

THEOSYNTHESIS®



LIV2DAY

Abundantly Connecting to God

Dr. Paula McDonald

THEOSYNTHESIS®

Bonus Chapter

The Amazing Pineal Gland

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INTRODUCTION

If you have never heard of the Pineal Gland, you are not alone. You are most likely wondering why this topic is being included as something so essential to be included in my work on Theosynthesis. I've stumbled upon something so fascinating, and I haven't been able to rest without digging in deeper into this mysterious and intriguing topic.

What led me to dig into this tiny, yet vital little gland was from a Bible study I was teaching. Our chapter-by-chapter, verse-by-verse study, allowed me to dissect the Word like never before. God continues to reveal to me unbelievable truths I might have otherwise missed by not combing the Word in such great detail.

As we were studying the Book of John, when I came to chapter 12, where Mary anoints Jesus with the expensive oil, this dive into the pineal gland begins. I understand that every detail that is put into Scripture is for a reason. Therefore, researching the oil that Mary used to anoint Jesus took me down a rabbit hole and revealing some fantastic facts.

"Then Mary took about a pint of pure nard, an expensive perfume; she poured it on Jesus' feet and wiped his feet with her hair. And the house was filled with the fragrance of the perfume."
John 12:3

Nard comes from a plant that grows only in the mountain of India & Nepal. Therefore, it is a rare plant that would have been imported, thus making it very expensive. Just collecting the plant, bringing it down the mountains, and then putting it through the complicated distillation procedure to obtain the oil makes this product even more precious.

"Nard" in Hebrew means 'light'. How appropriate that this was the oil Mary used to anoint the Light of the World! And, as you will soon recognize, light is a unique function of the pineal gland. We will discuss this a lot more later in this chapter.

The chemistry of nard oil is called a sesquiterpene. These are larger, more massive molecules that have properties that calm the body and reduce inflammation. These molecules can pass through the blood-brain barrier, thus allowing these free-radical (molecules that can deliver oxygen to the cells) to interact with the pineal gland and the limbic region of the brain.

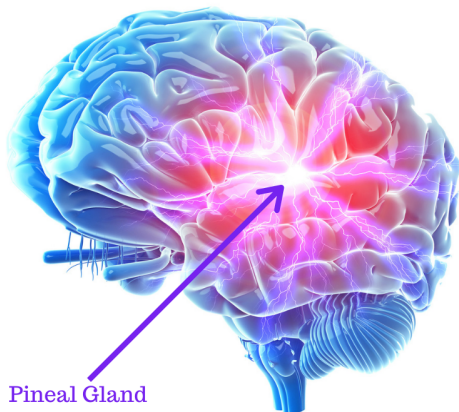
Our limbic system refers to a group of structures in the brain that work together, bridging the mind/body connection. Emotions will trigger an emotional response through the limbic system. The pineal gland sits in the center of this system.

Finally, the word "pineal" is from the Old Testament, meaning the face of God. As with the light, you will soon understand how perfect the word's true meaning has for this topic. Again, noting included in the Bible is by coincidence.

ANATOMY

The pineal [gland](#) found in vertebrates contains the source of [melatonin](#), a from [tryptophan](#) that plays a vital role in regulating the [circadian rhythm](#). The circadian rhythm is the 24-hour cycle of biological activities in our body that are associated with natural periods of light and darkness. The pineal gland is the only other part of the human body that is capable of detecting light. Therefore, this gland is fundamentally crucial to getting the sleep that we need.

The pineal gland also contains similar rods and cones associated with the eye. This is another reason why this gland can detect light. This tiny structure also contains water which we know can act as a conductor of electricity. As we will discuss below in the care of this gland, you will understand the importance of the water within this little pellet.



French philosopher [René Descartes](#) quotes, “The pineal gland is the seat of the soul.” Now, how cool is that? Many have referred to the pineal gland as our third eye because it is where we connect spiritually with God.”

