systems. Studies in Finland and Russia found that Chaga is an efficient anti-tumor agent as well as antiviral. Chaga provides us with phytochemicals, nutrients, and melanin. The pineal gland uses melanin to help shield us from UV light. Siberian Chaga may be the most potent with the highest recorded levels of antioxidants according to the ORAC Scale [39, 40, 41].

- **K2 or factor X:** Intestinal microflora in animal tissues produces vitamin K1 & K2. You can find it in organ meats, fermented dairy products, like cheese or butter (grass-fed butter), sauerkraut, and marine oils.

In 1945, the “Isaac Newton of Nutrition,” a former dentist named Weston Price, described a vitamin-like compound that plays a major role in:

- Growth
  - Reproduction
  - Brain function
  - Tooth decay prevention
  - Protection against calcification of the arteries
- **Tamarind:** One study and a follow-up study from the early 2000s demonstrated that tamarind increased the excretion of fluoride in urine compared to the control group. The researchers believe tamarind may even be able to reverse the effects of skeletal fluorosis caused by ingesting fluoride [42, 43].
  - **Green Superfoods:** Finally, eating raw, green foods that are rich in chlorophyll will also help chelate heavy metals from your blood while nourishing it. Chlorophyll-dense foods like chlorella, spirulina, and wheatgrass also increase oxygen levels, repair damaged tissue, and boost the immune system.



## Agnihorta & Sun Gazing



centers, which supplies life force to your organs and glands in the lower pelvis. The top of the fire produced frequencies that relate to the upper



This year, while traveling in California I was blessed to spend time with Dr Alan Macy, a biological engineer who shared the American Indian practice called Agnihorta which is where you stare at a specifically made fire for 10 minutes in the morning around sunrise and 10 minutes around sunset. He explained that the flames have a frequency and pattern that they “beat”. The frequency at the base of the fire produces frequencies that activate areas in your nervous system that relate to your lower root chakra energy

centers, which supplies life force to your organs and glands in the lower pelvis. The top of the fire produced frequencies that relate to the upper chakras and energy centers which support the head. And, there are frequencies all the way between the root and crown through the entire fire. This can be a powerful practice to create a strong signaling to the circadian rhythm and allow a powerful balance between the 2 parts of your autonomic nervous system; the sympathetic and parasympathetic nervous system. Another method I am finding helpful and is very easy to integrate into your activities with little effort is using the SaunaSpace bulbs for 20-30 minutes in the morning and evening

Dr Alan Macy



around sunset and sunrise. The bulbs made by [SaunaSpace](#) are unique and amazing. My good





friend Brian Richards developed this bulb which has 40% Near InfraRed! I set 1-2 lamps in my living area which extends into my kitchen. I'm then exposed to the light without any downtime. I try to wear only a little amount of clothing during this time. Brian is giving out a 5% off coupon which is "[LIEURANCES](#)". Calming down the stress responses (or sympathetics) is very important for general health and vitality. Stressors which exceed our ability to adapt resulting in excessive inflammation, are the primary factors driving disease in modern times. Sometimes we are unable to reduce the stressors in our life, however we can increase energy at the

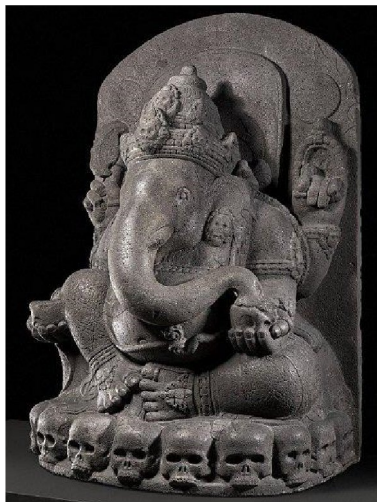
cellular level which will give our bodies the ability to adapt. This is the case with the use of light therapy and PBM.

Sun Gazing can also be very powerful when done at sunrise and sunset. My good friend and well-known podcaster, Luke Story, recently visited me and shared this technique with me. He stated that this practice has helped him feel more vital during the day and sleep more peacefully at night. I have been doing this myself and love the effects as well. It is totally safe to look at the sun without sunglasses in these times of day where the sun is close to the horizon. It may even be safe to do some in more extreme times of sun, however, I would suggest you work with your health care provider or study under someone that understands sun gazing before starting a sun gazing practice.



## Genesha, the Lord of Doorways, Sits on a throne of Skulls.

In Hindu mythology, Ganesh is the scribe of the Mahabharata [49], one of two epics of ancient India that includes the [Bhagavad Gita](#). Ganesh (also spelled Ganesa or Ganesha, and known as Ganapati, Vinayaka and Pillaiyar) is the Lord of Good Fortune who provides prosperity, fortune, and success.



