





#### 4. PINEAL GLAND ACTIVATION

**Mood: Bright, Etheric, Interconnected**

**Feels Like: Sunlight on fresh snow**

*The pineal gland is a pea-sized, pine cone shaped gland in the brain, located directly in between the right and left hemispheres. The most important function of this gland is its role in the circadian rhythm, as it is responsible for the production of melatonin in the absence of light. Throughout history, mystical traditions have revered the pineal gland as powerful link between the physical world and the etheric realm. Corresponding to the Ajna Chakra, or the third eye, activation of this gland is thought to open you up to spiritual world frequencies. Often referred to as the 'Spiritual Antenna,' the pineal gland, when activated, is thought to produce a sense of all knowing euphoria within and around us.*

This meditation is designed to activate this potent energy center and, in doing so, produce a state of euphoric, high frequency consciousness.

**Post-Meditation Reflection:** What was my experience with my pineal gland? Write down any visions you had. If you didn't have a vision, perhaps you experienced colors, textures, sounds, etc. The more we practice tapping into our spiritual antenna, the more connected we'll be to it.

#### 5. CONSCIOUS CREATION IN THE QUANTUM FIELD

**Mood: Expansive, Infinite, Alive**

**Feels Like: Hang gliding during golden hour**

*Atoms, the building blocks of matter, are made up of 99.999999% space. According to the Quantum Theory of Particle and Wave, this space represents an energy of potential, a blanket of possibility. By shifting our attention to the space around our body rather than our physical body itself, we open ourselves up to this quantum field of possibility. Our brain waves become synchronized, coherent, and organized in the process of doing so.*

This meditation is designed to shift our perspective from a narrow range of focus to an expanded awareness of space. As we shift from an active state of thinking to the expansive realm of feeling within our conscious creations, we are able to access the quantum realm of possibility.

It is highly suggested to set a clear intention when working with this meditation. At the end of the recording, a moment of surrender is offered. This crucial opportunity asks us to release all expectations. In doing so, we practice trusting the innate intelligence that exists within our body and the natural flow of the world around us.

**Pre-Meditation Reflection:** What is that you want to create in you life? BE SPECIFIC! How does it feel to experience your creation? Practice this feeling as you access the quantum field of possibility. If you don't have a clear vision, that's okay! Enjoy the expansive nature of the meditation and be open to whatever arises within you.

**Post-Meditation Reflection:** What was your experience of the quantum field? Is there anything that you saw or felt (imagery, colors, emotions, etc) that you want to integrate into your physical, daily life?

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