



Inner Circle Wisdom Class

With Kelly Schwegel

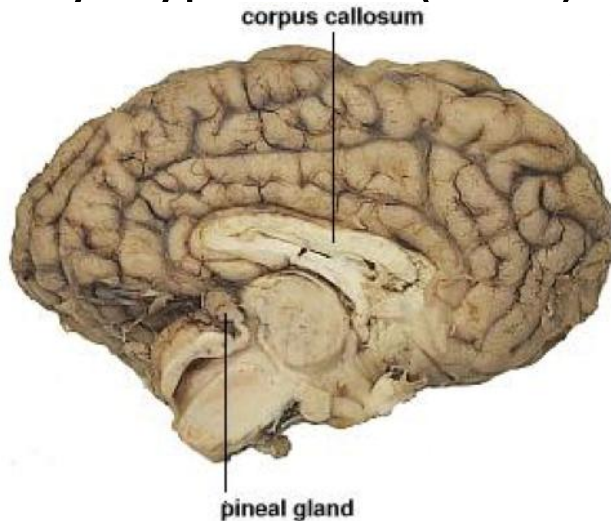
#23

“Clicks of the Pineal”

Pineal vs. Pituitary Gland

Pineal

- Melatonin (sleep)
- Metatonin (get peaceful, meditate, calm)
- Serotonin (mood elevator)
- Dimethyltryptamine (DMT)

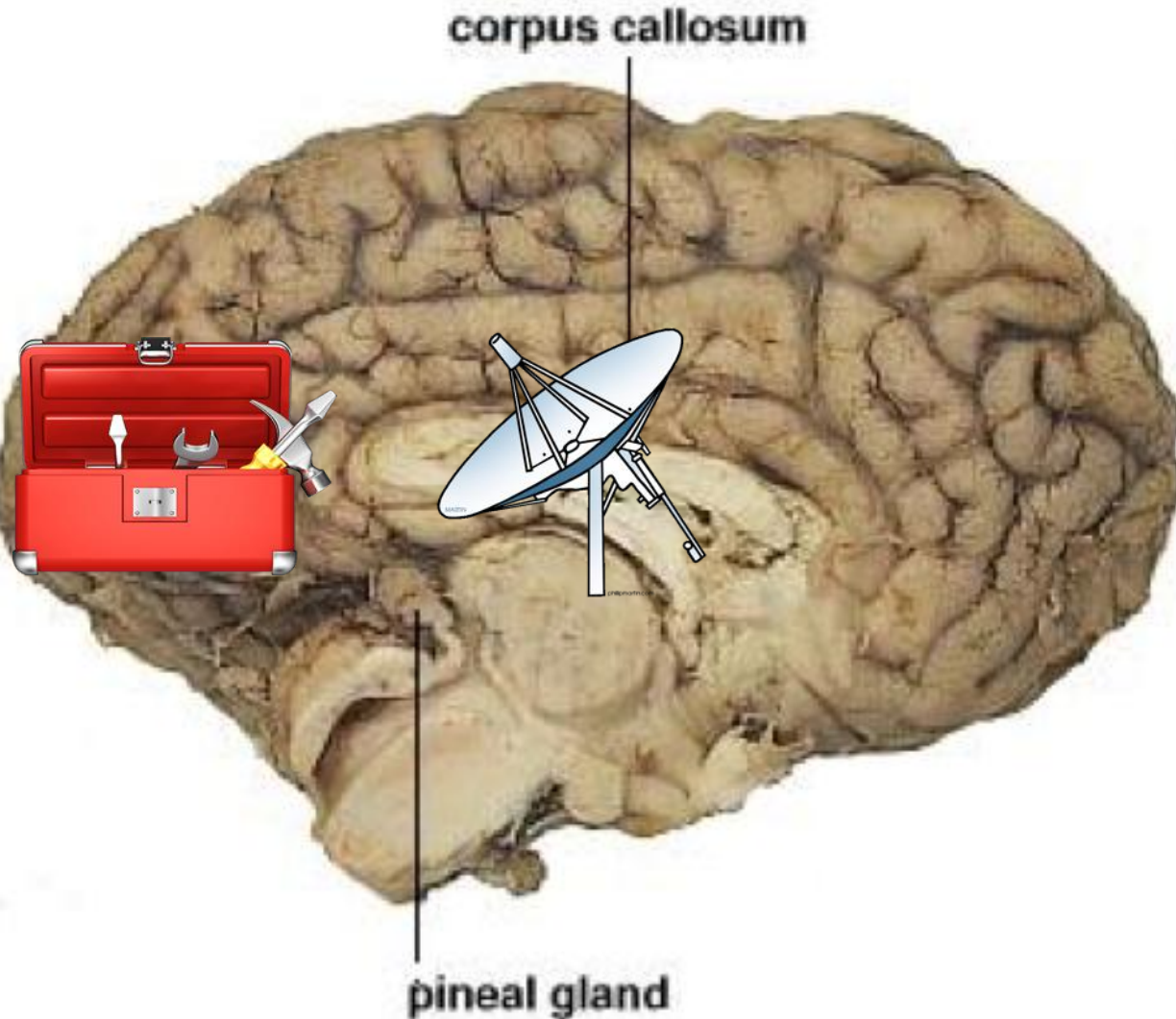


Pituitary

- Growth hormone
- Thyroid stimulation hormone
- Oxytocin (labor contractions and milk production)
- Anti-diuretic (water, blood pressure)
- Adrenaline (fear hormone)
- Cortisol (stress hormone)