It is a quiet space where we can meet with God spiritually. This gland is believed to be fully activated when we pray and meditate. There is much controversy over this; however, because God created us to know and seek Him, it would make sense that He also created this special gland in which to connect directly with Him in this secret place.

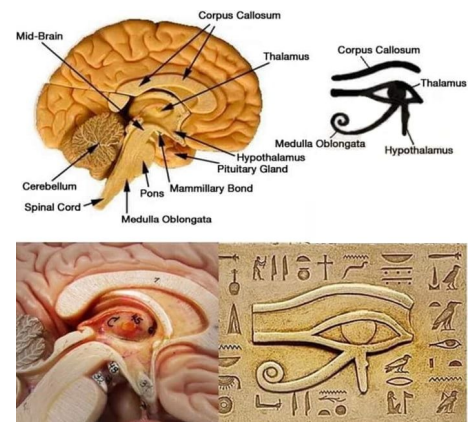
“He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty”. Psalm 91

HISTORY

The ancient Egyptians were very familiar with the Pineal Gland. Many hieroglyphics depict the Pineal Gland. Most notable are the many drawings of the “Eye of Horus”. To the Egyptians, this “eye” was a symbol of protection. It was believed to rid the body of negative energy and to promote harmony within.

You can see many examples of this eye in the artwork, how the Egyptians painted their faces defining they eye, and the “eye’ by shown by itself on many of their symbols. The Egyptians had many advanced studies of knowledge and it appears they understood the Pineal Gland and its importance. They understood this gland was important for wisdom, creativity, connection to a higher power, and basic intuition.

The Egyptians revered the importance of the Pineal Gland and understood its function in humans and in having the ability to



connect to God and to other people. Over time and for unknown reasons, this information regarding the purpose and function of the Pineal Gland became obsolete. There are also many theories out there as to why this information has been “suppressed” to mankind. These theories are certainly worth investigating and I would recommend digging deeper.

SPIRITUAL SIGNIFICANCE

Many believe this truth about the pineal gland has long been known and kept from the masses. Imagine the power and the knowledge the proper connection with God has on people! Sadly, many want us to remain as sheep who follow any master other than God. If you believe this to sound conspiratorial, I urge you to dig in and do some further research on the topic.

A good question then, is why aren't we tapping into this power center that we all have within us? What research has found is when this gland is not activated regularly, calcification is common. By activation, I mean through the act of engaging this gland through time spent with God. If we are kept so busy in our lives where we barely have time to rest, pray, and meditate, these activities take a back seat. Therefore, over time, the pineal gland can become calcified and ineffective.

Another contributor to a compromised pineal gland includes unhealthy food choices and fluoride. These substances are also known to contribute to its calcification. Most people over the age of 18 now have evidence of a calcified pineal gland, where a hard shell forms around the gland and the access to God can effectively be shut off.

When we care for our temple (our body), by feeding it properly, keeping it free from toxins, spending time with God, and meditating on His Word, the pineal gland is re-activated and strengthened. You all, do you realize what this means? Within yourself, you have an incredible tiny gland that allows you to connect to God powerfully! The more you connect to Him, the more enlightened you become!

This verse from Matthew, I believe sheds some “light” on this topic:

“The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.” Matthew 6:22

Now, how about that? At the beginning of this chapter, I was referring to the word, "nard" which means light in Hebrew. By the anointing of Jesus with the nard, Mary was demonstrating unbeknownst to her, that Jesus, who represents light, is our connection to God. I don't know about you, but for me, this truth delightfully hit me.

Here is another super cool truth. Phosphorous is found in the pineal gland. Phosphorus in Greek means "light-bearer". Isn't that interesting? Again, no coincidences. It's Almighty God!

Thank you for allowing me to go down this rabbit trail. I find these little nuggets of knowledge so vital for us to know. This realization of knowledge also confirms how beautifully and wonderfully we are made by our Creator.

