

THIRD EYE/BROW CHAKRA – WEEK 6



DIVINE SIGHT / IMAGINATION / HIGHER SELF / PERCEPTION - 20 MINUTE ACTIVITIES

DAY 1 – CLEARING THE CLUTTER

Divine sight is when you see things clearly and truthfully, past the illusion, i.e. Clairvoyance. To do this, we have to work on clearing your mind of clutter, such as old and negative thoughts. Today's activity will be focused on beginning the clearing of your mind to get you ready for connecting with your higher self, (intuition comes from your higher self). A person's house usually reflects their state of mind. Look around your home. You may find areas that have clutter or have been missed but even if your house is very clean, pick an area and clean it, carefully and mindfully. Envisioning your energy being put into that part of your home. Cleaning is your meditation for today.

DAY 2 – RUNNING THOUGHTS

Now that you've cleaned some of the energy in your home, now it's time to clear out the stagnant energy in your mind. Get ready to meditate. Envision the top of your head opening up, and then, consciously send all of your old leftover and negative thoughts out into the universe where they can best be used. Let your thoughts run. Even use the imagery of the day before when you physically cleaned dirt and stagnant energy from your home. You can set a timer for twenty minutes. This is actually a very useful type of meditation that you can use over and over again when you feel you need to relieve your mind of clutter. After meditating, record a short video about how you feel.

DAY 3 – BINAURAL BEAT MEDITATION

There is something known as Binaural Beats that are two frequencies put on top of each other in what is known as "resonance dissonance." What this means is they are two sounds playing on top of each other that force your mind to begin to focus on frequency. These are used to jolt your subconscious mind into your consciousness. They are also used for giving you access to other areas of your mind. Today's activity will be to listen to a Binaural Beat meditation. Go to YouTube and find a good Binaural Beat meditation that you will be able to deal with for twenty minutes and just listen to it. While listening, your mind will wander must as it did in Day 2. Let it. This is clearing more clutter with sound. After this activity, record a short video about how you feel.

DAY 4 – IMAGINATION DEVELOPMENT

We have been programmed all of our lives to accept things as they are and to be and think a certain way. Your Third eye chakra is connected to your subconscious mind which is where your imagination resides. Your imagination being the birth place of all things within your life, i.e. Your universe. Today, it's time to develop that imagination, exercise your mind and bring forth manifestation of the energy of your universe. It's time to create. Just let your imagination free. Write the most fantastical short story you can think of. This is your YOUiverse to create, much like Source created ours.

DAY 5 – INTUITION DEVELOPMENT

Yesterday you connected with your imagination which is the creation of all things within your mind – your YOUiverse and your connection to the One mind. The brow chakra is also about connecting to Divine Sight. This has everything to do with Intuition. Intuition being the ability of "seeing" with "clarity". Today, instead of a twenty minute activity, you're going to take the entire day to test and develop your intuitive sight. Go out into the world and just look at everything, spending some time on each thing you see. Open your mind's eye to tell you something about that person, place or thing. Much like a body builder growing their muscles through repetitive usage, so to your Intuition will grow the more you exercise it. Write down what your intuition is telling you about the things you've focused on today. And if the opportunity presents itself, try to find out if you're right.

DAY 6 – LUCID DREAMING

A lucid dream is a dream in which you are aware you are dreaming and can take a conscious, active role in the dream. This is a skill that takes some a long time to develop but as the saying goes, "there's no better time like the present", to begin. For 20 minutes tonight, before bed, meditate and tell yourself that you are going to awaken during your dream and take conscious control. This may not happen tonight, but this is something to continue to work on every night until you do achieve this, as it is one of the keys for Third eye chakra development.

DAY 7 – LUCID LIVING

You may not have had a lucid dream last night but today take your twenty minutes to imagine what it would be like to awaken like that, while already being awake. Imagine that this were the dream and that you "woke up" and were able to consciously take control of every aspect of this reality. To "see" this world for what it really is, a dream that you've created within your lucid mind. How would you shape it? How would you create it? What would you change about it simply by willing it so? This is what is known as Lucid Living, the realization that you are in control of everything you see. To see the world for what it truly is. Energy to be transformed by thought and your will.