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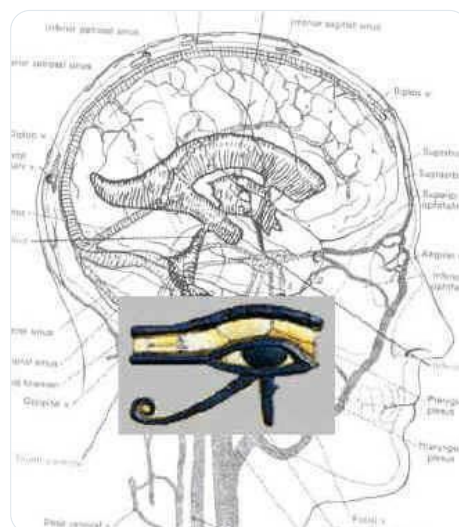
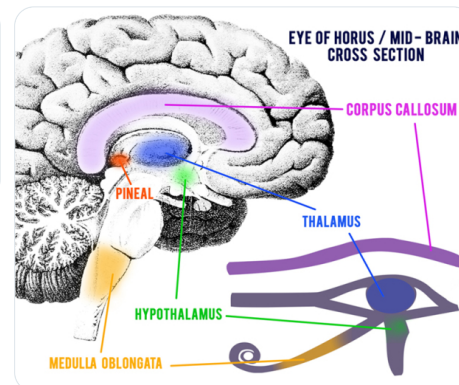
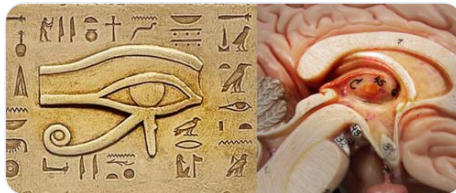
The pineal gland (3rd eye) is a tiny pinecone shaped gland that sits directly in the middle of the human brain.

The 3rd eye is the path to higher dimensions and the evil anti-human cabal have been doing their best to keep it shut off from us!

THREAD.

Let's look at some evidence about the pineal gland

As these diagrams show, the pineal gland cross-section is very similar to the infamous "all-seeing eye" that we all are familiar with -



"Hidden in plain view" once again! Another coincidence?

I think not. The Pineal gland also serves other function but top scientists claim they don't really know much about it (this means they can't say much about it, big difference)

It secretes a hormone named melatonin -

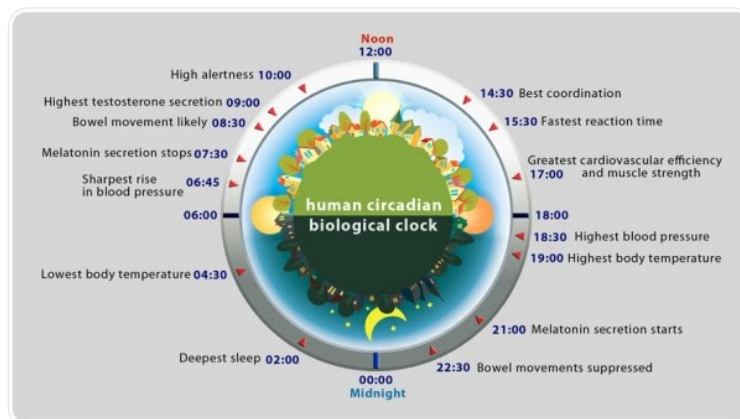
# HIDDEN IN PLAIN VIEW

Which aids with sleep as a key factor in the

"Circadian Rhythm"

This is the pattern in which certain hormones are released through the day.

The Pineal gland acts on the trigger of ambient light. This is why deepest sleep is during the darkest hours of the night/morning -



This is all mainstream science.

But the 3rd eye aspect of the pineal gland is a lot more occult, therefore the information is more esoteric and hidden from the masses. Let's look at some more symbols that show this.

The Biggest one is in the Vatican.



The Vatican is the HQ of the global cabal, they have massive influence and power and this is where the Jesuits (top cabal secret fraternity) operate from.

But we find the same pinecone symbolism throughout history and across the world.

Why do they have this pinecone?



This is a symbol of their control over our subconscious minds, our perception of reality, these monuments, statues and carvings are there to remind us, who holds the key to our 3rd eye.

It's a symbol of mental & spiritual oppression!

The 3rd eye gives us this (when clean and not clogged up with their poisons)

- higher consciousness
- a deeper understanding of life and death
- a newfound ability to control the future
- a sense of peacefulness and bliss
  
- extrasensory, clairvoyant, intuitive and psychic abilities
- expanded perception
- enhanced capacity for self-healing
- stress reduction
- calmness and clarity
- newfound sensitivity

So how do we clean it from the vile trash they pump into our systems and minds each day.

The pineal gland can easily get a “build-up” of calcium deposits through improper diet, fluoridation in tap water, and pesticide-laden foods. This is called “calcification”.

Unknowingly -

many people have this problem.

So how do we get rid of it?

Through your diet of course!

Eating a rich plant-based diet has the effect of cleansing the body, naturally and painlessly.

But you can greatly speed up that process by incorporating just a few other things -

Spend time in the sunlight every day:

Morning light starts the circadian rhythm which regulates melatonin release in the pineal gland.

Sleep in complete darkness: In the evening, darkness begins the four-hour melatonin release cycle.

Artificial light can interfere with -



melatonin release, unsettling serotonin to melatonin production in the pineal gland.

Reduce blue-light exposure: TV, mobile, and lighting with blue light can interfere with the normal release of melatonin from the pineal gland.



Perform daily mindful meditation, research shows meditation can enhance brain processes to heal the pineal gland.

Meditation helps produce deep brain waves and stimulate the relaxing parasympathetic nervous system.

Closing your eyes helps stimulate darkness.



Unlocking your 3rd is key to happiness but it has to be done often.



It will be clogged up again very soon afterwards.

The cabal goes to extreme lengths to keep it closed.

So they can keep that pinecone - firmly in their grubby claws of death!

OPEN YOUR MIND!

END THREAD.



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