THE AMAZING HUMAN BODY

Now, let's explore our incredible human body. We are composed of trillions of cells, numerous types of specialized tissues and organs, and eleven body systems. These systems include the Cardiovascular, Nervous, Lymphatic, Muscular, Skeletal, Integumentary, Respiratory, Urinary, Reproductive, and the Endocrine System. Each system is uniquely designed, providing us with the miraculous machine we live in—our earthly bodily home.

To fully understand the pineal gland, we will focus on the endocrine system. This system contains various glands that produce hormones and place them directly into your bloodstream. Hormones are vital as they regulate growth, mood, and metabolism, to name a few.

The brain is divided into two main sections called hemispheres. The tiny pineal gland is located snugly right between these hemispheres, putting it directly in the center of the brain. Because of this location, if you were to dissect the brain front to back and top to bottom, this tiny gland sits in the center, thus giving it the name—the third eye.

As light enters the eye through the retina, it travels through the nervous system where light is transferred to the pineal gland. Darkness signals the pineal gland to allow the brain to rest and secretes melatonin into the spinal fluid. For this reason, sleeping in a dark and quiet room is essential to getting a proper night's rest.

The pineal gland is shaped like a tiny pine cone per the name. If you do some research into ancient studies of the pineal gland, early people groups had an understanding of this gland. This fact is quite surprising given that today, scientists still don't fully understand the pineal gland. The ancient Egyptian lithographs depict many references to the pine cone and a third eye. In the Hindu tradition, they believe people have a third inner eye. Our two external eyes are used to see the physical world, while the third inner eye sees God's inward spiritual realm. They place a red dot on the forehead as a reminder to keep God in the center of their thoughts.

“So Jacob called the place Peniel, saying, “It is because I saw God face to face, and yet my life was spared.” Genesis 32:30

Remember, pineal or Peniel means the face of God. Perhaps this scripture verse is a clue to help us understand this special gland that we all possess, providing us with direct access to God. Imagine if you were to tap into your light center to God? You can and you must! You possess this remarkable gland that allows you to reach a deeper connection to God.

CARE OF THE PINEAL GLAND

There are lifestyle choices and methods you can adopt to decrease the calcification of the pineal gland. The first step is to understand what substances increase the toxicity of the gland. Avoiding these substances will help to protect and keep this precious gland open and healthy.

Remember in the earlier part of this chapter I mentioned there is a tiny amount of water within the Pineal gland? This is significant as we understand the calcification process of this structure. The fluid within this gland must remain liquid for it to remain at optimum function.

Pesticides, mercury, excessive calcium, fluoride, artificial sweeteners, too much caffeine, alcohol, and tobacco are just some of the chemicals to avoid. Read the labels of the products you use daily. Study the ingredients in your foods.

Just like your entire body, keeping it tuned up and free of sludge will enable it to function well for many years. Avoiding the calcification process within the Pineal gland is paramount to hone your spiritual connection to God. It is imperative to understand how very important this little structure is to us as spiritual beings. God created us with the ability to openly connect to Him.

Steps to protect and enhance the pineal gland:

1. Use natural detoxifiers such as apple cider vinegar, citrus fruits, iodine, and beets.
2. Flood your gut with whole foods such as fresh broccoli, spinach, kale, and carrots.
3. Consider filtering your water to remove metals, toxins, and fluoride.
4. Use all-natural, herbal toothpaste.
5. Pray and meditate regularly.
6. Spending some time in the sunshine daily.
7. Exercise regularly.
8. Practice deep breathing to calm and reduce stress.
9. Turn off electronics and remove them from the bedroom.
10. Eat pure cacao. That's right, this natural form of chocolate is great to ingest.

Notice that all of the above suggestions are also excellent for overall health. Not only will you be experiencing a spiritually, more profound connection to God, you will also give your body a healthy boost. Now that is good news.

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My book, THEOSYNTHESIS®~LIV2DAY, covers topics from knowing God, connecting to Him, caring for yourself, maintaining balance in your life, and so much more. I cannot wait to share what God has downloaded into me. I hope you will consider ordering my book. Head over to www.DrPaulaMcDonald.com and you can order it right there. I will write a personal note to you if you would like and I will promptly put it in the mail.

