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April/June 2010
Edition No. 32

“PINOLINE, substance of dreams”

Interview with Ananda Bosman

edited by Riccardo Tristano Tuis

Ananda Bosman, researcher and musician, is certainly a remarkable character: most likely he will be remembered for his mind and thinking outside of the box that is often revealed in his technical, hermetic and visionary language for those who approach him for the first time.

Bosman embodies the prototype of an embryonic *forma mentis* of the scientist of the future: often the reader or those approaching him for the first time may have the sensation of the ground disappearing from under their feet, both for the particular use that Ananda makes of the semantic, as well as for what appears to be extreme speculations related to frontier research and science.

Moreover, even the quantum physicists have lacked the earth under their feet with the awareness of the observer effect - in which the mind influences the matter - and to the neurosciences a new world has opened with the advent of the holographic paradigm.

These new daring discoveries are slowly crumbling the granitic Newtonian reality accompanying it to the White Rabbit's quantum burrow, where probabilities and possibilities are hidden under the magic hat of neurotransmitters and consciousness projecting alternatives to that contained in the bastions of the dying positivism paradigm. In this audacious interview, Ananda Bosman guides us through the discovery of the pineal neurotransmitters and their extraordinary and multiple potentials.

Pinoline, Melatonin, Harmaline and DMT open the doors of our mind to lucid dreams, to extrasensory perceptions, to hallucination, understood as openings of consciousness on alternative realities and parallel universes, to the innovative and displacing intuitions of genius.

Question (Riccardo): Why has the pineal gland (epiphysis) always enjoyed a wide popularity – from Cartesius, to the Spiritism of the IXXth Century, until the modern New Age movement – overshadowing the hypophysis, our body's master gland? Do you think there has been a certain degree of confusion between these two endocrine glands?

ANANDA: The pineal gland is also called the “third eye”, source of the visionary creative insight — even thought to be the very “seat of the soul” by Descartes.

Within the very pineal research field is where it may appear that the domains of the mystical and science converge, where the substance of the “soul” and the cybernetics of dreams, visions, and the somatic senses, converge in co-gnosis.

When researching my book on this subject (*The Soma Conspiracy*), I discovered that one can trace the fascination with this pineal body to most of the mystical traditions, stemming to the fabled Egyptian mysteries, like the “dark rite of Osiris”, within which it was said Alexander the Great was initiated.

The many mystical and Gnostic sects’ fascination with the pineal gland, the “hidden eye” of clairvoyance, were specifically rooted to the proto-Vedic traditions of the *Sarasvati River Culture* (pre-dating the *Indus Valley* and Hindus), and central to the “dark rite” mysteries of Egypt, incorporating their way into the phenomenal Eleusinian & Orphic Mysteries of the Hellenistic fire philosophers renaissance, and right into the grail mythos of the Merovingians. Astonishingly, remnants of this proto-Vedic tradition also have surviving forms of “Dream Yoga” amidst the Siddha’s and Siddhi’s of India, and Dzog Chen Tibetan Buddhists, utilizing protocols that may still activate this visionary gland.

In fact it was the research of the Carolinski Institute conducted on Siddha Yogi’s, analyzing high amounts of pineal gland metabolites in their blood-plasma, that gave fuel to our early research endeavours.

As to obscurity amidst the pituitary and pineal: there does appear to be superficial misunderstanding on these two glands by the novice treading lightly upon the road of investigation of the “all-seeing eye”. But the pituitary body has yielded some exciting revelations itself, in terms of life extension, like *Somatotropin* the, so called, Human Growth Hormone (HGH).

However, this misunderstanding is not evident in the proto-Vedic anatomical models from which they are descended, where the pineal gland is ascribed to the forehead chakra (the 6th seal of the “third eye”). The larger architecture within the Siddha traditions was called the “Cave of Brahma”, an egg shaped area that encompasses 6 central brain organs, including the pineal and pituitary, along with the thalamus, hypothalamus, hippocampus, and amygdala, that together accords the “crown” of the system.

