

Third Eye Quotes

“Awakening is not changing who you are but discarding who you are not.” — **Deepak Chopra**

“Being is enlightenment.” — **Osho**

“The so-called 'third eye' is not an eye, but a gateway to infinity or self-realization.” — **Mwanandeke Kindembo**

“We are not human beings having a spiritual experience. We are spiritual beings having a human experience.’ — **Pierre Teilhard de Chardin**

“When we wake up from our confused state of mind, that is enlightenment.” — **Dzogchen Ponlop Rinpoche**

“Self-realization is the ability to see ourselves in all beings. This is the third eye through which you see, even while your two eyes are open.” — **Mata Amritanandamayi**

“You have to grow from the inside out. None can teach you; none can make you spiritual. There is no other teacher but your own soul.” — **Swami Vivekananda**

“You are the light of consciousness and the witness of this light. You are pure awareness.” — **Mooji**

“Through systematic meditation, one can awaken the third eye and touch cosmic awareness.” — **Amit Ray**

7 Third Eye Exercises

Now that we have looked at the significance of the third eye and what wonders it can do for you, we can look at third eye exercises that are great for enhancing the powers of your third eye.

1. Silent Meditation

A great way to exercise your third eye is to embrace and cultivate silence.

Silent meditation allows you to connect with the third eye and understand sensations and experiences that it provides. Silence is important to us spiritually, and therefore embracing silence is the perfect third eye exercise. The modern world fills our heads with noise, but with the third eye, we are listening to what is hidden.

Silent meditation allows us to listen to the spirits and angels that wish to communicate with us. When you are meditating, you might wish to use visualization techniques to help you strengthen your third eye.

Visualize a blue or purple ball of energy floating where your third eye is, on your forehead. Allow yourself to feel the strength of this energy and understand that it connects you and the spiritual realm.

You might also wish to touch your third eye whilst you are meditating to truly understand its power. Rubbing your third eye in a circular motion will activate and open it, allowing the powers to grow.

2. Practice Lucid Dreaming

Your third eye can really affect the way you dream. As the third eye allows you to visit new realms of existence, you might be able to do this in your dreams. Lucid dreaming is where you can interact and control the dream that you are in. This is an amazing ability to have, and many people spend years practicing it! Lucid dreaming means you can go on so many cool adventures and see wonderful new things, without physically leaving your bedroom.

If your third eye is open, you are much more likely to be able to lucid dream. Practicing lucid dreaming also enhances the powers of your third eye as it keeps the connection between you and different physical realms open. You might take to lucid dreaming easily, but you might need to practice. There are so many ways in which we can practice lucid dreaming. One way is to

wake yourself up during the night when you are in REM sleep. Then, after ten minutes awake, go back to sleep. You may need to do this a few times. This means that your waking world and your dream world become more fluid and connected, allowing for lucid dreaming.

3. Ground Yourself

Your third eye allows you to explore the spiritual realm, so keep yourself grounded in the physical world. For a third eye exercise, this may seem a bit counterintuitive. However, grounding yourself means that you will understand the connection between the physical world and the spiritual realm more clearly.

Grounding yourself provides you with energy and means that you are working with your third eye healthily. It centers you and your soul, allowing you to feel safe and positively enhances the powers of your third eye.

4. Exercise Your Intuition

Because your third eye enhances your intuition, working with your intuition will enhance your third eye! Be aware of what your gut is saying and what you can learn from it. Listen to your soul, whatever it may be telling you. Pay attention to what is around you and the energies of the universe.

Learn how to recognize when your intuition speaks to you and take time to think about the things in your life that have affected your intuition.

5. Strengthen Your Brow Chakra

The brow chakra is also known as the third eye chakra, and its energies are linked. To strengthen your third eye, you must keep your brow chakra in check! Your brow chakra governs your intellect and logical thinking, allowing you to see things clearly. To fully enhance your third eye, you need the powers that the brow chakra provides you with.

6. Express Yourself Creatively

The third eye allows you to connect with the spiritual realm. To do this, you need to loosen up and seek new knowledge and ideas. Expressing yourself

creatively is a great way to open up the flow of ideas and thoughts in your mind.

Working on new creative projects, such as painting or writing, is a great way to let energy flow from your soul to the world. Being creative also allows you to see the world in new ways, allowing yourself to be free from rigid ideas and rationality. To enhance the powers of your third eye, you must start thinking outside the box. This helps you open to new possibilities in life and existence, feeling your energy flow. Everybody can be creative! You never know what will happen, you might really enjoy it!

7. Be At One with Nature

Being spiritual means connecting with nature and the elements. The modern world can make us disconnect from who we really are and our place in the universe. This can affect our third eye and its powers. Nature is powerful and has so much energy that we can connect with each other. For us to travel to the astral plane and higher consciousnesses, we need to understand the world that we live in.

Go walking in nature and learn about the natural world. Connect with the elements by meditation or magic, allowing them to assist you in your journey. This will help you develop your third eye powers, allowing you to travel to new realms but still be connected to Mother Earth. In developing your psychic abilities, it is important to have this connection with nature. The power and energy of the Earth allow us to connect with spirits across the universe. It also helps our intuition, as by connecting with nature, we are connecting with our natural spiritual abilities.

Enjoy the Journey

These third eye exercises are ways in which you can enhance the powers of your third eye, allowing you to explore spirituality and new and exciting spiritual realms. When working with your third eye and remember to stay grounded on this Earth and connected with Mother Nature. Opening and enhancing your third eye is truly life-changing. You will experience things that you never thought were possible.

How to Open Your Third Eye Chakra for Spiritual Awakening?

Introduction

Your third eye is located in the center of your forehead. It is the site of the [Ajna chakra](#).

The third eye is part of what is called “the subtle body,” and it is an important force in governing how prana moves within the body.

When the third eye is activated, it will allow you to see the truth of who you are and everything around you. Your dreams become more vivid, and your imagination and concentration are stronger.

Also, you trust your intuition. [Yogi Bhanjan](#) once said:

“Going through life without intuition is like driving a car which has no side mirror and no rearview mirror. All you can see is just straight ahead.”

Your third eye has to be open so you can have an [astral projection](#), [astral travel](#), or any form of out-of-body experience.

Other benefits of opening your third eye include:

- helps penetrate the veil of duality;
- promotes the acquisition of psychic powers;
- bestows inner peace;
- builds mental fortitude;
- builds insight.

In the field of science, the third eye is referred to as the pineal gland, a pea-sized gland, that produces melatonin, a hormone that changes your sleep patterns, both in seasonal and circadian cycles.

List Of 10 Ways To Open Your Third Eye Fast

#1 Trataka Meditation

Trataka meditation, also called gazing meditation, is a type of meditation where you keep your eyes open and focus on a small point or object.

A candle flame is traditionally used, as your eyes absorb the light of the flame, and its image remains once the eyes are shut.

Trataka meditation is a part of Hatha Yoga, a type of yoga that integrates physical movements with energy work and meditation.

“Looking intently with an unwavering gaze at a small point until tears are shed, is known as trataka by the acharyas.” (“Hatha Yoga Pradipika” 2:31)

Trataka is attributed to have the following benefits:

- enhances patience and self-confidence;
- improves willpower, memory, and concentration;
- soothing effect on the cranial nerves;
- improves visualization skills;
- improves vision in the dark;
- improves cognitive function;
- balances the activity in the two hemispheres of the brain;
- cures eye diseases;
- calms the anxious mind;
- increases nervous stability;
- brings suppressed thoughts to the surface;
- clears accumulated mental complexes;
- helps with insomnia;

- makes the eyes stronger.

Trataka Instructions

Sit in a comfortable cross-legged position with your spine straight.

Place the candle about an arm's length away from you with the wick of the candle and at your eye level. The flame should be still.

Place your palms on your knees. Close your eyes. Place your attention lightly on your out-breath, while remaining aware of your environment.

Then, open your eyes and rest your gaze on the middle part of the flame.

Gaze without blinking and without strain.

Consistently practice 3 to 5 minutes a day until you can comfortably gaze without tears or discomfort.

Note – Trataka is cautioned against people with severe eye disorders.

Tip – Trataka should be done late at night before going to bed.

#2 Yoga

The following asanas make a great sequence for activating your third eye chakra:

- Balasana – resting your eyebrow center on the floor helps activate the pineal gland;
- Thunderbolt pose – it helps to stabilize the mind;
- Makarasana – it increases circulation to your brain and face.

In addition, the [Five Tibetan Rites](#) are excellent for balancing your third eye chakra.

#3 Sungazing

Sungazing, also known as sun-eating, is an ancient practice used by yogis for stimulating the pineal gland.

Tips – start at 10 seconds and add 10 seconds for each day you gaze that follows. Stand barefoot on the ground while sungazing.

Warning – you must only sun-gaze during the hour after sunrise and the hour before sunset, due to the low UV during these times.

#4 Nadi Shodhana Pranayama

Nadi Shodhana, also known as alternate nostril breathing, is a breathing practice that brings balance to the right and left brain hemispheres. Other benefits include:

- enhances the ability to concentrate;
- infuses the body with oxygen;
- fosters mental clarity;
- releases toxins;
- balances masculine and feminine energies;
- reduces stress;
- helps to alleviate respiratory allergies;
- supports respiratory channels;
- helps to balance hormones;
- rejuvenates the nervous system.

Learn how to practice alternate nostril breathing .

#5 Energy Healing

Healing energy works to promote the human energy force and treat energetic imbalances.

Reiki, a Japanese energy healing technique, is probably the best-known energy healing method today.

The predominant form of Reiki practiced throughout the world today was created by [Dr. Mikao Usui](#) in the early 20th century.

#6 Darkness Retreat

Darkness triggers increased production of melatonin, and eventually DMT (Dimethyltryptamine).

This helps to stimulate the pineal gland.

#7 Affirmations

To open the third eye, repeat affirmations that relate to insight, awareness, and intuition. Some examples of [affirmations that are effective for the opening of the third eye](#) include:

“My thoughts are calm and peaceful.”

“I let me inner wisdom guide me.”

“I have a good memory.”