Ganesha sits on an Asana of skulls or Throne of Demon Skulls. Ganesha is the remover of Obstacle's, Lord of Beginnings and Doorways, and is one of the most beloved and recognized Hindu Gods. They say Ganesha is the remover of obstacles, and doors are the obstacle to what's behind them and to new beginnings. Ganesha's ultimate purpose is laya, or ultimate liberation from Maya Rupa or the illusory state of samsara.



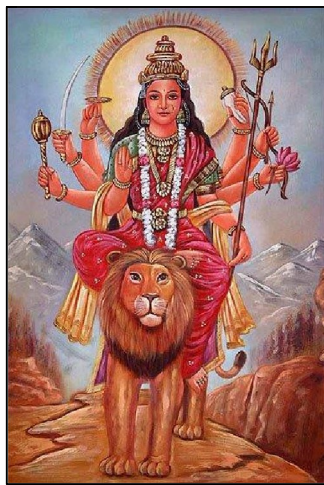
In Hindu, they will chant to

Ganesha or Ganapati (Ganna Party) to be let through the doorway to the Divine. Like a bouncer at a club, Ganesha sits at the doorway to the Divine Oneness and

lets those through the doorway that are in harmony with the divine. To be in Harmony, means to be in a state of Bliss, Gratitude, and Love. In Hinduism, demons often represent ignorance, hostility, fear, anger, and jealousy, as well as other bad characteristics, and hence the various Hindu Gods and Goddesses often conquer demons. So, in this statue, Ganesha is sitting on top of a throne with demon skulls and represents overcoming our own inner demons. In other words, these are the same ideas Yeshua brought forth in the original Aramaic Scripture regarding the veil of the temple, which is the barrier between the conscious and unconscious. That barrier is represented in Hindu as demon skulls. The barrier, the veil, or skull structures can be opened by proper use of the breath and function of the cranium. Here is Ganesha holding a skull or empty inverted Kapala to signify the emptiness of mind and perception. Drinking from skull cups, you are taking in the nectar of pure perception and imagining without boundaries, where the mind creations emanate from the primordial void of pure possibilities, like the aureoles of flames from a fire.

**‘Maya Rupa’ refers to an illusion of form.**

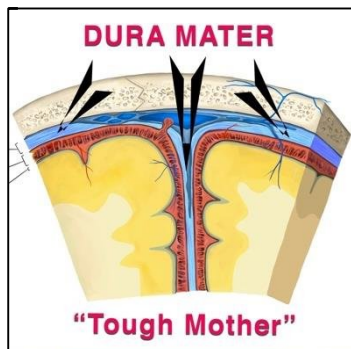
Maya is the Goddess of Illusion, and Rupa means ‘form’ so, it is Illusion of Form. All of our illusions are based on our filters of reality which we create based on what we are taught by others, through our experiences, relationships, and genetic imprints. These filters alter our perception, so we experience the world in our own unique way. This is why multiple people can experience the same things and have radically different objective views of the same event. We all have our own Maya Rupa experiences that can either support a blissful, positive and vital



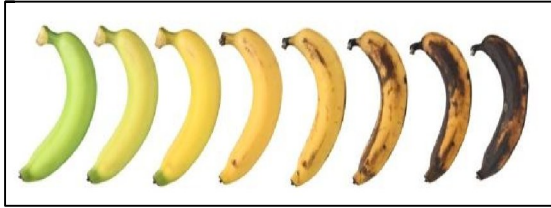
experience of life or it can take us into fear and hostility. Uncovering these filters that hide under the veil, locked in by the breath and stored in our tissues, such as within the dura mater, is the key that has been brought forth in several religions. Within Hindu and Buddhism, and based on the original Aramaic scripture, there is also Jesus or Yeshua. Is Evil (unripe or missing a target) really a demon with horns or a black figure with a pitchfork, or is it something we create within ourselves that is largely hidden from us within our unconscious and subconscious mind?