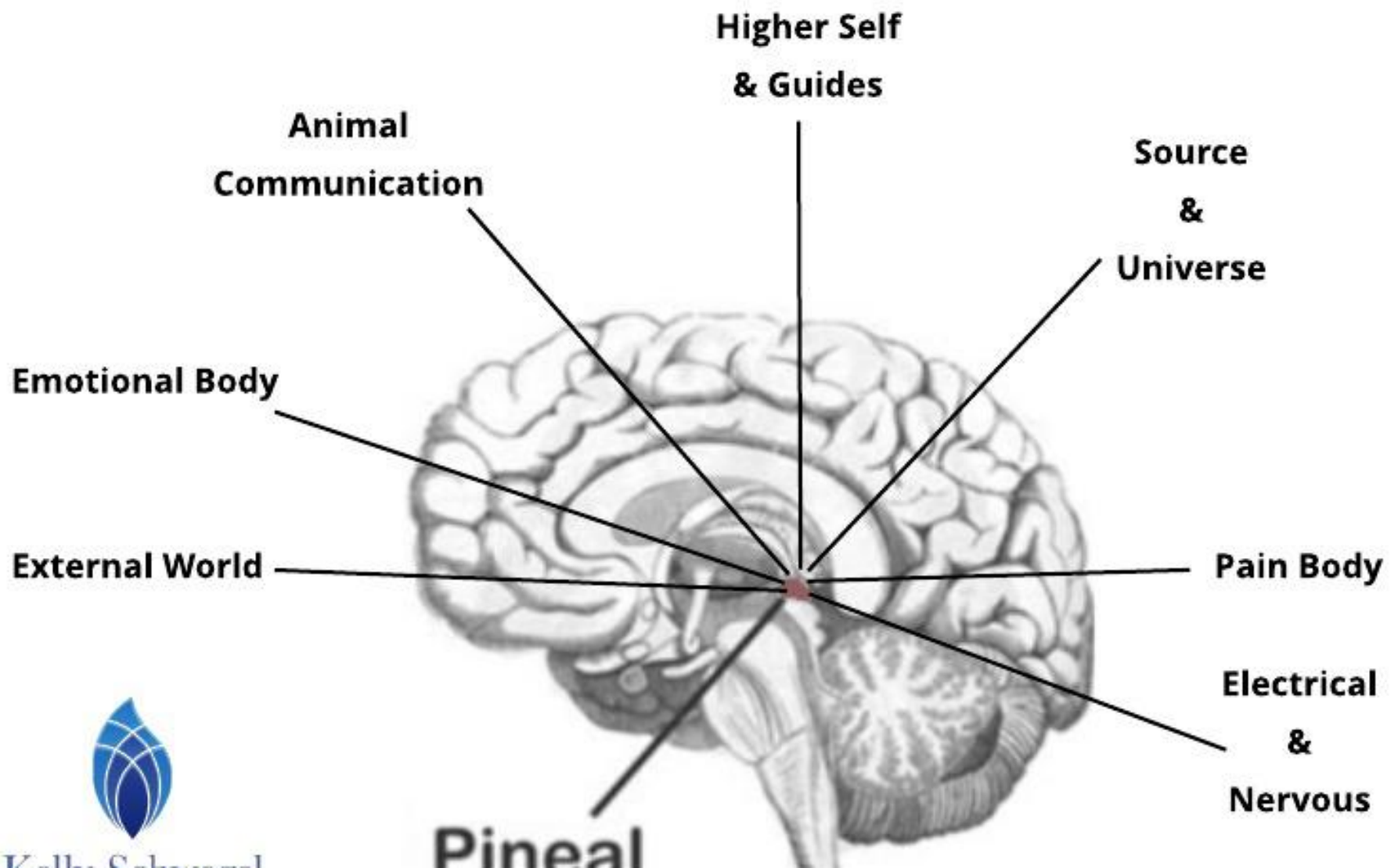
Balancing the Brain

Logic
Math
Reason
Problem solving
Organization
Language
Writing



Intuition
Creativity
Allowing
Manifesting
Wisdom
Art
Sending and
Receiving
Messages

Pineal Gland Navigation



Pineal Gland Meditation



Intuition

- Listen with being
 - Head, heart, gut
 - Pineal, emotions, knowing
- Listen to what you “know”



Tell me about this person



Animal communication

- Intention (can be through words)
- Pictures
- Feelings
- Listen with heart, gut and head