“I am an intuitive person, and I know what is right for me.”

“I feel connected to my spiritual truth.”

“I trust my intuition.”

#8 Chanting AUM

Chanting “Aum” helps us open our third eye and connect to the divine force of the universe.

Tip – this practice can be particularly powerful if it’s practiced early in the morning.

#9 Shirodhara

Shirodhara is an Ayurvedic healing practice performed in India for more than 5,000 years.

This practice involves the use of warm oil being drizzled on the forehead to stimulate the unblocking and opening of the third eye.

Other benefits include:

- promotes fertility by stimulating the release of hormones in the pituitary glands;
- awakens inner wisdom and intuition;
- relaxes the face muscles;
- clears the mind;
- brings harmony to body, mind, and spirit;
- strengthens hair follicles to prevent premature graying and hair loss;
- enhances concentration and mental clarity;
- improves the sensitivity of five senses;
- improves sleep patterns;
- relieves migraine headaches;
- helps to relax the nervous system;
- helps to balance neurotransmitters such as melatonin, dopamine, and serotonin;
- generates a state of relaxation in mind and body.
- have a diet rich in whole plant-based foods;
- **decalcify your pineal gland** – it is recommended to avoid water sources and products that contain fluoride;
- reduce your screen time;
- spend time in nature;
- exercise.

Third Eye Chakra Opening Symptoms

- improvement in your decision making and thinking capacity;
- pressure on your third eye area;
- a feeling of increased connectivity with everything;
- meaningful synchronicities;
- increased sensitiveness towards other energy fields;
- dreams may become vivid;
- you are more conscious of what you eat;
- an increase in your energy healing capacities;
- colors appear brighter than ever;
- auras can be seen;
- increased intuition.

Pineal gland activation signs:

The pineal gland, also referred to as the “third eye” or epiphysis, is a small endocrine gland.

It is located deep in the brain in an area called the epithalamus.

The **pineal gland** is the source of melatonin, a hormone that is derived from tryptophan which plays an important role in the regulation of circadian rhythm, the dark-light fluctuations that affect not only wakefulness and sleepiness but also body temperature and appetite. Additionally, melatonin fights against harmful and free radicals and regulates the onset of puberty.

Residing in the center of our brains, the pineal gland may hold the secrets to spiritual wisdom, psychic awareness, and inspiration.

The 17th-century French philosopher Rene Descartes thought the soul was located in the pineal gland.

Esoteric and mystic spiritual traditions suggest that the pineal gland serves as a metaphysical connection between the spiritual and physical worlds.

DMT, better known as the “Spirit Molecule,” is a naturally occurring substance that brings profound psychic encounters. DMT is also produced in the pineal gland.

In conclusion, a healthy-functioning pineal gland is vital for peak performance, psychological development, and spiritual awakening.

List Of 13 Signs of Pineal Gland Activation:

#1 You Are Creative

People with an active pineal gland tend to be more creative. An intuitive person’s creativity will come from deep within, someplace that can’t be logically explained.

This creativity can be expressed in a variety of different ways, and it will commonly allow an intuitive person to connect with the world and the people around them.

#2 You Can See Auras

Your aura is “seen” as a luminous body that surrounds your physical one.

The aura consists of seven levels of bodies, also known as the physical, lower, astral, higher, intuitional, spiritual, and absolute planes.

The color of someone’s aura will tell you how they are feeling emotionally, or what their character is like. It can also tell you about their spiritual level.

If you can see bright layers of colors around people, this is a definite sign that your pineal gland is activated.

#3 You're A Great Judge Of Character

You can easily see right through the diplomatic facade that some people put on the first time you meet them.

It is almost instantaneous. Thus, you don't waste time giving a bad apple the attention it doesn't deserve.

#4 You Have Become More Optimistic

By being more closely aligned with your feelings and having a deeper intuition, you are better equipped to process anything negative which may arise from within before detaching yourself from it.

You are able to quickly learn lessons from your mistakes and this usually makes you optimistic about the future.

You also know that good can come out of bad and that progress can be made no matter how bleak the outlook appears at any given instant.

#5 You Feel The Need To Recharge While Being Alone

A person with an activated pineal gland is someone who is sensitive to her energy needs.

She retreats into solitude in order to recharge her soul battery.

It's an imperative part of the process of honing your gift and using it wisely.

Whether it is spending time in nature, having a short meditation session, or taking a stroll on the beach, it is alone time to recalibrate your soul, and it's vital to do so.

#6 You Can Always Tell When Others Are Dishonest

You cannot be played for a fool.

No matter how good a liar someone is, you always know when they are trying to pull a fast one.

Whether it's a 3-year-old insisting she didn't draw on the walls, or a car salesman trying to sell you a lemon, you are like a superhuman lie detector.

#7 You Give Amazing Advice

Do people always come to you for your wise or inspirational words of advice?

You might have this rare capacity to soothe people with your words.

People with an open third eye are gifted in offering wisdom and guidance to others around them.

#8 You Pick Up The Phone When Someone Is About To Call

You know when you are thinking of someone and then you think about maybe calling them? And when you are reaching for the phone they call you instead?

Or maybe you call them and they pick up and are like – “I was just going to call you!”

That is your awakened intuition being totally on point.

You may also call it a connection between family or best friends, nevertheless, something registered to pick up the “smartphone” and get on a call.

#9 You Have Vivid Dreams

Do you remember your dreams often? Are they pretty wild rides?

Some of your dreams may even have come true before as if you were predicting the future, and this might possibly have frightened you, particularly if you dreamed about an unfortunate outcome, and then it happened.

If you have experienced this, your third eye is opening.

#10 You Are A Visual Thinker

You create a precise mental image when problem-solving.

Every bite of information in the physical world has to fit into this mental image before you can come up with a solution.

Occasionally, this process can be as long as it takes to count to 1000 or as quick as the blink of an eye.

Note – this may become a problem at work, especially if you are required to be responsive. It can also create a tremendous amount of stress on your mind.

#11 You Often Experience Déjà Vu

Déjà vu, (pronounced day-zhaa voo) is French for “already seen.” It is defined as a feeling of having already experienced the present situation.

Experiencing a déjà vu is a sure sign that your pineal gland is activated.

Young people experience déjà vu the most, however, the number of déjà vu experiences people report decreases significantly after 25 years old.

If you have a great feeling of familiarity with people, things, and places, or if you constantly feel like you have been somewhere before, even though you haven't, then you may be experiencing déjà vu.

#12 Tingling Sensation On Your Forehead

You may begin to develop this sensation in the area between the eyebrows or at the crown of the head. This occurs for two reasons:

- your third eye chakra is opening up;
- you are picking up energetic signals.

Note – in the beginning stages of development, this sensation can be very strong.

#13 You Are Seeing Light During Meditation

Seeing light during meditation can be another indication that your third eye is opening. This is usually accompanied by a sense of deep peace and tranquility.

What are the signs your third eye is starting to see?

Introduction

Opening up your third eye can be a very exciting experience for anyone with a passion and interest in spirituality.

Those who manage to find a way to open up their third eye will often find that they can face the challenges of life much easier.

With the help of your third eye, it is easier to be wise about the world at large and the issue(s) that you might be facing in life. However, it is not always easy to tell when your third eye has opened.

To help you understand what to expect, we want to break down ten signs your third eye is starting to see.

While fully opening your third eye takes a long time and plenty of hours of practice and meditation, even a slight opening can be life-changing.

If you know what to look out for in your third eye, it can be even easier to spot the signs that your hard work is now beginning to pay off.

Opening Your Third Eye: is it scary?

One of the most common reasons that people do not get involved in opening their third eye is that they feel daunted.

They worry that they might see things they do not like about themselves and the world by starting the journey.

Such trepidation is normal, though; opening your mind to such an experience can be scary. However, those who persevere and open their third eye feel many benefits.

If you are someone who opens up their third eye, you can find that you start to look at the world from a whole new perspective.

You become far more attuned to feelings, thoughts, and emotions.

You can feel like you are more understanding of things that, in the past, would have seemed overly complex.

For that reason, opening your third eye can be a scary experience. It is opening your mind up to something new.

It is challenging to look at the world from a new perspective – which can be scary.

Suppose you wish to start this journey; the following signs all point to the fact that your third eye has begun to see.

Once you spot these signs, continue!

10 Signs Your Third Eye Is Starting to See:

#1 Looking For A Purpose

In life, many of us meander through the day, looking to get back to tomorrow.

We look to work until we get paid and then use the money we are paid to buy things we want in life – or, more importantly, the things we need, such as essentials, i.e., housing, food, water, heating, etc.

For many who open up their third eye, though, they can find they start to strive for a greater purpose.

What are they here for?

Can they do more to change the world?

Can they help impact life in a positive sense for others?

That becomes a common emotion that can stir from within.

It can make you more willing to do things you might otherwise have never considered.

It can push you to be more open about your thoughts, feelings, and emotions.

#2 Aches Between Your Eyebrows

If you begin to receive a lot of physical pressure between your eyebrows, then you could be in the process of opening up your third eye.

Pain in that part of your head is a sign that you are beginning to open that third eye. It might not necessarily be a pain, but more a sense of having pressure in that part of your body.

This is a clear sign that you are en route to making your third eye open – or that it is already open to some extent.

That pressure might initially seem a bit uncomfortable, but ride it out. Unless that starts to turn to genuine headaches and pains, do not assume that you need to take some painkilling medication.

This is a symbol that your third eye is starting to open.

#3 A Greater Sense of Perception

If you find that you are suddenly picking things out before they happen, you are not magically clairvoyant out of nowhere. However, an increased sense of perception and intuition can go a long way to creating a better quality of life for yourself.

After all, the easier you can see things happening in life, the easier you can react to those issues.

You might feel like you are finishing people's sentences off for them, or even something as simple as knowing what will happen in a TV show or entertainment product you are watching.

You might even have feelings of prescience; moments before someone calls you, you think about that person.

These are small but important symbols that you are on the right path to and truly opening up your third eye. It can seem off-putting when you first notice these signs but do not dismiss or ignore them.