*Dr John Comment Box: We hold our breath when fear and hostility come up Thought forms come from the mind, are unconscious & subconscious, and they get stored and/or are retrieved to build our identity of self. These thought forms are only energy stored and this*

*storage occurs, in our body’s connective tissues such as in the Dura Mater.*



An interesting fact that puts this in perspective from a scriptural point of view is that the word 'sin' is used by the Catholic church to suggest an act that results in going to a fiery hell where you burn for infinity. Actually, sin was described in the original Aramaic scripture as an archery term that means you missed your shot (Evil) and try a new shot (Sin). The word Evil meant that you missed the mark, and sin meant give it another go. Yeshua also referred to Evil many times, and his true meaning in Aramaic was "not ripe"

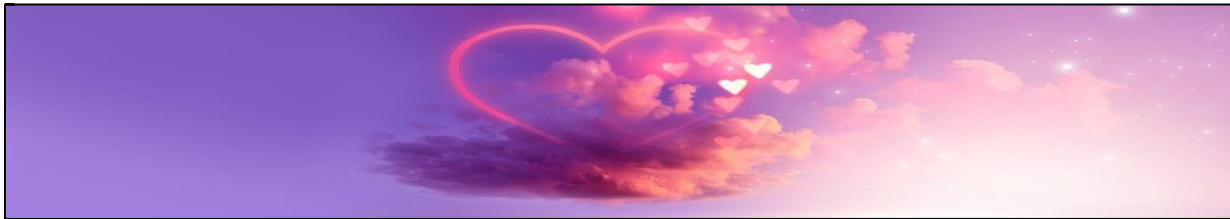


He would say, "sufficient for the day are the evils thereof." In other words, don't set too many goals for your day that you cannot complete and retire with un-ripened

goals. It is similar to closing out extra programs running on the computer before sleep because you know this is a good way to live.



Yeshua said "Fear Not" 100's of times throughout scripture, so it seems he was not intending us to be in a state of fear. In the scriptures, He says, "The Beginning of Wisdom is Fear of God." Fear creates a threatening reality and I offer this is a misinterpretation of Yeshua's true meaning. Yeshua spoke about Rakhma as the filter that is through love, and that filters out hostility and fear. Love is our natural state and without Rakhma, intentions that are key to love are blocked.

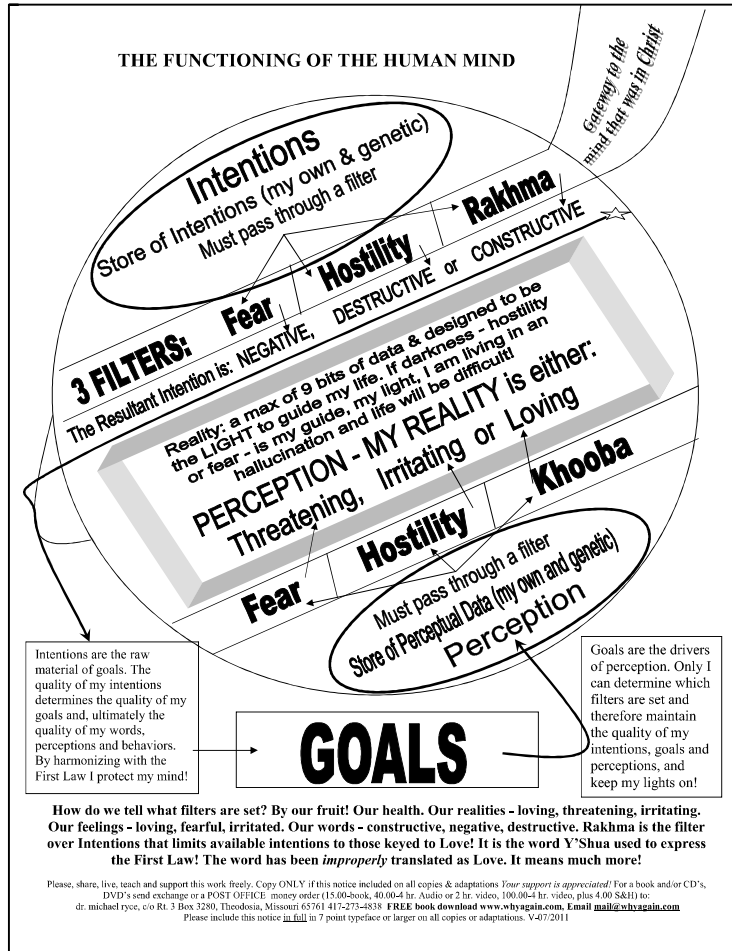


Intentions are the key to drive our goals, so ask what are our goals based on? If Yeshua's intention was to teach us to live through Rakhma, then the goal of spiritual growth is to drop all fears and live from a place of pure love. When we live from love, we experience life totally different from that of fear and hostility. Yeshua spoke about an area of the mind he called [Rakmah](#) which filters reality through pure love, and that this was something to work towards.

The Greeks translated the Aramaic scripture from this fear/hostility perspective as well as a filter to control the public through fear-based religious teachings. Many of the scriptures have not been interpreted through Rakhma, and Michael Ryce is one of the few individuals who discovered what was the true message given by Yeshua. When he brought this up during his time as a



deacon in the Catholic church, he was told to be quiet about this and thus he went his own way.