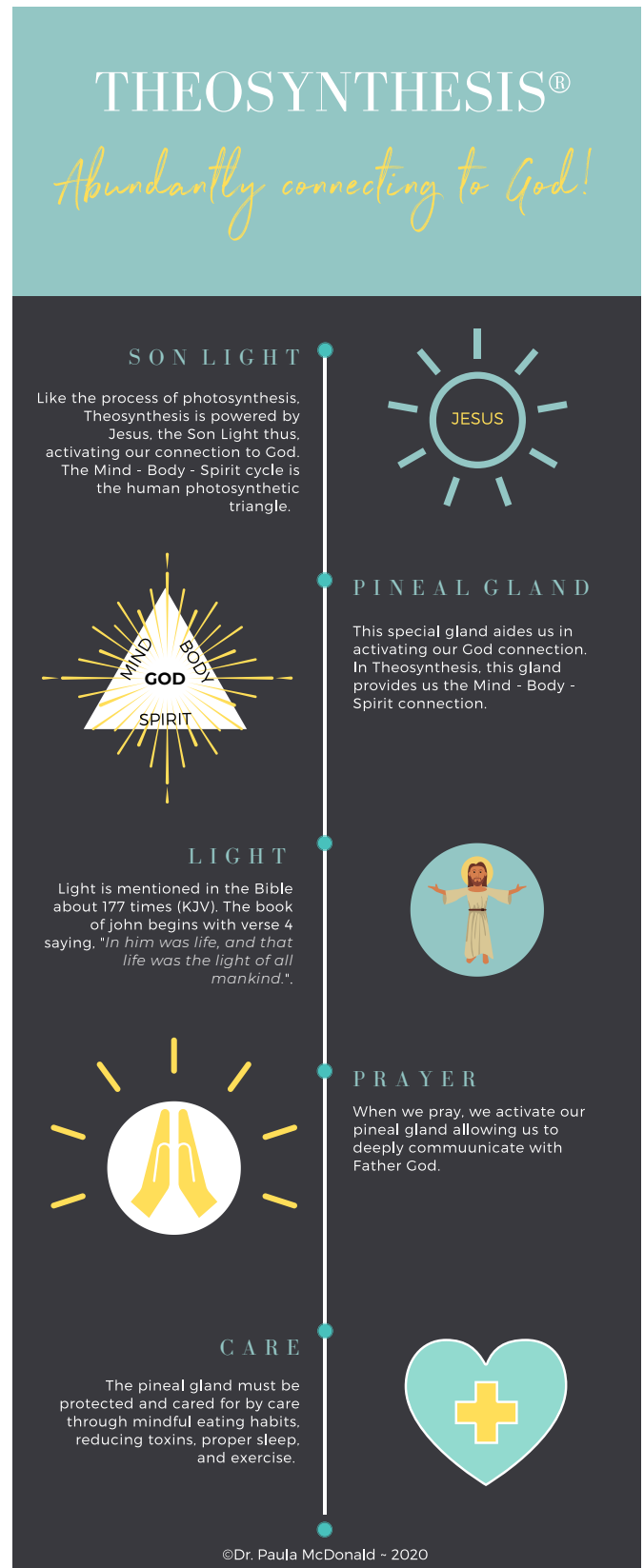
Also, you can listen to my weekly Podcast - LIV2DAY on Spotify, Apple, my website, and many other platforms. I touch on a variety of truth topics and invite you to join me on my "Ask Dr. Paula" segment. Just send your questions via my website and I will feature them on my show.

Also, I am available for speaking engagements, retreats, simulcasts, workshops, and teaching and coaching opportunities. Reach out to me if you have something in mind. I would love to collaborate with you!

Here is an infographic I created to help you visualize this bonus chapter on the pineal gland. What an amazing little structure that is capable of so much. My prayer is that you open your third eye and connect to Almighty God in a way you've never experienced before.

Be well and as always, remember to fully LIV2DAY!

Be blessed!



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