#4 Lasting Empathy

One big sign that your Third Eye is opening is that you are far more empathetic than you were previously.

You might, for example, be someone who typically finds it hard to relate with struggling people—especially those you do not know. You might soon find, though, that you are far more empathetic to the plight of others. Empathy is a good thing; it is a vital emotion that helps us feel alive and feel a sense of pain and belonging with struggling people.

For that reason, you should not dismiss this emotion.

It is a very powerful feeling and one that should give you a sense of belonging in the world, and having more empathy for people you know and those you see struggling through media is a common emotion that those with a third eye begin to feel.

#5 Empathy In Diet

Another interesting change that can occur as your third eye opens is that you become more sensitive to your food.

For example, are you a regular meat eater? Then you might find that, suddenly, your sensitivity to meat changes.

Now, there can be actual medical reasons for this, so if this is the only symptom on this list that you are noticing, then it might be wise to speak to a medical professional.

For many people, though, having more empathy with the food they eat is a common part of their third eye opening.

You start to feel more sensations, such as guilt for the animals you eat.

This can make you feel more conscious of what you eat, as you are more aware of the world at large.

#6 Deeper Dreams

Another common sign of the third eye opening stage is that you begin to have really deep and meaningful dreams.

If you are going through a phase where your dreams seem to feel almost lifelike, then it could be a sign that your third eye is beginning to open up in its entirety.

You might think that this is simply a phase, that you might simply be getting a better quality of sleep at night and thus are dreaming deeper. However, many people believe that lucid, vivid dreaming happens because we bring our reality together with another.

Whether you believe that this goes as far as this is up to you, but this is a common belief within the spiritual community.

Having intense and vivid dreams, though, can be a clear sign that you are dealing with the opening of your Third Eye in its entirety. How exciting!

#7 Increased Sensitivity To Light

One of the first and most prominent sensations when your third eye opens is that you might find the lights are far brighter.

Again, this can be a medical condition, so if this is the sole symptom you are noticing, it might be wise to speak to a doctor.

If, along with other factors on this list, you start to be more sensitive to light, it could be a sign that your Third Eye is opening up wide.

You might even find that your third eye starts to create many shapes in your eyes.

When you close your eyes, do you see a lot of shapes and colors floating around in random patterns? That can be a sign that your third eye is working.

Most will see colors like blue and indigo, but it can be different for everyone.

Please do not ignore this feeling; it is a vital sign that you are now en route to giving your third eye that opening it has been waiting for.

You might find that, at first, you need to avoid areas with bright lights; this might even limit when you can drive. At least until you get used to the feeling.

#8 Buzzing Sensations

As your third eye continues to open, too, you might start to feel prominent buzzing sensations in your day-to-day life.

This can be quite awkward at first, and you might even strive to find ways to stop that buzzing feeling.

If this buzzing feeling sits around your eyebrows, it is a clear sign that your third eye is beginning to wake up and do its best work.

You might find that you keep scratching your forehead to try and work out if something is causing that buzzing feeling.

There will likely be nothing there: no bumps, lumps, spots, cuts, or anything of the sort.

That buzzing feeling, though, many believe, is a feeling that you should allow to work its magic.

When you do not concern yourself with it, it can be quite peaceful and relaxing to feel that buzzing come to life!

#9 A Desire For Challenges

One thing that many people who open up their third eye will admit is that they lose a sense of fear.

Fear holds us back in life and prevents us from taking risks that could improve our lives for the better. For that reason, many people who open their third eye will develop a sense of fearlessness.

They will take on challenges and tasks that, a year prior, they would never have considered.

They will put themselves in challenging situations and be far more aware of the benefits of new experiences.

Since our third eye makes us aware of the things in life well beyond our physical plane and understanding, it can make us realize that the experiences we can enjoy in day-to-day life are there to be sampled, not feared.

#10 A Desire To Create

Are you someone who feels like they are not very creative? Then, opening your third eye can change that drastically.

A desire to create through music, sound, art, and writing can become common for those who open their third eye.

You might find you are more likely to tap into your creative edge.

We are not saying that you will magically learn how to draw or play the guitar; you will be keen to try and understand.

In the past, you might have given up because you lacked a wider vision to try and turn into something.

With your third eye open, you are much more likely to try and challenge yourself from an artistic perspective.

Over time, that can make you more creative as you begin to see the intense power of your creative skills.

It can make you persevere through the learning process as you now have a creative vision worth learning how to draw, paint, write, sing, play instruments, etc.

Are you excited for your third eye?

Now that you have started the journey to opening your third eye, the above signs should kick into gear.

Naturally, that is very exciting – but it is normal that if you start to feel these sensations, you might be somewhat unnerved. Rest assured, though, that you are on the right path.

Also, remind yourself that this takes time.

Opening up your third eye is not something that happens instantly. It takes time, commitment, and effort.

Over time, though, that effort will pay off.

The benefits of opening your third eye are there for all to see.

Once you start feeling the above, do not stop – continue! The benefits are remarkable.

Starting this journey opens your mind to many unique possibilities; you can decide which opportunities excite you the most!

Practices For Pineal Gland Activation:

The pineal gland is an endocrine gland that is responsible for the production of serotonin, melatonin, and neuron transmitters that influences sleep-wake cycles and sexual development.

The pineal gland has been called “the seat of the soul” and is thought to be a very profound spiritual center of the brain.

Activation of the pineal gland may be what ancient mystics have called “opening your third eye.”

The third eye governs your intuition, perception, and insight, and helps us perceive both the physical and the subtle.

Other benefits of pineal gland activation are:

- enhances your happiness and health;
- increases your concentration to achieve your goals;
- improves your capacity of non-verbal communication;
- subdues your ego;
- brings more clarity to your thoughts;
- improves your psychic capacity;
- builds your awareness.

Frederick Lenz explained:

“When your mind is clear and your third eye is open, you can see and know things that are taking place thousands of miles away from you.”

List Of 11 Powerful Ancient Practices For Pineal Gland Activation:

#1 Dark Retreat

From to the Kogi Mamos in Colombia, the monks and lamas in Tibet, the mystics of 15th century France, and the ancient Egyptians, dark retreats have provided illumination and revelation to many practitioners who have sought the light within.

Why is it so effective? Basically, after an extended time in darkness, the brain releases DMT (dimethyltryptamine).

This is a chemical that is also released after ingesting powerful substances such as ayahuasca (a shamanic power plant), or at birth and death.

Mantak Chia, a Taoist Master who is best known for teaching Taoist practices under the names of Tao Yoga, Healing Tao, Qi Gong, and Universal Healing Tao System, said about dark retreats:

”A totally dark environment is a distraction-free reset of the mind from its preoccupation of the senses, making it an ideal environment for self-inquiry and meditation. On top of that, the body is stimulated in darkness to produce dimethyltryptamine (DMT) from the amino acid tryptophan.”

Important note – nobody who has a history of mental disorders should ever participate in a dark retreat since there is a high risk of developing all kinds of symptoms that can require therapy.

#2 Trataka Meditation

This technique is used in both yoga and meditation and can immensely help you find inner peace, due to the fact that it helps ground and center you, allowing you to find calm and balance your body and mind.

Hot To Do Trataka Meditation:

1. Prepare a dark room for meditation, so you can concentrate on your candle.
2. Place your candle at 12-24 inches from your eyes. Light the candle.
3. Sit down in a cross-legged position.

4. Try to clear your mind from every thought. Take deep and slow breaths.
5. Your only focus point is the flame of the candle.
6. Try to maintain your gaze on the candle as long as you can.

Tips

- if thoughts are coming, acknowledge them; and then let them go;
- if you feel that you have to close your eyes, then close them and take a small break;
- if you start to tear, it is good. Tears are a sign that trataka meditation is working correctly.

Note – people with astigmatism (a type of refractive error in which the eye does not focus light evenly on the retina), eyestrain, or early cataract can modify trataka by gazing at a black dot drawn on a white wall, an arm’s length away.

Furthermore, people with epilepsy or glaucoma (a group of related eye disorders which cause damage to the optic nerve which transports information from the eye to the brain) should not practice trataka.

#3 Alternate Nostril Breathing

Alternate nostril breathing is a yogic breath control practice. In Sanskrit, alternate nostril breathing is known as **nadi shodhana** pranayama. This translates as “subtle energy clearing breathing technique.”

Alternate nostril breathing may help to:

- clear blockages in the **third eye chakra**;
- promote overall well-being;
- reduce anxiety;
- relax your mind and body.

You can perform alternate nostril breathing as follows:

1. Rest the base of the palm of your right hand on your chin, and your three middle fingers on the forehead.
2. Gently press your left nostril closed with your little finger, and breathe in through the right nostril.
3. Close the right nostril with your thumb, and slowly breathe out through the left nostril.
4. Breathe in through the left nostril, while your thumb holds the right nostril closed.
5. Breathe out through your right nostril, while holding your left nostril closed with the little finger.

Note – when you first start using alternate nostril breathing, begin with just 1 or 2 rounds, and gradually build up to around 10 rounds.

#4 Sun Gazing

Sun Gazing is a practice that is used to aid with the activation of the pineal gland by stimulating this gland as the sun's energy moves through the eyes and charges the hypothalamus tract.

Other benefits include:

- opens the energy channels in your body;
- improves eyesight;
- reduces hunger pangs;
- increases the size of the pineal gland;
- increases your energy levels;
- relieves stress and tension;
- powers the brain and boosts the production of melatonin and serotonin.

How To Do Sun Gazing:

1. Stay in a comfortable position and look directly at the sun for 10 seconds.
2. Slowly, build up to 30 minutes a day.
3. Visualize the light going into the front of your third eye chakra.

Tips

- on cloudy days, gaze at the position where the sun is behind the clouds;
- if the sun feels too bright, you can raise your hands and make a triangle and hold it up against the sun;
- don't sun-gaze through windows, glasses, or contact lenses;
- this method is best practiced within an hour of sunrise or/and sunset.

#5 Mudras

An effective mudra that works to activate the pineal gland is Gyan mudra – the mudra of knowledge and wisdom which cultivates a sense of clarity.

