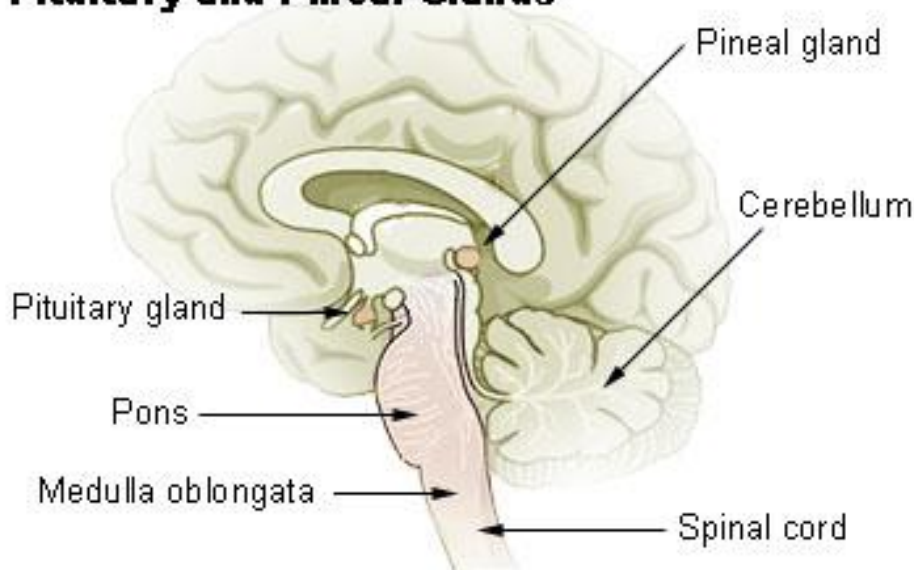


## Practice - Newsletter - February 2024

### *Power center of the month*

### The pineal gland and the power of faith

#### **Pituitary and Pineal Glands**



*The next round of the annual seminar "Life success through applied spirituality" starts in June 2024. Part of the annual program is my course "The Twelve Steps to Self-Knowledge", which takes place once a month as an online evening course. In this course, I introduce twelve physical power centers, each of which is linked to a spiritual power or cognitive ability such as faith, love, steadfastness, discernment, etc. I will use the next twelve newsletters to briefly introduce one power center each, the detailed information as well as a guided imagination journey to beautiful music will then be available in the evening courses. Elke and I will provide more information on prices and dates in good time. Today I will briefly introduce the pineal gland and the power of faith associated with it.*

The pineal gland, also known as the epiphysis, regulates the sleep-wake rhythm by converting the serotonin produced during the day into melatonin at night. Our modern lifestyle does not exactly favor this natural process. Medical studies show that an adequate supply of melatonin is very important for our health and longevity. Unlike in many animals, the human pineal gland does not (or no longer) absorb light directly, but remnants of photocells can still be detected. In humans, light information enters the body via the retina and optic nerve and is transmitted to the pineal gland via a complicated circuit.

The pineal gland is also called the "gateway to the soul" by the spiritual sciences and also plays an important role in yoga philosophy, for example. We will take a closer look at this in the course. Knowledge about the pineal gland is very old and many myths have long been associated with it. René Descartes (1596-1650), the founder of rationalism, wrote, for example: "There is a small gland in the brain in which the soul performs its function more

specifically than in any other part of the body" (Les Passions de l'âme, Art. 31). A malfunction of the pineal gland can lead to disorders in sexual development. The gland also plays a certain role in some cancers. Calcification of the pineal gland is a common manifestation of old age.

The supply of melatonin, the hormone of the pineal gland, in dietary supplements and medication to regulate sleep is currently being increasingly advertised in the media. The official dosage recommendation for food supplements containing melatonin is currently that a quantity of 1 mg per day should not be exceeded.

