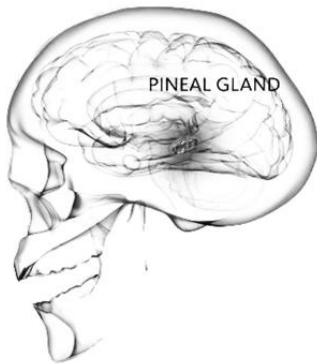
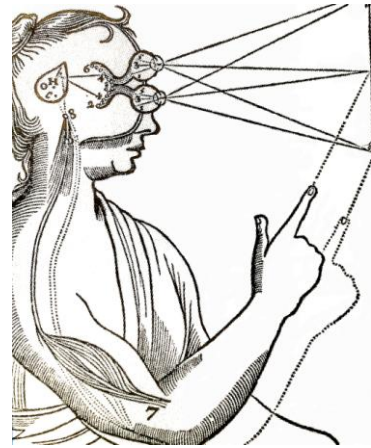


DO YOU HAVE A THIRD EYE, OR IS IT ALL 'NEW-AGE' NONSENSE?

As a matter of fact, we all do have a small part of our brain, referred to as a 'third-eye' since Rene Descartes (1596-1650) declared it the 'seat of thought' and 'home of the soul'. He imagined sight being transmitted to a single point, at which it's united with both hearing and more spiritual senses to create a more complete awareness. Known as the 'Pineal Gland' because of its resemblance to a tiny pine cone, the suggestion that this is a 'third-eye' has neither been proven nor disproved in the four centuries since Descartes took the thinking of Aristotle and attempted to link philosophy with biology. There's nothing new in linking the pineal gland to spirituality and greater awareness, even if the 'New-Age' movement has appeared to claim it as their own.



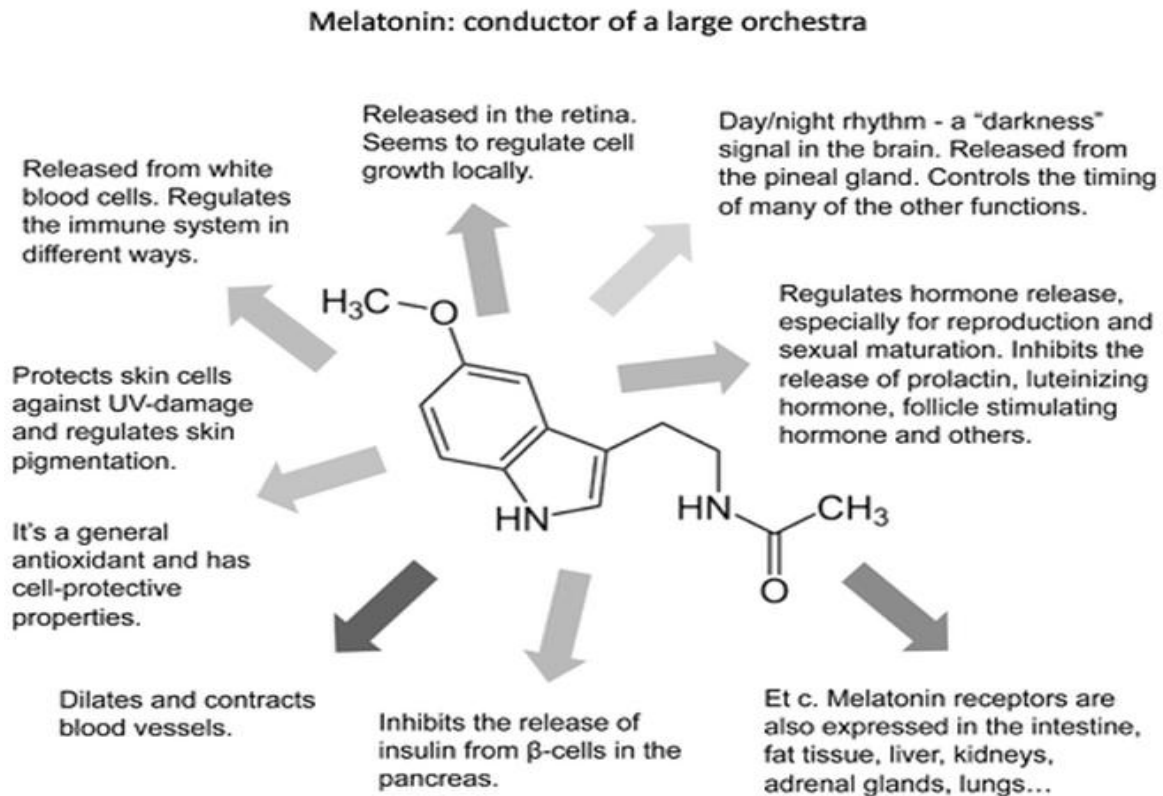
It could be a coincidence that in Ancient Egypt the all-seeing 'Eye of Horus' looks uncannily like the Pineal Gland when viewed in situ within the brain. It could also be a coincidence that ancient religions seem to pin-point the Pineal Gland as a source of internal awareness, and it could of course be another coincidence that some modern Christian scholars suggest that 'Gnosis'; the knowledge within, and quite possibly what the texts are talking about when saying "the 'Kingdom of God' is within you", is the pineal gland. Forgive me, I don't buy coincidences like that; one overlap or similarity maybe, but when something as obscure as a tiny gland in the brain becomes so obviously apparent, while hidden in plain sight, then it's no coincidence. Ask yourself, why does the Vatican of all places have a specific place dedicated to a pine cone? Why do pine cones feature so much as symbols, even in the most mundane places like home entrance adornments? What is it about pine cones that makes them desirable? Why pine cones and not apples, oranges, or conkers? There's something about a pine cone that goes way beyond coincidence.