Realization of this 7th crown chakra in the Yogi, was via the egg of these 6 brain organs in one hyper connection — today we would say linked in bi-hemisphere

synchronization, or alpha rhythmic 8 cycles per second, in “whole brain synchrony”.

Some exciting research has been done with MEG scanners showing this hyper-connection between these 6 bodies, in altered states.

However, the pineal gland is gaining increasing weight for holding the grail of another fundamental — the ebb, flow, tapestry and cybernetic substance of consciousness itself!

Q: What is the function of the pineal gland in our body?

A: We are still in the “middle ages” in terms of fully understanding this body, and to chartering its many essential functions — a gland that shares characteristics of an atrophied eye with iris.

Surprisingly, it has occupied a very small portion of medical anatomy dictionaries, even to this day. Which, some might say, is bordering on the scandalous, in retrospect to the phenomenal discoveries that have been uncovered on the pineal. Every year new studies and findings are published, some of which announce breakthroughs with elements produced within the pineal gland, like the documented remission of leukemia, by pineal metabolites: this should be headline news.

The public at large is hardly aware of the majority of these many numerous breakthrough findings. The most famous in public awareness, is the pineal gland’s function in the production of melatonin, the “night worker” hormone that makes us sleep, with less awareness to its anti-oxidant qualities, and other health benefits.

However, I became specifically excited 18 years ago in my pineal research, when focusing on the neuro-hormones harmaline and pinoline (7-MeO-ThBC and 6-methoxy- tetrahydro-beta-carboline, respectively).

This is a breakthrough neurotransmitter family in the human body. Holding fantastically exciting qualities.

Pinoline is produced in equal amounts to melatonin in the pineal gland. And its bio-medical functions are utterly remarkable. One of its functions is to catalyze “DREAMS”. The chemistry of dreams is a fascinating area.

Highly inspired, 18 years ago I derived a protocol of experimentation by which increased production of pinoline and other psychoactive tryptamines of the pineal gland could occur in the human system. I modelled a complete enzymatic-amino

acid, pineal neurotransmitter theory, which we put to the test directly. This we termed the “Dark Room Retreat” — complete light isolation from ANY external light source, for a period of weeks.

We had hundreds of pilots volunteer since 1992, yielding some exciting results. Which lead to writing my book on these neurotransmitters, and their role in ancient ethno- pharmacological cultures.

The Carolinski Institute Yogi’s that showed high quantities of pinoline relatives in their blood plasma, had spent years in isolated dark room cave retreats, with focussed “dream yogic” practice upon the pineal gland and crown chakra.

We document the many medical effects of pinoline and its relative harmaline, on leukemia, protection of cell damage from radioactive exposure, as anti-fungal, as immune system booster, protection against cell toxicity and poisoning (like cyanide), remarkable anti- addictive properties, and lucid effects upon Alzheimers and Parkinsons disease — as well as being the Master of the Circadian rhythm of all the organs of the body, no-less. Pinoline catalyzes mytosis in the cell, and triggers DNA replication of life — all beside it being THE very substance of our dreams.

Q: At the age of seven our epiphysys begins to calcify and its hormonal production – that among other functions, keeps us young through melatonin – decreases considerably already after the age of 12 until halving towards the age of 45. Which are the reasons of this atrophyzation?

A: This hardening by calcification at circa 7-15 years of age, may have several causes — industrial electro-smog and lack of proper domestic dark environments in sleep, and other important factors.

There appears to be a form of ethnological awareness of this calcification process amidst numerous indigenous cultural traditions, that utilized initiation rites instilling shamanic shock treatment to the pineal body, and thereby extending the pineal gland’s optimal function (the *Kogi* Indians of Columbia, even utilize their own lengthy “dark rooms”, for their selected shaman children, who will become

Q: Do you have any practical advice for our readers in order for them to reverse this process?

A: It is a dedicated science, or Yoga, if you will. In a nutshell, the reader can assist pineal gland activity with adequate darkness, when sleeping, nutritional intake of the essential amino acid tryptophan (which becomes both pinoline and melatonin), practice biofeedback brain entrainment in the alpha rhythm, where 8 cycles per second (the approximate fundamental Schumann resonance of the Earth, and the

DNA helix replication frequency), entrains the pineal gland, muddled amidst the two brain hemispheres, at 8hz — causing an almost immediate production of pinoline and melatonin.