How To Use Gyan Mudra

Touch the tip of the thumb with the tip of the index finger, keeping the other fingers straight but relaxed.

Do this with both the left and right hand and hold for as long as you are comfortable.

READ MORE: [11 Mudras And Their Meanings](#)

#8 Visualization

Visualization is the mental action of the mind to materialize goals. When you align your physical and mental actions, you are working from all fronts in order to make it happen.

Method:

1. Settle in a comfortable position.

2. Relax your body.
3. Once your whole body feels relaxed, visualize feeling lighter and lighter with each inhalation.
4. Let any worry or tension go with each exhale.
5. Shift your attention to your third eye.
6. Imagine your head surrounded by a violet or indigo light.
7. Visualize your third eye as a glowing area in the center of the head.
8. Envision a bright light streaming out of your third eye. visualize the bright light becoming brighter until you can feel it heating and tingling your forehead.

“[The pineal gland] is quite active in synthesizing compounds related to serotonin, an important neurotransmitter in the brain. Neurotransmitters are the chemical messengers allowing communication among individual nerve cells. Natural DMT (dimethyltryptamine) is active in brain sites which is also affected by serotonin.”

#10 Aum Mantra

An effective method of activating your third eye is with the use of the AUM/OM mantra.

The sound Om, when chanted, vibrates at the frequency of 432 Hz, which is the same vibrational frequency found throughout everything in nature. In addition, the mantra can be used to connect with the higher self and the divine.

Tip – you can chant the mantra aloud, or just mentally.

READ MORE: [The Meaning Of OM Mantra](#)

#11 Solitude

Solitude is a sensitive’s best friend. Connect with silence and enter a state of receptivity.

Allow yourself to be a channel, and see what solitude can offer you in terms of the answers and the clarity you are craving. Furthermore, alone time can restore your energy and give you the strength to pull them out.

Note – The Role of Diet in Pineal Gland Health

Our dietary choices play a critical role in maintaining the health of our pineal gland. Certain foods and supplements are believed to decalcify and activate the pineal gland. These include green vegetables, raw cacao, and foods rich in boron, like avocados and almonds.

Mindfulness vs Meditation: what are the differences?

Introduction

Nowadays, people are finally realizing the damage that poor mental health can cause, and consequently, much more is being done to address mental health than it was decades ago.

When it comes to improving your health, both physically and mentally, there are many things you can do.

Mindfulness and meditation are two different techniques, which are prime examples of this.

As with most things nowadays, there is a lot of conflicting info out there regarding mindfulness vs meditation, and as a result, it can be easy to confuse the two.

A lot of the time, these two words are used interchangeably, with no real explanation of either one.

Considering the fact that each technique offers a wide range of scientifically proven health benefits, both physically and mentally, it's important to understand the key differences.

Yes, the two concepts are similar, but even so, they still offer a wide range of different benefits and can both be practiced in a number of different ways.

Whether you're looking for ways of boosting your mental health, clearing your mind, or simply leading a healthier, more productive lifestyle, here's a look at mindfulness vs meditation and what the key differences really are.

What is Mindfulness?

Mindfulness is one of the most popular buzzwords of the 2020s, and while the phrase is often used incorrectly and far too frequently, the technique itself is a very important, hugely beneficial one when it comes to improving our mental health.

Mindfulness is perhaps best described as being a quality, whereas meditation is a practice.

With mindfulness, you are hyper-aware, and the mind is hyper-aware of where you are, what you're doing, what you're seeing, what you're hearing, what you're smelling, and how you feel.

Perhaps best described as a basic human ability to be completely present in the here and now, mindfulness is not only about living in the moment and being present in the moment but is also about how we react to the things going on around us.

Mindfulness, for example, is considering how your actions can affect others.

A simple comment on somebody's weight, for example, may be made with the most innocent of intentions but may not be perceived by the recipient that way and may hurt their feelings.

Mindfulness is considering other people's feelings as well as your own and understanding that your words or actions may have negative impacts on others.

Mindfulness is about reducing stress, not only for ourselves but for others around us, too.

It allows us to gain insights into our minds and behaviors. Mindfulness helps us to live in the present, forget the past, and not worry about the future or stress ourselves out about things that have not and may not happen.

We'll look at the fundamental differences between mindfulness and meditation a little later on, but for now, very simply, we need to talk about the primary difference.

Mindfulness is a state of being and a way of living. Meditation is a practice and is something that you do.

You ARE mindful, and you CAN meditate.

What is Meditation?

As we're looking at mindfulness vs meditation, it's only fair that we now look at the art of meditation.

Meditation, unlike mindfulness, is a practice and activity.

It is something that you can do and take the necessary steps to become ultimately better at.

One of the main reasons why people often confuse meditation with mindfulness is down to the fact that with meditation, you can practice what is known as mindful meditation or mindfulness meditation.

Meditation is an activity that places an emphasis on focusing on your breathing.

With meditation, you focus on each breath as you inhale and exhale.

You are essentially training your mind to focus solely on controlling your breathing.

When you find your mind wandering and getting distracted from this task, you can train your mind to pick up on this and quickly get back to focusing on your breathing.

Like mindfulness, meditation helps you to be present in the here and now.

As you meditate, you aren't worrying about outstanding bills, relationship troubles, or anything else, but you are instead focused solely on being in the present and controlling your breathing.

It allows us to anchor ourselves in the present rather than worrying about what has happened or what might happen.

Mindfulness vs Meditation – What Are The Differences?

Okay, we've established that both meditation and mindfulness are linked and are from the same metaphorical family, as it were.

Some people even say that mindfulness is a form of meditation, and meditation is a form of mindfulness.

Though the two phrases are often used interchangeably, and although they are very similar, there is, in fact, a wide range of differences that set them apart from one another.

Here's a look at several key differences between meditation and mindfulness.

You can be mindful anywhere

Okay, in theory, you can meditate virtually anywhere as well, but in reality, it is much easier to be mindful anywhere than it is to meditate anywhere.

With mindfulness, you can be mindful regardless of where you are or what's going on around you.

It doesn't matter whether you're in the park surrounded by nature, in your backyard, or at a crowded football game; you can be mindful no matter where you are.

Mindfulness is about being aware of your surroundings and what's going on around you.

You can be mindful when reading a book, watching a movie, taking a bath, spending time with friends, or relaxing in a spa.

The goal of mindfulness is to anchor yourself in the present and be aware of where you are and what's happening around you. It is, of course, much easier to be mindful of where you are than it is to meditate anywhere.

Meditating in a peaceful woodland, for example, would be much easier than trying to meditate in a crowded shopping mall.

Meditation is a practice

Again, as mentioned, meditation is an activity, whereas mindfulness is a state of mind and being.

When you meditate, you make the effort to do so.

When you are mindful, this is simply a way of life. You can, of course, practice meditation as a form of mindfulness and vice versa, but in general, meditation is an activity rather than a state of mind.

Meditation is a tool for mindfulness

Many experts agree that meditation is considered a tool used on the road to mindfulness.

If your goal is to ultimately be more mindful on a daily basis, meditation can be used as a tool to help get you there quicker.

The technique will let you be mindful when practicing it, and ultimately, the more you do so, the greater your chances will be of becoming a mindful individual.

Studies have found that individuals who meditate daily, or at the very least, on a regular basis, are much more likely to be mindful as part of their day-to-day lives..

If your goal is to ultimately be mindful as part of everyday living, meditation is a fantastic activity that you can utilize to get you there much quicker.

Mindfulness can be as intense as you like

Another reason why mindfulness is considered to be so different from meditation is the fact that you can be as intense as you like with mindfulness.

With meditation, you are either meditating or you aren't; there is no in-between. With mindfulness, however, you can be as intense as you like.

You can either be 'all or nothing' and can be mindful as part of your essence of being, or you can be mindful as and when you like or as and when required.

With mindfulness, you can decide how intensely to practice and when to implement your mindful traits. With meditation, you either meditate or you don't. You can't mediate "harder" you are either meditating, or you aren't.

As an example, an informal way of being mindful could be to practice **mindful eating**.

With mindful eating, if you know that certain foods are going to upset your stomach or cause other negative health impacts, you will make an effort to avoid them.

There are many different aspects of meditation

Another thing that sets meditation apart from mindfulness is the fact that there are a number of different aspects of meditation to consider.

Of course, in order to meditate, you need to be mindful of your breathing patterns and the practice itself, but there are also several other aspects to consider. For example, you need to have good concentration to meditate.

If you have poor concentration, your mind is likely to wander, which in turn will distract you and make it much harder for you to meditate. In truth, poor concentration will impact you negatively in a wide range of other ways.

Meditation can, therefore, help you work on other characteristics and traits that may be holding you back that you would like to improve upon.

What are the Benefits of Mindfulness and Meditation?

Finally, before we wrap this look at mindfulness vs meditation, allow us to look at a few of the key benefits associated with both meditating and mindfulness.

Ease pain and discomfort

Even though the main benefits of meditation and mindfulness are all about improving your mental health, there are also a wide range of other benefits associated with the two activities, especially when it comes to pain relief.

Studies have found that, by practicing mindfulness and meditation techniques, individuals can noticeably reduce the amount of pain and discomfort they may be suffering from. Mindfulness and meditation help to engage mechanisms in the brain and body that support our cognitive control of pain levels.

Be a kinder person

Another advantage of mindfulness, especially, is the fact that it can help you to grow as a person and become a kinder, nicer person.

With mindfulness, you become aware of other people's feelings and emotions.

As we touched upon earlier, this can help you to alter your behavior if there is a risk of it negatively impacting others.

If, for example, somebody close to you gets their haircut and you feel it looked better before, if you can see that they like it, mindfulness will help you to keep your opinion to yourself.

Sure, constructive criticism is one thing, but if you can see that they are happy, as it's their hair, their happiness is the most important thing so that you can keep quiet.

Mindfulness helps you to be aware of how you're acting, what you're doing, and what you're saying, and it can help you to alter your behavior and become a better person because of it.

Improved mental health

Without a doubt, one of the best things about being mindful and practicing meditation on a regular basis is the fact that they both improve your mental health.

