

Awakening the Third Eye



RE-AWAKENING THE THIRD EYE

Introduction

The Third Eye is the **sixth chakra**, centred in the forehead just above the eyebrows. As you know, this is a **powerful centre**, that when open gives the person great clarity, perception, intuition, **clairvoyance**, “seeing the unseen” and **higher mental** capabilities.

This area is **not usually very active** until the person has reached a certain level of consciousness; integrity, responsibility, love, compassion... Working on this chakra will also affect the other [chakras](#).

Towards the end of the [Atlantean Period](#), when the knowledge and technologies were being misused by the Black Atlanteans, many people had their third eye chakra closed by the High Priestess. This was to prevent their being destroyed or experimented on by the Black Atlanteans. As it was a **psychic war** between the White (good) Atlanteans and the Black (evil) Atlanteans, having your Third Eye open meant that you were vulnerable to attack.. At that time, all the Atlanteans were clairvoyant with strong Third Eye chakras.

What we will see during the **next 2000 years** is the resurgence of the power and knowledge we once had in the ancient days As we know, we are moving into a new energy, a new consciousness, this is the **Aquarian** Age – which brings new technologies, understanding the correct use of energy, the higher mind, big picture, genetics, humanitarianism, with the [kundalini](#) rising in many people. All this we had, and more, in Atlantis, but for most people that consciousness was wiped away as we started again after the destruction and cleansing of the Flood.

Our clairvoyant abilities were gone also, (on hold, really) while we developed other things, such as THINKING FOR OURSELVES. So now as we slowly move into the Aquarian energy, those who can to some extent master their mind power and think for themselves, will be driven to reawaken their Third Eye and also develop again their Higher Mind – it’s a very electrical energy – we will need a quick electrical mind, that is capable of original thought.

Etheric/Third Eye Opening

The etheric body is the highest or finest form of the physical, and although a light body, it can be seen quite easily. The etheric body is the life force (chi) – everything that is alive has an etheric body. So minerals or stones, do not have an etheric body, but plants, animals and humans do. Anything that has a life force flowing through it has an etheric body.

The etheric body is also the template upon which the flesh is built, so we have etheric organs, etheric arms – this is why if we lose a limb we can still feel it there, because the etheric template of the arm is still there. One day we will be able to regrow the arm or leg.

Generally, the etheric body extends out past the physical body and into the aura only a few centimetres, except around the head where it is larger. In the ancient days, our etheric bodies were much larger and softer, and around our heads the etheric would extend out like a horse's head. This meant that the ancient people were much more clairvoyant, and were able to receive impressions, images and knowing through their larger, soft etheric energies.

So to be clairvoyant, not only do we have to have sustained energies flowing through the open third eye chakra, but we also need to have a larger, softer, more malleable etheric body. For it is through the etheric body that we are able to receive the pictures and impressions from afar, and through the open Third Eye bring them to consciousness.

From this year, and over the next seven years, the etheric body will be replenished by the spiritual forces, the new waves of divine light hitting our galaxy. This will make the etheric body softer, more flexible and malleable, and rapidly expand – so your etheric body will become stronger and larger, as will all etheric substance, whether it is the etheric body of a plant, animal or the ethereal worlds.

It will be purified. The more work you have done in the past to help dissolve the emotional dross, and leave behind your more rigid ways, the more your etheric body will respond.

So over next seven years people will begin to find and develop their inner psychic powers as never before - (since [Atlantis](#)). We have waited for this a long time.

This will encourage the kundalini energies to plough through your charkas and “explode” in your head.

There is tremendous electrical and magnetic energies pouring through our bodies over this period of time. The more sensitive you are the more you will feel it. This is good, but can be exhausting. Your dreams will be many, and vivid, and have greater significance from now on. They will become more and more consciously available to you and be seen as a great guidance.

The whole Earth’s etheric field will open to receive more spiritual light, particularly at time of eclipses.

With all this new psychic energy around, we need to be aware of protecting ourselves, especially at the moment, as any new reality means that we are more raw and therefore, more vulnerable to ‘attack.’. As the etheric body expands and the third eye receives more knowledge and understanding of the ‘unseen’, we will also be more receptive to negative energies, more receptive to other people’s psychic energy. This can be good and not so good! This is part of our learning. As we develop our third eye again, we must become more vigilant and at times we will need to ask for protection – Archangel Michael and his Blue Lightning Angels will immediately be there protecting you if you call upon them.

We need to support our etheric body to allow it to expand. We can do this easily, by walking in nature, being by the sea, watching sunsets, using candles, flowers, gardening, enjoying live art, theatre or music. Trust the process – it is just beginning, and it is what we have been asking for...the beginning can be more challenging as you change gears, so to speak, since you change your reality.

Warning! Your soul will change direction!