In our book we have laboriously documented that pinoline's molecular structure has a stable nuclear magnetic resonance of 8hz. This alpha 8 cycles per second brain wave entrainment, is also the window range of maximum creativity found in artists, musicians, poets, and visionaries.

Q: What is the relationship between pineal gland, consciousness and electromagnetism?

A: Imagine if we could see the billion year old living language and intelligence of the DNA itself!

I do not mean the dead 2 dimensional diagrams said to statically represent the living genetic corpus.

Rather, I mean the ancient, living, holographic, language of life itself: what a trip that language must be to interact with.

We show in our published research and presentations, that the pineal gland is sensitive to infrared, ultraviolet, microwaves, sound, heat, and other electromagnetic waves. Furthermore, it is precisely sensitive to the coherent infrared and ultraviolet light released by the DNA double helix at about 100 units per second.

Pinoline, the "dream molecule", along with some of its tryptamine relatives, appears to be specifically sensitised to the 200-900 Ångstroms of DNA light. Leading us to coin the visionary term "DNA TV".

There is a body of evidence showing that the pineal body specifically is routed to the visual cortex, transferring these various waves into their visual representatives, much like our eyes route light to that same cortex, and pinoline is an anti-oxidant of the eyes.

In over simplistic terms, dreams may be "DNA visions", and the visionary states that can emerge in the Dark Room catalysis of tryptamines, may appear to be the activation of a latent cognitive interaction with the DNA neurogenetic visual semantics.

Q: Let's talk about the sensitivity of the pineal gland to electromagnetic fields: the radiations of the TV or computer screens, electrosmog and the advent of the DTT do have an impact on the already poor hormonal production and, more in general, on the brain?

A: There is a great body of papers written on this question, giving detailed findings, from: microwave radiation, extremely low frequency waves, electrosmog, to more exotic domains. Traditional television broadcasts a blank frame every 24 frames, setting up a 24hz entrainment frequency. As the pineal gland sits at the center of the brain bi-hemispheres 8hz alpha field, one can begin to see how there may be an influence on this gland.

It is well established in EEG (ElectroEncephaloGram) measurements that our brain waves dip down to an Alpha-8hz, once every 30 seconds. This momentary dip into alpha wave activity is important for general neural health.

When 24hz, in Europe and 30 frames per second in the USA, interrupts this Alpha-8hz dip every 30 seconds, then our brain rhythm is entrained into a 24 (30hz) rhythm. In other words, one is under a form of soft “hypnotic trance” (24hz) — the regular Alpha-8hz dip is overridden. Which may well have effects, in the long term, on the health of the body, the pineal gland and circadian rhythm, and make it more susceptible to radiations coming from the screen and other electromagnetic sources. With digital television there is a much more complex microwave involvement, which is also a little alarming at present, with an ever growing data base of severe health degeneration — often persisting until shielded from the digital TV microwave spectrum.

In general we advise people to watch DVD's on video projectors, and be in control of what they watch and choose. Techniques of biofeedback, utilizing the creative “Image Streaming” flow of Alpha-8hz creativity, may become central in the future hygenics of neurogenetic health. Tai Chi, Chi Gong, and certain meditation practices, often instill the Alpha-8hz rhythm for prolonged periods.

An EEG linked to computer software can quickly make an 8hz brain rhythm teachable to the entire family. Studies in Austria have also shown that when the orgasmic contractions of the plexi coccygeal muscle occurs, the EEG of the brain shows 8 cycles per second. So Alpha-8hz can be very pleasurable.

Q: Rick Strassman, in his book “DMT – The Spirit Molecule”, associates the N,N-Dimethyltryptamine (DMT) to the extracorporal experiences that seem to project our experience beyond the 4D-continuum in which our senses seem to be trapped. Also the more mysterious and important neurotransmitter of the pineal gland, the pinoline, allows us to live these fascinating experiences. These two endogenous neurotransmitters – pinoline and DMT – that our brain synthesizes every night allowing us to dream and make sober dreams,

serve as vectors of unconsciousness, such as the vision from a distance, telepathy and scientific or mystical intuition: which relationships exist among them?