Mindfulness and meditation are about living in the present and the here and now.

They help you to let go of the **past and any past negative experiences**, traumas, and emotions, and instead live in the present and focus on the positives.

Not only that, but they can help tackle anxiety by helping you not to worry about what has already happened, what hasn't happened, and what may not happen in the future.

Not only are these techniques great for tackling stress, anxiety, and depression, but they also help to lift your mood, promote feelings of relaxation and happiness, and promote a good night's sleep as well.

Final Thoughts

Okay, so we've looked at mindfulness vs meditation, and we've established that, although similar, the two are very different and are not interchangeable with one another.

Both offer their advantages and drawbacks, but one thing we can all agree upon is the fact that they both offer a huge array of benefits, particularly those relating to our mental health.

The 7-year cycle of consciousness:

Introduction

Life is an ever-moving experience where things never stay the same for long.

Things change when we feel like we might have reached a point of happy balance and equilibrium.

At the same time, things can change for the better when we feel like we have reached a low ebb in life.

Life changes and adjusts constantly to the point where it is hard to keep track of all the changes.

The changes we tend to focus on are often the changes in our material lives: our jobs, relationships, etc.

However, are you aware that every seven years, your consciousness changes? This is one of the most prominent changes that we will face in our lives.

This is known as the '7-year cycle' and is vital to life development.

The spiritual cycles of life that we go through are known as:

- The 7-Year Cycle of Consciousness
- The 11-Year Cycle of Intelligence

- The 18-Year Cycle of Life Energy

These three phases help to determine a major part of our lives, but arguably, the most important is the 7-year cycle of consciousness.

Within 21 years, you can find that your consciousness has shifted thrice. Is that not a little strange when you think about it?

However, as we all know, life changes at a rapid pace. Seven years is a lifetime for some of us – our lives can shift and change dramatically in seven years.

Is it so surprising that our consciousness could change in that time, too?

Let's investigate further and determine what this specific 'life cycle' represents.

The 7-Year Cycle Of Consciousness: What Is It?

At its very base layer, then, the 7-year cycle of consciousness is a critical part of determining who we are. We often speak about the fact that we change as we get older. Our views on topics can usually change radically, as can our views on culture, society, and life.

Therefore, it is normal to accept that *we* change – but we do not often think about our consciousness changing. The 7-year consciousness cycle, though, proves that we do, in fact, adjust at the deepest internal level.

This seven-year cycle is crucial to forming our identity. It helps us to understand our views on everything in this world. It plays a vital role in determining our values and the things we feel strongest about.

It even helps us further understand what we are attracted to, dislike, and more.

In short, then, the 7-year cycle of consciousness plays a massive role in determining who you are. We often think that our tastes have changed as we age – it is more than this.

Our very state of consciousness has shifted, which has happened numerous times.

It can be hard to go back so far in life, but think about when you were a 7-year-old.

Your worldview has drastically changed from age 7 to age 14, age 14 to age 21.

Of course, this period in life also revolves around things like puberty and maturation. However, your consciousness continues to change, grow, and adapt as you age later in life.

We often think, especially as teenagers, that by age 21, we will be fully formed adults who ‘get’ the world.

Think about how you felt at age 21 versus 28, though – quite the difference, right?

We never stop adjusting our consciousness and view of the world – even your opinions on the world, age 60 to 67, will change!

Where Does The 7-year cycle of consciousness Come From?

The concept of the 7-year cycle of consciousness comes from yogic philosophy.

Yogic philosophy has been around for millennia, with it being one of the major schools that make up a large part of Hindu philosophy and cultural thinking.

Yoga has been mentioned as early as the first millennium CE, so it is not a new thought: it has been around for far longer than any of us. Far longer than seven years, anyway!

This philosophy is built upon two particular trains of thought: Purusha and Prakriti. Both are essential to making sure that yogic philosophy sticks with you.

The idea can be simplified: every living person is connected to both Purusha and Prakriti. Every individual is a connection of both body and mind.

Prakriti stands for “matter,” and Purusha means “pure consciousness” – bringing both together is a crucial tenet of yogic philosophy. This is where aspects and ideas like the 7-year cycle of consciousness come from.

These are not new-age ideas; they have existed for thousands of years. They have helped inform and structure people’s lives worldwide for a long, long time.

If you are worried that this is some strange modern philosophy, fear not; the 7-year cycle of consciousness has thousands of years of thinking behind it.

Why Does Our Consciousness Change Every Seven Years?

If we look at nature as a whole – not just human nature – we can spot little ‘signs’ that help us spot the significance of certain events and occasions.

For example, the number seven has a prominent role in nature and human culture. In addition, the number seven comes up a lot in religious and spiritual thinking.

Think about this: there are seven days of the week.

There are seven directions that we head in life.

The very cells in our body recreate themselves every seven years.

Some experts in astrology even believe that major shifts in the cosmos happen on a seven-year cycle. So, seven is extremely prominent in many parts of our lives.

Even something as simple as how our world is constructed – seven seas, seven continents – helps us to understand that the number seven is highly significant within nature.

To some, this can sound quite strange. Why the number seven?

That is the question that is harder to answer.

What we do know, though, is that seven appears to be highly important to the laws of nature, culture, and even astrology.

The number seven is also deeply prominent within the religious text – from the seven deadly sins to the seven seals in the Book of Revelation, the number seven is everywhere around us.

So, what can be tough is working out *why* the number seven. On this, you will receive many different theories and concepts – each of which can sound as plausible as they sound ridiculous.

What is a factor, though, is that we tend to experience things in this seven-year cycle.

It can be hard to grasp at first, but there is genuine validity in the idea that things happen in this specific cycle.

The best that you can do is prepare for these seven-year cycles and do the best you can to see each cycle as a new opportunity.

What Is The Most Important 7-year cycle of consciousness?

The most important seven-year cycle comes in our first seven years of life.

This, to many, sets the very tone for who we are. In those first seven years, we can set a huge amount of 'rules' for how we view the world and ourselves. From our very birth, we continue to grow and change as people.

These changes are most physically visible in childhood when we grow from being a baby to a toddler, toddler to teenager, and teenager to adult.

However, that first 7-year cycle of consciousness will set so many different personality traits into motion. It sets the very foundation for the kind of person we are.

How you come out of that first seven-year cycle will have a massive impact on determining the person you become.

While we all grow and mature with age, we have certain personality traits and attributes as children that remain with us for life.

How you come out of this particular life cycle can have a huge bearing on the person you will become in the years to come. Therefore, you should do as much as you reasonably can to discover what you were like as a newborn up to age seven.

Because if you investigate, you might find that many of the personality traits you love – and loathe – about yourself were set in stone at such a young age.

That can seem daunting, but to those who believe in yogic philosophy, it is certainly – at least in some ways – relatable to your personal experience.

Why Is This Important?

One of the main reasons many people view this seven-year cycle as so important is because it can inform their very view of their life.

If we view our life as a series of cycles as opposed to one continuous whole, it can make our personal development much easier to attune to.

Think about it like this: in a seven-year cycle of consciousness, your life will change quite dramatically. In many ways, nothing will be the same as seven years ago.

For many people, seeing the world through the prism of 'birth, education, work, death' is quite depressing. It can make it hard to attain greater meaning in our lives. However, as yogic philosophy shows, our life is a series of unique cycles.

These seven-year cycles are seen as the perfect time to take stock, to look at how your life is progressing, and to see where you could potentially make some big changes in the future.

You can use these cycles to try and reinvent yourself.

For example, you might find that life needs to change as you reach age 49 and move into your 50s.

You may need to be more creative, for example.

You might even feel like you need to transform what you do for a living entirely.

Everyone is different, but you will find that if you try and break your life down into moments, some of the most important happened every seven years.

You do not have to try and focus on making these changes every seven years – they happen as time goes on. Your mind will adjust for you.

These cycles mark opportunities to change your life and embrace the upcoming change and opportunity with excitement.

Using This Knowledge To Your Advantage

The main way many people who believe in yogic philosophy will use the 7-year cycle of consciousness is to look at their development across three cycles.

So, instead of looking at how things change in seven years – sometimes, it can be hard to perceive major changes in yourself in that time – look for changes across three cycles, i.e., 21 years.

The person you are aged 21 completely differs from who you will be aged 42.

You will change from ages 42 to 49 – but it will not be as drastic as the person you become from 21 to 42.

Your entire life view can change. What you do for a living, how you spend your time, and your views on events, culture, politics, etc., can all transform that life cycle.

Understanding these crucial junctions in your life can make it easier to accept change. Have you ever been told by someone that ‘you’ve changed’ since you last met them? Well, yeah, we all have!

Nobody – not a single person – stays the same across a seven-year cycle.

So, you will not be the person you were twenty-one years ago. How could you be? Think about everything that can happen to you in a single year.

Well, extrapolate that across a twenty-one-year cycle, and if your life *hasn't* changed, then something has gone drastically wrong! You will notice that in each cycle, you have a greater understanding of how you perceive the world, the people most important to you, and the emotional connections you hold.

These seven-year cycles are a wonderful time to work on the person you are and the individual you wish to become.

Use these cycles to look back on how you have changed. Look at the changes in your wisdom, maturity, and actions. Seven years ago, you were probably more impulsive and more emotionally driven.

Seven years from now, you will be a wiser, more spiritually connected individual.

You will better understand the path you need to take in life and who you truly are. And that can only be a good thing! Who wants to stay the same all their lives?

Final Thoughts

The 7-year cycle of consciousness is real for people who are attuned to looking at their lives.

You might feel like 'nothing has changed for years, ' but if you look closer, you will see how wrong this is!

Our lives – and our very personalities – change as time passes. This is just how the world works. No matter how wedded you are to one period, constant change and flux will occur.

These seven-year cycles represent the ideal time to look back and view that flux from a different perspective than you might at present.

Using those cycles to reflect on all of the changes – good or bad – can be a great way to become more appreciative of your journey in life so far.

Feel like nothing has changed?

Just think back to the start of your last seven-year cycle.