*A Diagram out of the book Why Is This Happening To Me...Again. See WhyAgain.org to purchase Michael's book or to learn about his teachings.*

## Conclusion

The pineal is an important gland due to its connection to melatonin production and spiritual connectiveness. It serves as a connection to a "source" or a divine oneness, and its ability to be healthy relies on a properly functioning cranium with a wider structure.

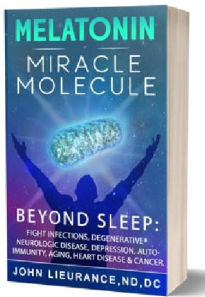


It has now been scientifically proven that the pineal, via its piezoelectric effect through the pressures CSF imposed upon it, and that with breath and cranial rhythm, the pineal may be like activating a radio receiver. Moreover, the pineal may allow us

to have the ability to access information in the spectrum of very high frequencies and allow us to perceive and interact with the Source Field. This gateway seems to allow for health and healing in the body through tiny particles that are released, such as VSEL stem cells and exosomes. Also, remote viewing that many prophets and religions speak of, means receiving information from the quantum and divine states of complete love and oneness.

In other words, the pineal gland may serve as a connection with a force we might classify as mystical, holy, divine, God or the creator. Whatever one chooses to call this force or energy; it's difficult to deny its existence.

As you have learned from past chapters, endo-nasal cranial work can be a powerful supporter to the CSF flow and the cavernous effect, due to a wider cranium, which amplifies source field. Breathwork is one of the best ways to strengthen and support the CSF flow as well as the autonomic parasympathetics. Both can also lead to DMT production and access to a divine and a mystical oneness experience. Endo Nasal Therapy, by opening the nasal passages, allows for better activation to the limbic oscillations, default mode network and salient networks. This can have profound impact on how we process information and build our constructs of reality, and our identity of self, which is hardwired into the SN & DMN.



Melatonin supplementation, such as with Sandman, can be very supportive to the body and pineal in high doses as discussed in the book Melatonin: Miracle Molecule. Anyone interested in pineal health should consider including cranial work, prayer, meditation and breathing techniques into their daily ritual. I prefer to do these early in the

morning as this seems to be the best time due to melatonin levels. Doing these techniques before bed would be the next best time.

Early morning and late afternoon sungazing and ditching the shades while driving will support less calcification of the pineal. Also, microbiome support might be the next gold rush for mental, emotional, and spiritual health with the new Bliss-Tides.

Ultimately what we are speaking about is a deeper connection to Source. That connection might be the most important one we make in our lifetime. You can own all of the real estate,

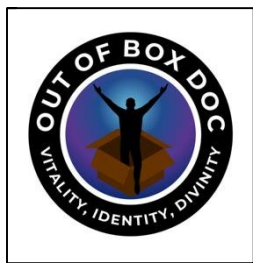


fancy boats and cars, and you can have many degrees, but none of this will really help you on your spiritual journey. In fact, it is often a hindrance as it gets you more into your mind and focused on material things. As Dr. Ryce explained, this further disconnects you from your subconscious, allowing those less empowering thoughts and beliefs to run the show behind the scenes. Working to uncover them may also uncover a calmer and more present state that could greatly enhance your life experience. In addition to these benefits, some might find something even more profoundly amazing within the source field. It's a simple process of moving the "Nos" in our mind and saying "Yes" to the present moment, and fully being in this openness. This spacious "Now Moment" is where we experience our true nature as love.

Although the material in this chapter is related to endo-nasal, I veered off of the scientific conversation in some parts into more ethereal ideas. I hope that this has given you the "eyes to see" and the "ears to hear" the potential for a higher level of consciousness. May it spark a journey into deeper exploration into your own consciousness and unconscious mind, and create a more loving empathetic filter or Rakhma to see life through.

## Retreats with Advance Rejuvenation

*I will be holding workshops from time to time on this subject in Sarasota, Florida, so please check with our website [OutOfBoxDoc.com](http://OutOfBoxDoc.com) or [AdvancedRejuvenation.us](http://AdvancedRejuvenation.us) and click retreats to learn about:*



*How to create the most vital body and brain, breathwork, psychedelic medicine journeys with ketamine and endo-nasal (Bliss Release), Bliss-Tides, improving the body's vitality to achieve higher levels of consciousness, achieving a direct experience of Divine Oneness, and accessing the unconscious/subconscious mind, thoughts and belief patterns that are driving unwanted emotions and behaviors in order to remove these from your operating system.*



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