A: Yeah that was a fantastic research endeavor, we became aware of his study several years before its publication in 2001.

Behind us were numerous years of our Dark Room Research, whose model also figures endogenous (made in the body) DMT production in its protocol. Some of our pilots had roaring DMT-like experiences — full saturation in 4-dimensional “Klein Bottle” mobius strip hyper-geometries, like 4D Escher-art animating the observation of impossibility.

We note here, that our Dark Room protocol has pinoline in the equation. Dr Strassman’s research is flawed in that his exogenous administration purely of DMT, is not generally how it occurs naturally in the central nervous system.

Over four decades fluorescence analysis shows that pinoline intercalates with the DNA nuclear heart, whilst DMT has more affinity to bind to the messenger RNA. We have also identified a harmonic resonance ratio between these two pineal gland molecules.

In that sense the research of Dr. Jace Callaway has been important in studying dreams and natural altered states. He implies DMT in lucid dreams, in the presence of pinoline.

Our Dark Room Research has found parallel experiences in pilots, not only of DMT visionary states, but also of another very different psychoactive tryptamine, 5-MeO-DMT, whose unique effects may last throughout the entire light isolation period.

However, more recently, something completely new has emerged in our Dark Room Research. From the Millenium onwards, we began to identify unique altered states with effects that are beyond these three neurohormones (pinoline, DMT, 5-MeO-DMT), having the neurological signature of a unique class of neurotransmitters, newly being investigated in man — even more transcendental than those of DMT. Exciting discoveries dawning, showing mankind at the very infancy of true neurocybernetics.

The unexpected “close encounters of the 4th kind” emerging within the test subjects of Dr. Strassman’s clinical DMT experiments, is a unique milestone in the research community. “The 4th Kind”, or the “alien abduction” experience, appeared in over 20% of Strassman’s DMT pilots, with psychological profiles vacant of interest, literature, and knowledge on the “alien abduction” phenomenon.

Surprising both doctor and pilot, these full out experiences shared similitude to those reported by clinical abduction researchers, like Dr. John Mack (Harvard University).

Q: Can alimentation influence their production by the brain?

A: There are strong indicators, that perhaps this may well be the case. The multidisciplinary “The Hoasca Project”, involving scientists from numerous specialized fields, concluded that the test subjects they researched, with 10 year regular ingestion of exogenous pineal gland neurohormones (harmaline, harmine, DMT, and 5-MeO-DMT), also exhibited increased endogenous pineal gland metabolites, much to the surprise of the research team. In other words, instead of behaviour associated with addictive drugs, long term regular ingestion of these pineal gland molecules, increased the activity of the pineal gland, and its own production of the same neurohormones.

Furthermore, their combination, also revealed, for the first time in neurological history, that they appeared to inaugurate the growth of complete serotonin neuron networks in the neo- cortex, for two weeks after administration. In other words, new brain cells grew abundantly within the super brain of man. The brain is heightened into a state up to 40% more active.

Q: Do you think that scientific or artistic genius are likely to have a highest production of these magic neurotransmitters?

A: Amidst the biofeedback phenomenon of bi-lobal synchronization in 8hz Alpha, a state these neurotransmitters have been demonstrated to induce, and a state that also induces the neurotransmitters — these may be strong vehicles of the visionary genius, where the whole lucidity of genes imbibe their hyperlocal universal syntax .

Who is Ananda Bosman

Ananda M. Bosman is a lecturer, researcher and musician. Bosman has participated in international conferences on the pineal gland and was asked by film director and producer Jan Kounen about the creation of certain scenes based on the shamanic visions and the psychotropic activity of the brain in the big picture movie “Blueberry” and for his documentary “Other Worlds”. Bosman has considerable scientific knowledge of the pineal gland and shamanism due to an interest developed following an accident at a young age that caused him to develop high neurochemical activity.