

## 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 pineal 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 course 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.

It's about 6 inches. It is narrow where it touches the skin and it extends out and gets wider in a disc shape as it comes out an away from the face and it also comes out the back of the head. It's the same chakra but there's a front and back to it and those are both cone-shaped. So it's the same thing and it runs right through the center of the head.

Now we're going to go on to the fountain of youth which is your pituitary gland. This has always been an amazing gland to really look at and experiment with. The pituitary gland itself is wired for full tilt until about age 28 which is a really interesting situation. So we're



regenerating really, really rapidly unless you have some strange illness in your childhood. If you've been fairly healthy in your childhood, your pituitary gland is in full tilt until age 28. At age 28 it starts waning and it becomes less and less functional over time. But up until then you have a pretty miraculous ability to heal. So a child getting a cut may take 2 or 3 days to heal. It may take 6 days to heal at the most, a good cut. That same cut in an adult may take 45 days to heal.

I want you to just think about your body and if you actually had a chalice, a golden chalice that was filled with liquid from the fountain of youth and you drank it. Just imagine maybe 10 things that would shift in your body, in your experience, in your essence. What would happen to you if you drank from the fountain of youth? Your skin might be more vibrant, your eyes might see clearer, your hair might thicken and become brown again. The texture and tone of your body may change, your muscles may change, your bones, the function of your organs may change and improve. I really want to leave that impression with you. That's really a lot of what happens when we have 100% of the human growth hormone coming in our body. Our body is actually able to renew itself and remember the youthfulness.

When we have reduced human growth hormone coming into our body it really is keeping us functional but it's not in that miraculous state. We're not in that regeneration which is an incredible state. I worked with a lady for this last year, actually two years it was that I worked with her. She was phenomenal in that I had never seen, I looked at her father also; it was something genetic where the pituitary gland is set at 100%. She's in her early forties and her body is operating like it's in its twenties because that pituitary gland is on full tilt 100%. And she said "Oh yeah, I get that from my dad, he has the same thing. He's a long distance runner, he's in his seventies and he appears as if he's in his forties." So we really do see that when that happens just by itself occasionally we see somebody has a pituitary gland that stays at high function, they actually appear much younger and physically stronger and more dynamic than what we've gotten used to as the more normal aging process. So it's pretty fantastic to be thinking about really activating and re-igniting the activity of the pituitary gland and getting it to function at a high level.

The other interesting thing is that I was just down in Mexico and I sat with a family with this sweet little guy. He looked like a one-year-old but he was actually three and I did a quick scan. They explained it to me and it explained what I saw which was that his pituitary gland was at a very, very low function so his growth rate was really what his doctors had told them was at the one percentile. So he was growing in a super, tiny, slow way and with activations of the pituitary gland and can, as I recommended some things to them, can catch up with his peers. So we see that's where regeneration comes from and where generation comes from. So a little guy who doesn't have a pituitary gland functioning will also have that end result of not really growing properly.

So human growth hormone which comes out of the pituitary gland is our fountain of youth. The sweet nectar coming from the pituitary gland is associated with the third eye which is the sixth chakra and center of the head.

So let's review what we have covered so far. The three tune-ups we'll be making are bring that pineal gland or the sleeping beauty gland into full function, working with the hypothalamus movie director producer of the body and then activating our fountain of youth, the pituitary gland. And then we'll just have a moment here to talk about the cortex, the brain, the dips and valleys of the brain which are on the outer part of the brain. And that's the neo-cortex or cortex so that's the outer, which the human brain is so famous for, those peaks and valleys and ridges and rolling spaces if you can imagine that outer part of the brain that's just under the skull. That's actually the communication takes place. So if you have had a brain injury, I've actually had two car accidents where I've had brain injuries. So when the neo-cortex is injured, your brain communication will be very disturbed. I remember the accident where I was hit by the car walking, I had about fifteen months where I really couldn't remember more than five minutes of memory and then I would go back to repeating what I had said five minutes before which would fluster my friends who didn't understand about brain injuries. The cortex had been quite damaged; it was bruised on the back of the skull and it was also hit on the front behind the right frontal lobe. So I was dealing with quite a bit of interruption in clear communication through the brain. As the brain healed, the clear communication was restored and I was able to get back to my vibrant self.

I think the fun thing for me, though that was not a fun time, was having the evaluation and having them look at my brain and the function of my brain and seeing that I had all this intelligence already so I might struggle for five years because those serious injuries would take quite a while but they had said that the brain would actually create new channels if the spots that were giving me the information were permanently damaged then my brain would make up for it in some other area. What I know to be true is that in our brains, we use so little of those brain cells, that if we keep asking the brain to function even if some part of the brain goes quiet, the brain can come back and it can create new channels and it can make places for that information, direction, function – it can come back even in unique ways so we might use a different part of the brain, some empty storage space.

What's thought today is that a normal human uses four to six percent of their brain so we have a huge capacity in there. Maybe a genius uses eight or nine percent of their brain. So think about that when you think about regenerating the brain. If you've had a brain injury, there's a lot more brain matter to use than what is just apparent so don't just think that you've lost it if something isn't working at that moment.

I really want to talk to you for a moment about your nutrition and hydration. It's so important for brain function that you really keep yourself hydrated. I have a product available to you, it's called Rehydration. It's from Energetix and it's for people who drink water but it just goes through the body; the body doesn't absorb it. Surprisingly a lot of people have this condition where there not absorbing the water they're drinking. Surprisingly a lot more, however, are people that just aren't actually drinking enough water. If you're not

drinking enough water your brain is going to dry out a bit.

Those communication neuro-transmitting areas get dehydrated and they don't make their connections. The synapses don't fire all the way. It might fire but it doesn't get through because that part of the brain that would allow it to make the connection is dehydrated or dry. So you really want to remember to drink water. You also want to make sure you're actually absorbing. Areas of the brain that may have grey, black, white or brown energy on them and these are ways, that if there is like a fog, or muddle in your spiritual energy or spiritual body, you'll have low function, you'll have reduced function. Sometimes that's a function of age, where the color discolours and doesn't stay bright.

There's a lot of information to think about and I would encourage you to listen to this more than once. We're going to just take a break here and we'll be right back with the healing meditation. So maybe with 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 enjoy in celebration, we move forward. So be it.