If you evaluate your life from then until now, it is almost guaranteed that there will be a significant list of changes.

Do not fear that change: embrace it!

What is the spiritual meaning of the Tree of Life?

The Tree of Life is a universal symbol found in many mythological and spiritual traditions around the world.

It has existed since the beginning of history in paintings, engravings, embroideries, sculptures, and prints.

The Tree of Life is both a masculine symbol, a visibly phallic symbol, and a feminine one, bearing sustenance.

Note – not to be confused with the Tree of Knowledge of Good and Evil, the Tree of Life is the tree whose fruit gives eternal life to all who might obtain it.

Symbolism

The symbol of the Tree of Life includes qualities such as strength, wisdom, beauty, protection, redemption, and bounty. It is also a symbol to obtain focus in a quest to find knowledge and awareness.

The Tree of Life illustrates the interconnectedness of life. In addition, it represents a person's personal growth into a unique human being as different experiences shape them into who they truly are.

Moreover, it signifies rebirth. In the fall, trees tend to lose their leaves and enter a hibernation-like state. In the spring, the tree awakens with amazing color and leaves appear like it is being born again.

The Spiritual Meaning Of The Tree of Life In Different Traditions

Celts

They believe the branches represent the world above, the roots symbolize the 'other world,' the trunk signifies the mortal world, and connects the branches and roots.

In Celtic culture, the tree of life is usually represented with the roots spreading deep into the ground and the branches reaching upwards.

Baha'i Faith

The Baha'i writings say that the Tree of Life symbolizes the prophets of God, whose guidance nourishes and protects everyone.

Urartu

Urartu was an ancient country of southwest Asia centered in the mountainous region southwest of the Caspian Sea and southeast of the Black Sea.

In ancient Urartu, the Tree of Life was a religious symbol and was carved on the armor of warriors and drawn on the walls of fortresses.

Buddhism

In Buddhism, the Bodhi tree or the Tree of Life is where Gautama Buddha attained enlightenment.

Descendants of that fig tree still stand in that place, though there are now Bodhi trees all over the world.

Kabbalah

In the Jewish mystical tradition of Kabbalah, the Tree of Life has two different symbols: right side up and upside down. These two placements are said to have different meanings:

- right side up – in this depiction, the roots go into the ground and limbs toward the sky, indicating initiation or evolution;
- upside down – it is depicted with “roots flowing from the divine place of unity and infinite light,” which is also referred to as the Tree of Emanation.

The Mayans

In the Maya culture, the Tree of Life, called Yaxche, is traditionally a Ceiba tree. It has become a symbol of immortality because it gives seeds and fruit that create new life and new trees.

Furthermore, according to this Mesoamerican culture, a World Tree connected Heaven, the Underworld, and Earth and grew at the point of creation.

African Culture

The baobab is renowned as Africa's Tree of Life, and it can provide food, water, shelter, and relief from sickness.

Found in African savannahs, the baobab is a tree that can grow as tall as 30 meters, live for over several thousand years, and have a diameter as large as 15 meters.

Ancient Egypt

To the Ancient Egyptians, the Tree of Life symbolized the hierarchical chain of events that brought everything into existence.

Additionally, Osiris and Isis were said to have emerged from the acacia tree of Saosis, which the Egyptians referred to as the "tree in which life and death are enclosed."

Hinduism

In the sacred books of Hinduism, the Puranas mention the divine tree Kalpavruksham.

This divine tree is protected by Gandharvas in the garden of Amaravati, a city under the control of Indra.

China

In Chinese mythology, a carving of a Tree of Life represents a dragon and a phoenix; the dragon typically symbolizes immortality.

In addition, there is a Taoist story of a tree that produces a peach every 3.000 years. The one who eats the fruit receives the gift of immortality.

Serer Religion

The Serer religion or a fat Roog (“the way of the Divine”), is the original religious practices, beliefs, and teachings of the Serer people of Senegal in West Africa.

In the Serer religion, trees were the first things created on Earth by the supreme being Roog. Also, the Serers have ancient knowledge of herbalism.

Christianity

The Tree of Life is mentioned 2 times in Genesis 2, in Eden, and 4 times in Revelation (3 of those in the final chapter).

It was planted by God in the Garden of Eden:

“The LORD God made all kinds of trees grow out of the ground—trees that were pleasing to the eye and good for food. In the middle of the garden were the tree of life and the tree of the knowledge of good and evil.” (Genesis 2:9)

Additionally, the Tree of Life spoken of in the Book of Revelation is an emblem of the joys of the celestial paradise.

Islam

The Tree of Life in Islam is referred to in the Quran as the Tree of Immortality. Unlike the biblical account, the Quran mentions only one tree in Eden, which Allah specifically forbade for Adam and Eve.

Darwin’s Tree of Life

Charles Darwin’s “Tree of Life” shows how species are related through evolutionary history. Below is an extract from Darwin’s *On the Origin of Species*:

“The affinities of all the beings of the same class have sometimes been represented by a great tree.

Charles Darwin continued:

”As buds give rise by growth to fresh buds, and these, if vigorous, branch out and overtop on all sides many a feebler branch, so by generation I believe it has been with the great Tree of Life, which fills with its dead and broken branches the crust of the earth, and covers the surface with its ever branching and beautiful ramifications.”

Rebirth

The Tree of Life holds a revered place, particularly in the narrative of rebirth and immortality. This venerable emblem serves as a poignant reminder of the cyclical nature of existence, embodying the eternal dance between endings and beginnings, dormancy and vibrancy.

The tree, in its seasonal metamorphosis, whispers the profound truth that life, in all its forms, persists beyond the apparent stillness of winter, ready to re-emerge with renewed vigor at the first breath of spring.

The stark silhouette of trees in the winter, stripped of their verdant splendor, presents a visual metaphor for those periods in our lives when vitality seems to have retreated, leaving behind a landscape of barren branches and silent resolve.

Yet, it is within this quietude, beneath the frostbitten surface, that the magic of regeneration quietly unfolds.

Herein lies the powerful symbolism of the Tree of Life for healing and recovery—no matter the depth of our trials or the chill of our despair, the potential for renewal and growth remains, steadfast and indomitable.

This emblematic portrayal of immortality and rebirth through the Tree of Life offers solace and hope, inspiring us to view our own challenges not as insurmountable ends but as precursors to transformation.

It teaches us that even in our most fallow seasons, when all signs of life appear extinguished, the promise of resurgence and revival patiently waits.

Just as the tree endures the winter, conserving its energy and preparing for the inevitable thaw, we too are capable of weathering the storms of life, holding onto the knowledge that brighter days lie ahead.

The lesson of the Tree of Life extends beyond personal rebirth, touching on the universal truth that life is an unending series of deaths and rebirths, each phase imbued with its own lessons, beauty, and opportunities for growth.

This cycle reflects the underlying resilience of the spirit and the boundless capacity for renewal that defines the essence of existence.

By embracing the rhythm of life as embodied by the tree, we learn to release our grasp on what was, to make room for what will be—transforming our scars into signs of strength and our experiences into seeds of wisdom.

Furthermore, the Tree of Life, with its perpetual cycle of rebirth, serves as a bridge between the temporal and the eternal, grounding us in the present while connecting us to the infinite.

It reminds us that our physical forms are but transient vessels for our immortal souls, which, like the essence of the tree, transcend the visible realm to partake in the endless flow of creation and renewal.

In contemplating the Tree of Life in the context of rebirth and immortality, we are invited to see ourselves and our journeys mirrored in the natural world.

We are encouraged to recognize the resilience that resides within, to trust in the inevitability of renewal, and to open our hearts to the possibility of beginning anew, stronger and more radiant than before.

Strength

In the spiritual mosaic that adorns the canvas of our existence, the Tree of Life stands as a monumental archetype, embodying the quintessence of strength and enduring stability.

This ancient symbol, revered across myriad cultures and philosophies, transcends its botanical essence to represent the foundational virtues of resilience and steadfastness that are intrinsic to the human spirit

The Tree of Life, with its sprawling roots deeply entrenched in the earth and its branches reaching skyward, serves as a living testament to the power of unwavering resolve and the unbreakable bond between the heavens and the earth.

The tree, in its majestic splendor and serene poise, teaches us a profound lesson about the nature of strength. It is not merely the ability to withstand the buffeting winds or the fury of tempests that defines the tree's strength; rather, it is its capacity for adaptation, for bending without breaking, that signifies true resilience.

A tree absorbs the shocks of adversities through its flexible limbs, all the while remaining anchored by its robust roots—a powerful metaphor for how we, too, can face the storms of life with grace and fortitude.

These roots, hidden beneath the surface, mirror the unseen depths of our own inner strength.

They remind us that the source of our power lies not in the visible, external manifestations of might, but in the quiet, subterranean realms of our soul where our core beliefs and values reside.

It is here, in the silent communion with our essence, that we find the fortitude to face life's challenges, drawing upon the nourishing waters of wisdom accumulated over generations.

Meanwhile, the towering branches of the Tree of Life symbolize the aspiration of the human spirit to reach for the sublime, to connect with the divine, and to aspire towards higher states of being.

Each leaf, each bough, represents the myriad facets of our lives, interconnected and interdependent, illustrating the unity and harmony that underlie our existence.

The tree, in its dignified stillness, embodies the balance between reaching outwards and grounding oneself, teaching us the importance of establishing a stable foundation upon which to build our dreams and ambitions.

In contemplating the Tree of Life, we are invited to reflect on the essence of strength as an attribute that encompasses both resilience and flexibility.

It speaks to the capacity to endure, certainly, but also to the ability to grow, to expand, and to transform in the face of adversity.

The Tree of Life, therefore, is much more than a symbol; it is a guide, a mentor, and an eternal companion on our spiritual journey.

The Transcendental Meditation technique is a form of silent mantra meditation. It was developed by Maharishi Mahesh Yogi.

Maharishi Mahesh Yogi brought this technique to the US and other countries in 1959. In the same year, Maharishi founded the International Meditation Society.

TM started to gain more attention because celebrities like The Beatles began to practice meditation.

