

## BRILLIANT BRAIN

Hi, this is Julie Renee and we are going to be having a great time today putting a spring back into your step, we are going to be opening the secret door to energetically clearing the glands of your brain and getting that brain working really, really well with great joy and enthusiasm, and I can feel the beauty and the presence of each one of you, thank you so much for showing up to this monthly series and for your commitment to moving yourself forward on your spiritual path.

Regeneration is a topic that really lights me up, I am so excited about it, it's such an honor and privilege to work with you individually and in this group setting, really exploring our spiritual what's possible in accomplishing great miraculous results both in our body and our emotional spiritual, mental and physical self.

This lesson today is about the glands of the brain, the three glands are the pineal gland we would be talking about that gland as a sleeping beauty gland, the hypothalamus which technically is part of the brain but definitely goes with the endocrine system is basically the movie director for the body, and then our pituitary gland, and the pituitary gland produces human growth hormones which is our fountain of youth, so those are the three glands that we will be covering, and then we will be doing a fantastic meditation and we would be addressing these in the meditation, the glands of the brain would be doing a tune-up, and we would also be doing a tune up to the five brains and those brains are the reptilian brain, brain stem, the mammalian brain which is the emotional brain including the medulla, which is the only emotional brain that up to age three and we would be talking more about that, then we would be going on to the neo-cortex, the right and left lobe which are the centers for communication, the right brain, creative, the left brain, logic.

The frontal lobe which is right behind the forehead, that's our magical brain, and then our heart which they now have discovered in the last fifteen years of science that the heart itself has brain cells or neurons, and so the heart also dictates a lot of our intelligence, a lot of our decision making comes from the heart, and that used to be just thought of kind of metaphoric, but now we actually understand that the heart is also part of the dynamic brain function. So hope you have found yourself a comfortable position to enjoy this lesson.

I would like you to imagine the story of sleeping beauty and there she is sleeping beauty has been resting in this glass box, if you would remember the story, she eats a poisoned apple and that poisoned apple doesn't kill her because fairies protected her body, but it puts her to sleep and she sleeps in this glass box for one hundred years until her prince comes and kisses her, and wakes her up.

Perhaps that poison affected her pineal gland, and her pineal gland, and your own pineal gland are responsible for your ability to sleep and meditate, so if her pineal gland were left on full blast, then she would be sleeping all the time, so that pineal gland is very, very, important player for regeneration because without sleep, without good rest, our body doesn't regenerate, how the pineal gland functions is it produces a hormone, and the hormone is melatonin, and all of you recognize that, so you can buy melatonin, sometimes some people have sleep problems, you can go to the drugstore, you can go to a vitamin shop, and in all those places they sell melatonin. Melatonin actually is the hormone that the body produces, what I notice now as you need to produce an idea that is you are over 18 years old to buy melatonin, so they are starting to actually recognize that this is, you know almost like a drug, it's certainly is a chemical that the body produces that actually changes the dynamics of the body. We don't want children buying melatonin and taking it arbitrarily.

The pineal gland is a tiny little gland, it's a coffee bean shaped gland, its on a special level the color that I see this is a dark brown typically, and it's kind of in the back and center of the head, so in the middle of the head, but behind.

Some of the things that we are going to be looking at today, so pretty close down by the brain stem, kind of down by the middle of the head. The other benefits from this gland is that it helps us to meditate and so if you are having problems meditating, clearing this gland and keeping it highly functional will really help with your meditation.

This is a great tune up for you to do, the chakra that it is tied to is the seventh chakra which is the direct communication with the supreme being, you think about that in your dream space and in your meditation space, so that is where you are directly communicating with the divine and you know many of us understand that the function of sleep is for the spirit to relax, stretch out and have a break from the physical body and to play on the astral, so we really do want this seventh chakra up and functioning beautifully, and we would be working on that in the meditation.

If your pinneal gland is healthy, you are a good sleeper and you'll have a gentle easy time with meditating.

Alright, we are going to move on to our producer, director of the body, and I think back into my early days, when I was in college, age 26, I started working in film, and the first film that I was in was Purple Rain, and of cause we had our producer, and a director and that was like the big star. Prince was the big star, and it was really an exciting time for me.

Over the years I participated in seven films and have been featured as an extra in a few of those, if you've participated in the film industry, you understand the role of the producer and you understand the role of the director, they're kind of unique to themselves so that the producer has his unique role and the director too has his or her unique role, and the director is really telling everything, everybody where to be, what to do, the feeling we are going for.

And the producer brings all the spots to play, so the producer is behind these scenes, really pumping everything up making sure that there is transportation, making sure that there is food, making sure that the right player is where they need to be at the right time and actually that is the role of the producer.

The director are going to be locked up into one main job for the hypothalamus, so the hypothalamus is up in the center of the brain, and it has gland like qualities, but it actually is part of the brain and is directing the body on what to do, and it is sending out signals, chemical signals to parts of the body especially the glands and organs that are in the endocrine system, telling the glands when to turn on and produce their chemicals.

The glands themselves have chemicals, the director has chemicals, that sends signals down to the glands to come on and release the chemicals that are unique to the glands, so that's a very very key player, its multifaceted, and has many different chemical activities that are happening in the body.

The hypothalamus is a big wig, it's constantly directing various glands and organs, when to release hormones, neuron transmitters into the body. Without it the body wouldn't be really successful or joyful to live in.

The hypothalamus is located in the center of the head related to the pituitary gland, and the pineal gland. The hypothalamus is connected with the seventh and the sixth chakra. Both share a connection with the divine, and your center of the head golden temple of silence, so they would have the sixth chakra is your center, so the seventh chakra is your crown and it's chakra, its quite a big chakra that's really going straight up from the top of your head up to the heavens and big chakra, not real gigantic, but it might be 9 to 12 inches with a quite large cone at the top, the nearer one comes into the head so beautifully, the Indian and eastern tradition is to imagine a thousand petaled lotus coming from the top of the head extending out, and that state of enlightened, awakened, stayed when your chakra becomes a beautiful thousand petal lotus which allows you to really feel part of everything, part of the universe.

The sixth chakra brown center comes out the front, really the third eye, right between the eyebrows, at the reach of the nose and the arm.

Okay, well there is a lot of information to think about and I encourage you to listen to this more than once, we are going to just take a break here and we will be right back with the healing meditation, so may the blessings of the supreme being, that this lesson is complete and we just declare that you have received this information and understand it in perfect clarity and enjoying celebration we move forward, so be it.