

## Connect: How to Find Clarity and Expand Your Consciousness with Pineal Gland Meditation

**Ilchi Lee**

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*Connect presents a method of meditation designed to lead to a more intentional, meaningful, and impactful life.*

Ilchi Lee's powerful, bold, and inspiring *Connect* declares that the brain's pineal gland holds the key to resolving most of the challenges people face.

Herein, Pineal Gland Meditation, based in ancient Korean Sundo mind-body training methods, is enhanced by new discoveries in neuroscience. It is proposed as an effective, holistic approach to developing the body, mind, and soul's potential and to mending disconnects between an individual's true self, others, the planet's ecosystems, and the divine.

Although Pineal Gland Meditation is generally thought of as an advanced technique, this text suggests that all humans with normal brain function, correct guidance, and who engage in consistent practice can master it. The book's friendly, conversational manner incorporates logic, with relatable examples designed to inspire. It is concise, with illustrated, step-by-step instructions for its exercises, and also encouraging, even in the short term. Its descriptions of what is likely to be felt during each step of the process are enticing.

Structured in four parts that act like a plan of action, the text first suggests what problems are caused by disconnection and argues that Pineal Gland Meditation is an effective solution; then, it focuses on Pineal Gland Meditation training. It next proposes brain education techniques and meditation methods before moving into its testimonial stories. The epilogue is also encouraging, forwarding a vision of new possibilities for individuals and the planet.

With its innovative perspective on the brain, which it calls the repository of an individual's essence, the book's assertions are supported by experiential and scientific evidence. It works to show that stimulating and awakening the pineal gland (often associated with the "Third Eye") can result in an influx of pure consciousness, energy, power, and clarity. The testimonials from ordinary people are credible, reporting results like deeper perception, increased empathy, and enhanced problem-solving abilities.

Timely and refreshing, with foundational body, mind, and spirit based solutions to personal and planetary problems, the book is hopeful. It imparts a sense of personal responsibility as it tasks every individual with reclaiming the power of their brain. Repetition of key ideas occurs, but is presented as an intentional means of enhancing retention. The book's illustrations are crisp and inclusive; together with the use of color to highlight information, they are pleasing visuals.

*Connect* presents a method of meditation designed to lead to a more intentional, meaningful, and impactful life.

KRISTINE MORRIS (October 28, 2019)

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