According to the latest data, more than 6 million people from all over the world have already learned TM.

What Is TM?

The practice of Transcendental Meditation centers on the repetition of short mantras that are chosen for each individual by a transcendental meditation instructor based on the appropriateness and harmonious effect the mantra will create for each practitioner when used correctly.

In fact, some Transcendental Meditation instructors say that it is “dangerous” to have the wrong mantra.

This practice should be repeated two times per day, with eyes closed, for 15 to 20 minutes at a time.

Learning TM

Unlike some forms of meditation, this technique requires a 7-step course of instruction from a certified teacher.

Introductory Lecture

During this free lecture (around 45 minutes), the teacher explains how the subtler states of thought and deep rest experienced during Transcendental Meditation practice give rise to a wide range of benefits.

Preparatory Lecture

During this lecture, the teacher discusses the mechanics that make the TM program effortless. In addition, he explains the origin of the TM technique and how it differs from other methods of meditation.

Personal Interview

People interested in learning the technique then attend a 10- to 15-minute interview.

Course of Instruction

These 60-90 minute classes are held on 4 consecutive days or evenings. There is also a brief ceremony, when every student receives a mantra, that he is supposed to keep confidential.

Once these steps are completed, the student is self-sufficient and begins to experience results.

Benefits

Engaging in TM can help practitioners to relax without losing awareness and to avoid distracting thoughts.

Iraq war veterans who practiced TM for 8 weeks showed a 50 percent reduction in depression and post-traumatic stress disorder, according to a recent study.

Other benefits of TM include:

- helps you have a good night's sleep;
- stimulates efficient brain activity and clarity;
- increases your overall happiness and feelings of well-being;
- positively stimulates the brain chemicals like serotonin;
- leads to the strengthening of the heart and its functioning;
- reduces the sense of loneliness;
- helps to decrease cortisol levels by 30 percent;
- improves self-image and self-worth;
- helps in dealing with daily stress and anxiety.

Method

#1 Sit in a comfortable chair with your feet on the ground and hands in your lap. Leave your arms and legs uncrossed.

#2 Close your eyes. Take several deep breaths to relax the body. Your eyes will remain closed during the 20-minute practice.

#3 Repeat the mantra you learned from a TM teacher in your mind. The mantra should be repeated silently.

#4 When you recognize that you are having a thought, simply return to the mantra.

#5 Repeat the mantra for 20 minutes.

List Of Transcendental Meditation Mantras

There are currently about 16 basic mantras in use, however, it wasn't always this way. In the early 1960s, only two mantras were used in the TM practice. Women used "Shiriram," while men used "Ram."

- 1) Mantra for students aged 3 – 11 years old – Eng
- 2) Mantra for students aged 12 – 13 years old – Em
- 3) Mantra for students aged 14 – 15 years old – Enga
- 4) Mantra for students aged 16 – 17 years old – Ema
- 5) Mantra for students aged 18 – 19 years old – Aeng
- 6) Mantra for students aged 20 – 21 years old – Iem
- 7) Mantra for students aged 22 – 23 years old – Ienga
- 8) Mantra for students aged 24 – 25 years old – Iema
- 9) Mantra for students aged 26 – 29 years old – Shiring
- 10) Mantra for students aged 30 – 34 years old – Shirim
- 11) Mantra for students aged 35 – 39 years old – Hiring
- 12) Mantra for students aged 40 – 44 years old – Hirim
- 13) Mantra for students aged 45 – 49 years old – Kiring
- 14) Mantra for students aged 50 – 54 years old – Kirim
- 15) Mantra for students aged 55 – 59 years old – Sham
- 16) Mantra for students aged 60+ years old – Shama

Important note – the concept of how to choose a mantra for TM is that you don't choose a mantra for it. It is not up to you since it will not work

without proper guidance. But, your teacher selects and teaches the mantra to you.

Do you consider yourself spiritual? Or do you desperately want to become highly spiritual?

Whatever the case may be, there are telltale signs to look for.

To begin your journey, you must remember that spirituality does not mean religion, divine gurus, or philosophies.

Instead, the term relates to knowing yourself in a deeper, more beneficial way.

Finding peace, learning about vibrations, and being calm about your inner world are all part of the journey to becoming highly spiritual.

You may have already followed this route without even knowing it, but before we start looking at the signs, let's look at the definition of a super-spiritual person.

What Is a Highly Spiritual Person?

A highly spiritual person is someone who is connected with themselves, animals, and those around them in a much deeper way than most.

He/She might even be drawn consistently to nature and the outdoors, feeling as though they need to touch the trees (although this isn't always the case).

Ultimately, they can recognize themselves in all living bodies.

They understand that everything, including the earth we walk on, is connected.

They never have to condemn or judge others.

They are at peace with their lives and themselves.

Does this sound like you?

Check the signs below to see if you're already a highly spiritual person.

List Of 19 Signs You're a Highly Spiritual Person:

#1 You're Authentic

Highly spiritual people practice authenticity, but this doesn't mean sharing everything about yourself, to everyone, all of the time.

Rather, you endeavor to always say what you mean, mean what you say, and stick to your principles and values above all.

#2 You Value People and Experiences Over Money

Everyone enjoys a blossoming bank account, but highly spiritual people consider good people and experiences more enriching than any material riches.

They prefer the euphoria of enjoying a deep and mentally thorough conversation as opposed to punching the overtime clock.

#3 You Don't Hold Grudges

A highly spiritual person knows that holding grudges leads to stress. And stress leads to hypertension and even heart disease.

It is to avoid holding grudges at all costs. Therefore, she is quick to forgive and forget.

#4 You Are Difficult To Offend

If you have a firm grasp of who you are, it's difficult for someone to do or say something which gets your goat.

Highly spiritual people are open-minded and self-confident, which creates a pretty thick skin.

You may even poke fun at yourself or let other people make jokes about you since you are able to mentally draw the line between degradation and humor.

#5 You Let Go of Mistakes

Highly spiritual people don't define themselves by their mistakes. They dismiss their mistakes as soon as they make them, however, they don't forget them. They use their past mistakes for future reference and for finding methods on how to improve themselves.

#6 You Practice Honesty

Highly spiritual people do more than say what they sincerely believe. In addition, they avoid half-truths and strive to present information in a way that won't be misinterpreted.

Important note – they realize that a focus on escape clauses, loopholes, and technicalities may win them a trial in court, nevertheless, it won't win them others' trust.

#7 You Have A Good Understanding Of Yourself

You have a good understanding of who you really are. You are fluid in your ways of believing and thinking. You are less flexible in your beliefs about your life, yourself, and this world.

#8 You're A Great Leader

Highly spiritual people typically make good leaders, whether it is in a job or in social situations. Their ability to empathize, control their own emotions, and identify others' emotions makes them perfect leaders.

#9 You Are A Good Judge of Character

Being socially aware is something that goes hand in hand with being highly spiritual. People can't surprise you. You can understand their motivations and intentions since you can read them like an open book.

Moreover, you can see clearly what's underneath their surface.

#10 You Attract A Lot Of Unconditional Love

Highly spiritual people are radiating with positive energy and love.

They withhold it from absolutely no one. It's no surprise that they attract so much honest, genuine, and trustworthy love.

#11 You Embrace Change

Highly spiritual people are constantly adapting and are flexible. They know that fear of change is a major threat to their happiness and success.

They look for change which is lurking just around the corner. More importantly, they form a plan of action should these changes occur.

#12 You Can Creatively Solve Problems

Although being creative might not mean that you're highly spiritual, people who are spiritual are also often creative, according to research.

Also, artistic skills might occasionally be an indicator that someone is spiritually inclined, even if they think they're not.

#13 You Tend To Avoid Violent TV Shows & Movies

Since highly spiritual people rank high on the empathy scale, they tend to stay away from TV shows and movies with horror or violence in them.

They know violence or negative news will lower their vibration, hence, they do what they can to avoid it.

#14 You Always Listen First, Speak Second

A lot of us get into hot water by speaking before we think things through.

Highly spiritual people do not have this difficulty, as they are always hyper-aware of the message they convey, how they sound, and the real impact their words will cause.

#15 You Act on Your Empathy

An important component of spirituality is giving back, even in the smallest ways. When we take actions that are loving and caring, we feel more love in return.

This is why highly spiritual people act on their kindness, whether it's just being a shoulder to lean on or through volunteering, and overall they are much happier for it.

#16 You Have a Good Sleep

You are able to fall asleep fast and have a restful sleep. You can also fall asleep easily after waking up in the middle of the night. When you wake up, you feel restful.

#17 You Show Compassion

Compassion is a more objective form of empathy.

It is the feeling what others feel, but taking it to another level by doing everything in your power to remove the obstacles and difficulties which stand in their way.

#18 You Control Your Thinking

Most emotions are experienced instinctively, meaning you can't control how you feel at any given moment.

But highly spiritual people recognize they can control how they react to those feelings, by focusing on their thoughts. In doing so, they avoid becoming enslaved by their emotions.

#19 You Can Read Facial Expressions

A facial expression is one or more positions or motions of the muscles beneath the skin of the face.

Looking at an expression and understanding the emotion that a person is portraying is one of the greatest indicators of a highly spiritual person.

What is special about the pineal gland?

Location

The pineal gland is a small organ situated near the center of the brain, whose secretory function is not fully understood yet. However, it is actually an important part of your endocrine system.

It is known to be influenced by light, it is connected to the day-night cycle, sleep, and sexual development, yet there is more to learn about it.

The epiphysis played an important role in one of the greatest thinkers that mankind has ever had – René Descartes.

He described it as the place in which all the information is filtered, stored, and processed, and then sent throughout the body.

Moreover, the French philosopher argued that here is where the human soul is found, so that the entire coordination is possible.

It's called pineal because it has the shape of a pine cone, the size of a pea, weighing about 0.2 g. This gland is better known as the third eye, [Ajna chakra](#), or the eye of Horus.

Function

The pineal gland is able to perceive light, just as the normal eye does, but it secretes melatonin only in the dark.

The secretion of melatonin is inhibited by light and stimulated by its absence, which is one of the reasons why you should not sleep with the light on.