It also might be a coincidence that fluoride, a toxic substance that has the effect of calcifying the Pineal Gland, has been extensively applied to drinking water from the tap; it might be because this genuinely is the best way to support public health, but if doubters are correct, particularly those with scientific credentials to support their opinions, then it is possible even if not necessarily plausible, that impeding awareness in the general public could be a means of limiting their awareness.



Conspiracy or not, it is generally accepted that a diet and lifestyle consistent with maintaining a decalcified pineal gland is healthier than most other alternatives.

Without meaning to get to technical, the job of the gland is to convert serotonin, the brain chemical stimulated by sunshine and a pre-cursor to nature's very own happy-drugs 'endorphins', into melatonin; this is the brain chemistry that controls sleeping and waking patterns, modification of behaviour to match seasonal changes, and when it doesn't operate properly, that horrid condition that makes people feel so miserable known as 'SAD', seasonal affected disorder.



Personally, I don't eat meat, haven't drank water from a tap in over two decades, eat loads of green vegetables, stay hydrated, don't drink alcohol and exercise regularly. Even so, I'm no saint; I drink way too much coffee to pretend to be setting a good example, and I don't sleep anywhere near as consistently as I know my pineal gland would like! That being said, my personal mantra of 'asking better questions' has to be helped by being more aware, and more in control; and of that's helped by having a decalcified pineal gland then do something about yours, not because it's 'New-Age' clap trap, but because great philosophers and scientists have worked long and hard to try and help us all do the best with what we've got. It would be naive in the extreme to think that there are not greedy, bad people out there who want to subdue most of us so that they get more than their fair share of whatever there is to have; so even if the jury is out on whether calcifying pineal glands is part of some hideous plan of subjugation, or just an unfortunate by-product of a well-meaning health initiative, it's up to each of us to take control of our own well-being and do what we think we must.

ASK YOURSELF BETTER QUESTIONS, AND YOU WILL GET BETTER ANSWERS. EXPAND YOUR AWARENESS AND YOUR QUESTIONS WILL EXPAND ALONGSIDE IT.