The pineal gland also has a direct effect on the psyche. Melatonin deficiency can lead to depressive states. However, the pineal gland also produces a hallucinogen called dimethyltryptamine (DMT), which is also contained in psychedelic plants. This substance promotes creative thinking, altered visual perception and novel thought structures. The pineal gland produces more DMT during the birth and death process as well as during spiritual practices such as meditation.

At the base of this cone-shaped pineal gland is a lenticular structure about the size of a mustard seed. Metaphysical literature states that this structure can grow to the size of a pea through spiritual practice and it is said that a light source of biophotons emanates from this lenticular structure, which shines brighter with increasing spiritual development. The inverted pine cone between the two wings at the top of the Hermes staff, around which the two snakes (Kundalini) wind, is said to be a reference to the developed pineal gland, on the right an example from Masonic symbolism.



When I read about the lenticular structure the size of a mustard seed, I immediately thought of Jesus' statement that faith the size of a mustard seed can move mountains. Perhaps this is why the pineal gland is assigned to the power of faith in Christian metaphysics, because spiritual development begins with it. However, faith is not only at the beginning of spiritual development, but at the beginning of every development. For if we do not believe that something is possible, we will not begin. A child who does not believe that it can walk, speak, read and write will not develop. If we do not believe that we are more than rational mammals, than bio-machines controlled by electrochemical impulses, we will not develop spiritually, i.e. awaken to the realization of our true identity as spiritual beings.

Neuro-linguistic programming (NLP) teaches us that the basis of all our actions are so-called statements of belief. We therefore act on the basis of certain beliefs and only see the world in the light of these beliefs.

In my course, we focus on identifying such beliefs, disempowering them if necessary or replacing them with better functioning ones in order to strengthen the power of belief and enable development.

In winter, when there is less light, the pineal gland is very active. Winter opens up access to the inner world. So make the most of every sunny, cold day to go outside and support the pineal gland. With this in mind, I wish you many such days and send you my warmest greetings!

## **Dates, important and current events:**

### ➤ **Elke's date preview:**

FEB 02, 2024: Online meditation

FEB 08, 2024: Annual circle festival "Brigid - the fortune finder"

FEB 14, 2024: Self-help meeting point  
FEB 15, 2024: "Start of the annual " Joy of Life" program

For more information, please contact Elke: [naturheilpraxis.tegel@gmail.com](mailto:naturheilpraxis.tegel@gmail.com)

- At irregular intervals on Sundays from 15:00 - 18:00 we organize a spiritual devotion, i.e. common prayer and singing, Bible text with metaphysical interpretation, joint meditation. Next dates: 24 MAR 2024, 21 JUL 2024, 20 OCT 2024.

## Annual support program for people with chronic health challenges

Elke and I often look after patients with so-called chronic illnesses together. In this respect, I would like to use this newsletter to draw the attention of my patients and clients who feel addressed to the annual support program "Joy of Life", starting on Feb. 15, 2024. What should be particularly interesting about this program for my patients is that they will have the opportunity to integrate the monthly individual sessions with me to a certain extent into the framework of this annual program, a clear win-win situation for patients and clients!

I am therefore including Elke's current advertisement for this program here:

## Want to live life?

On our journey through life, we encounter obstacles that we experience and are allowed to experience. These obvious obstacles can be resolved; not only through physical changes such as dietary changes, detoxification measures or various medications, but much more through self-recognition and self-understanding.



The joy of life seminar was created in response to the desire for long-term support for people who are going through or have gone through a challenging life situation. The aim is to satisfy the essential need to continue on a personal healing path in a protected atmosphere with expert support.

You will receive:

- individual, personal, medical and mental care
- profound inner strength
- a new perspective on your life that enables lasting recovery
- support through the particularly appreciative and beneficial group energy
- the opportunity to book a half or full year and put together an individual program.

Would you like to take advantage of this unique support? Then you have the option of booking various modules. Take a look at my information page: <https://www.tegel-naturheilpraxis.de/LebensLust-Jahresseminar>. There you will also find feedback (customer testimonials) from participants in the "Joy of Life" - Group 2023.

Your Jörg Schuber



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3. Rose: private
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