As melatonin is released and spreads throughout the body, we enter into a deeper sleep.

Melatonin is known as an anti-stress and anti-aging agent since it both suppresses cortisol and is a strong antioxidant.

Fluoride

Inside, the pineal gland is filled with water, which calcifies in time (it becomes visible on radiographs after the age of 20) due to fluoride in toothpaste, fluoride in water, or soda.

Additionally, sources of fluoride can include processed foods and beverages made with fluoridated water.

Aryana Havah said:

“Fluoride has no beneficial effect on the body – It is given specifically to inhibit the Pineal Gland.”

The epiphysis may be the location of a very rare tumor, called the pinealoma.

In addition to negatively affecting the pineal gland, excess fluoride can damage the parathyroid gland. Too much fluoride can also lead to skeletal fluorosis, which can damage joints and bones.

Note – fluoride was first added to toothpaste in 1914, however, it was only in 1955 that the first commercial fluoride toothpaste became available.

In 1951, fluoridation became an **official policy** of the U.S. Public Health Service.

Important note – according to a recent **study**, prenatal exposure to higher levels of fluoride substantially increases the incidence of

attention-deficit/hyperactivity disorder as well as impairs cognitive development in children.

Update – a 2019 [draft report](#) from the National Toxicology Program established that fluoride is “presumed” to be a cognitive neurodevelopmental hazard to humans.

Calcification

Since the gland is not protected by the brain barrier, it is open to exposure to minerals like fluoride and calcium.

Any cyst or calcification that occurs in the epiphysis shows that there are energy blockages on that level. Also, it can lead to excessive sleepiness or insomnia.

Studies conducted by various researchers have shown that such formations – cysts, calcifications – can occur at any age.

LSD

Drugs like LSD or DMT have the ability to open it and accelerate its functioning.

Dr. Rick Strassman, author of *DMT: The Spirit Molecule*, noticed, among other things, that the epiphysis produces DMT during birth, death, during spiritual or mystical experiences.

Strassman explained:

“As an endogenous, or naturally-produced, human psychedelic, I believed it might mediate spontaneous psychedelic experiences such as near-death and mystical states.”

Dr. Rick Strassman went on to say:

“I also considered the epiphysis a likely source of this endogenous DMT; as such, the pineal might be a ‘spirit gland.’”

It is proven that the epiphysis is directly related to sexual function, and sexual abstinence (abstention from excesses) can strongly activate it.

It was noted that the persistence of negative emotions, such as fear, anger, and feelings of denial of one's own being, affects the pineal gland negatively.

Herophilos

Herophilos (335–280 BC), a Greek physician and often called the father of anatomy, noted that the small pineal gland is a single structure, different from the brain's characteristic of mirrored sides: left and right.

It is the first gland to be formed in the fetus and is identifiable at 3 weeks. It is also heavily vascularized.

The pineal gland is nourished with the best blood, oxygen, and mixture of nutrients from human anatomy, being surpassed only by the kidneys (whose function is to filter impurities from the blood).

Due to these special and unique anatomical configurations, Herophilos correctly concluded that this gland plays a major role in consciousness and that it is the gateway to our real self.

Spiritual Eye

There is a direct similarity between the epiphysis and the eyeball, due to the fact that the epiphysis also has crystalline receptors for the perception of colors; the internal structure of the gland is similar to the eye retina; it contains photoreceptor cells called pinealocytes.

Therefore, it is called the third eye or spiritual eye.

David Wilcock, the New York Times bestselling author of "The Source Field Investigations," said:

“It is apparent that several relationships exist between the pineal gland and retina. The similarities in development and morphology have been obvious for many years.”

In Vedic texts, the epiphysis is considered the “third eye” – designed to facilitate communication with the divine power, and self-knowledge. It is also the seat of awareness, the gateway to cosmic realms within, freedom, and discrimination.

Swami Satyananda explained:

“All psychic systems have their physical aspects in the body . . . With Ajna chakra, the physical equivalent is the pineal gland, which has long baffled doctors and scientists as to its precise function...

Yogis, who are scientists of the subtle mind, have always spoken of telepathy as a ‘siddhi’, a psychic power for thought communication and clairaudience, etc.

The medium of such siddhis is Ajna chakra, and its physical terminus is the epiphysis, which is connected to the brain. It has been stated by great yogis ... that it is the receptor and sender of the subtle vibrations which carry thoughts and psychic phenomena throughout the cosmos.”

Acupuncture

The third eye chakra corresponds to the acupuncture point M-HN3, in Chinese medicine. The seed (beej) sound for this chakra is “Eem.”

When the third eye functions harmoniously, it confers inner balance, well-being, and a tendency toward spirituality. However, malfunction of epiphysis or even blockages in this area leads to exacerbated attachments to the material world and the fear of death.

Moreover, everything from dizziness and **headaches** to brain lesions and blindness can be linked with an unhealthy third eye chakra.

If you have a blocked Ajna chakra, you might also struggle to learn new things and have trouble sleeping (insomnia).

Third eye chakra healing employs different types of holistic healing remedies to bring alignment to the mind, body, and spirit
Been pondering the, “am I a mystic?” question? The answer is probably no.

Mysticism is quite a complicated topic, and even those who deem themselves spiritually focused can't quite explain it. So it's no wonder that the question hasn't come to mind.

In practice, mysticism — otherwise known as “ultimate reality” or “direct knowledge of spiritual truth” — can be obtained through experiences. It's said to be the final power in reality, yet it's *not* originally from dogma, faith, or principle.

Why? Because you can't believe in mysticism. They are born.

Mystic people see the world as intricately connected, magical, and almighty. They seek new and improved ways to constantly evolve their psychic powers, alongside bringing complete understanding to every situation.

Mystics don't see impulses. They see divine intervention.

Mystics don't see free will. They see a higher power moving each decision toward the greater good.

Overall, mystics have an innate understanding of the Universe. Because of this, they generally want to help others flow through life and guide them to the correct path.

Unfortunately, learning whether you're a mystic isn't straightforward since there is no transparent definition.

Instead, you need to become attuned to the mystic signs below.

Here Is A List Of 15 Signs You Are A Mystic:

#1 You See The Bigger Picture

Like a small cog in a big machine, mystics realize that they are a small, but integral part of life.

They see from a higher perspective when approaching life, realizing that they are one with all that is as they aim to align themselves and their actions with that of the highest good.

As troubles confront the mystics, they simply see each as a passing cloud that will only reveal the sun once more.

This helps lead them through life with a placid nature.

#2 You Feel A Sense Of Separation From Yourself And The “Real World” At Times

There is the way you think about life in terms of relationships, possessions, money, etc, and then there’s the conventional approach to life most people have. You don’t believe either one is better, just different.

#3 You Understand The Importance Of Forgiveness, Kindness, And Letting Go

It is not easy for many to forgive, let go, cater to the need of others before oneself.

But, in the case of a mystic, it isn’t that hard to understand that the whole essence of a peaceful existence is to let go, to forgive, and to impart kindness to all that you meet in your life.

It is good karma that paves way for our soul’s journey, and mystics understand that.

#4 You Purify Your Soul Of Attachments

Because you now know that trying to cling to the very transitory nature of life is a cause of great suffering, you don't cling on to anyone or anything.

You love people, you love the world around you and all that it holds, but you don't create attachments.

Basically, you live in the world, but you are not of the world.

#5 You Have A Loss Of Interest In Competition

You realize that competition brings suffering and conflict and that the only way to live in harmony with others is by having a compassionate and loving attitude towards them.

#6 Your Wisdom Is Your Own

The things you know, you know them from your soul; your wisdom is your own.

Your wisdom does not come from what others have spoken or written, but rather from deep within yourself.

#7 You Can See Through People

You might be hanging out with a new friend who seems charming or out on a date, however, your intuition is totally on point if you can see through the fake smiles.

Of course, everybody deserves a chance, but maybe a snide remark registers and it will make you feel like a person is performing as someone they are not.

#8 You Didn't Fit In With Children Your Age

A mystic is not as absorbed in the interests of others in their age group, hence, he finds it more difficult to make friends with them, which can

occasionally be problematic for them because they can feel like an outsider.

Additionally, he is frequently misunderstood by others. For example, some people may have just considered you to be awkward or shy.

But, your intelligent and inquisitive nature attracted you toward people who display more wisdom and intelligence than those in your age group.

#9 You Like Being Alone

You continually seek out higher understanding and are incredibly introspective about life.

You enjoy solitude and use it as a time to reflect on your life and everything going on in it.

#10 You Aren't Materialistic

You don't drive a luxury car to work, you don't have the need to spend a fortune on branded clothes, you don't take loans, and you don't fancy the most expensive gadgets (especially smartphones).

You understand that all these things are just a means to display one's shallowness, and don't add to life's true essence in any manner.

These are not the things that constitute life – spirituality, actually, they detach you from the true core of mankind.

#11 The Past And The Future Lose Control Over You

You understand that the past and future don't truly exist, and the only moment that was, is, and will ever be is in the present.

In addition, mystics recognize that there's no sense in trying to predict where you will be in the future, therefore, you can't try to control it either.

#12 You Do Not Fear the Future

Most of the time, stepping out of one's comfort zone and confronting change is one of the hardest things an individual will ever have to do.

Mystics see change as a good thing since with change comes opportunity and growth.

#13 Inner Strength

A mystic has great inner strength. He no longer has a need for the power struggles that most of us engage in.

The mystic has learned healthy ways of connecting with the sources of mindfulness energy – through healthy interactions with people, and within.

Note – a lot of us already have inner strength, we just forget that we have it.

#14 You Don't Need to Follow the Social Norms

You recognize that your lifestyle may not be the most popular choice or something that everyone else wants to do; however, you prefer it that way. Mystics gain validation from within, rather than through what the masses are saying or doing.

#15 You Are Not Self-Centered

A mystic person is not self-centered since he has lost the sense of a separate self. He can see the interconnected nature of our existence. To the mystic, this is a reality and not just a concept. Moreover, the mystic realizes that all physical manifestations depend on each other for their survival.