I am incorporating some of the **ancient ways** of opening the Third eye, and some **new ones** – we must find new ways of doing things – new paths to initiation.

I am sure that you will appreciate that this is **not a game**, and should not be entered into lightly.

Before we start on the actual work, we need to always do the following:

- **Protection** (call on Arch Michael)
- **Clear aura** (use hands, shower, ask that it be cleared)
- **Grounding** (pour your energy into the earth)
- **Etheric** (stimulate the etheric body – the larger the etheric, the more clairvoyant, receptive, alive, you are).
- **Light** (candle, clean, quiet sacred space)

The other things you need to bring to this from within yourself are:

- **Centredness**
- **Confidence**
- **Concentration** (ability to focus will open the Third eye)
- **TRUST** (**distrust** is the biggest hurdle to reopening the Third eye)

Ask yourself first: “**Why do I want to awaken my third eye chakra?**”

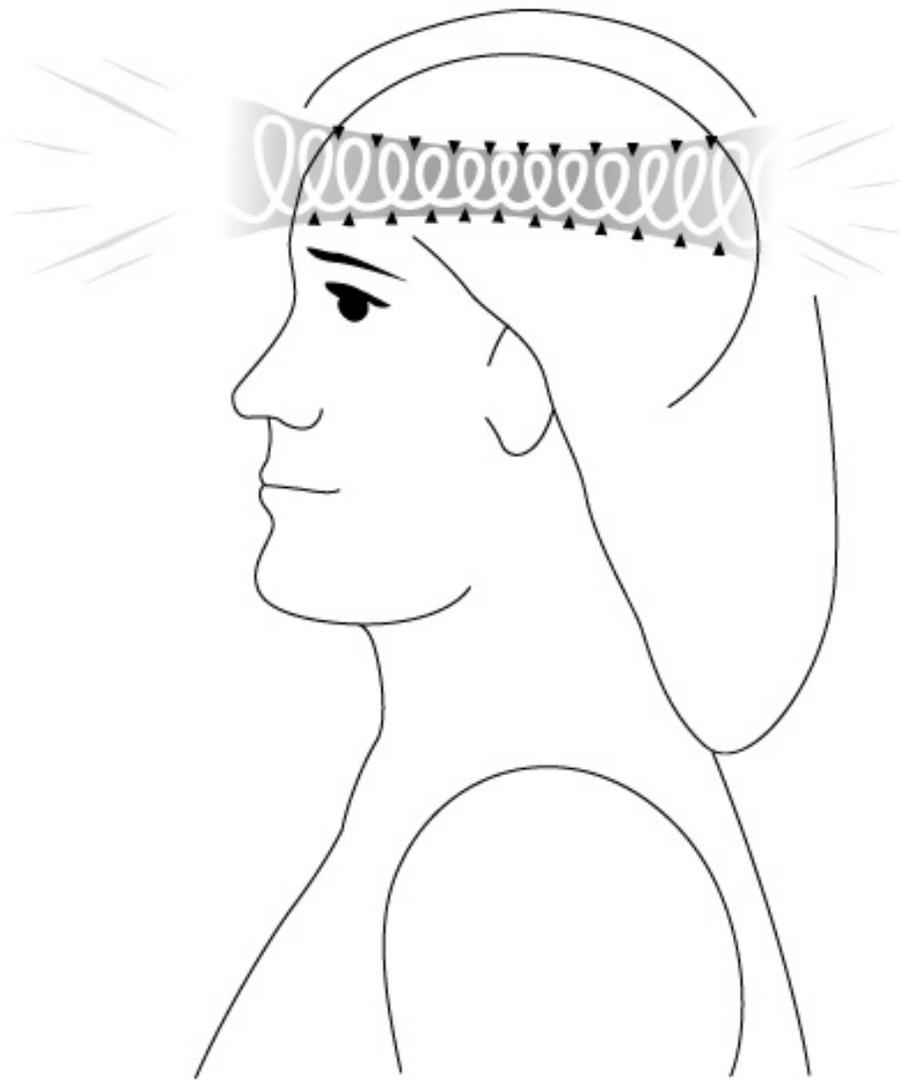
On a soul level we want this so that we have access to direct experience of the spiritual worlds, the unseen and other dimensions. We want first-hand knowledge. We have to watch our ego when we do this, as this chakra can be misused and become destructive for others as well as for oneself.

Realize that opening the ‘vision’ of your third eye means that you can see **everything**, not just the lovely things of the higher levels, but you can also see the darkest, most disgusting slime-entities from the lowest levels. This is why you need to have a lot of inner spiritual power and strength. It will not open and stay open if you are not ready for these experiences, so fear not! You are always protected.

The reason we need to do the exercises is that spiritual vision requires *patient* building of **the third eye chakra**, a vortex of energy that goes from the front of the third eye (between the eyebrows) through the head and out at the back of the head. (See Diagram 6)

Doing any of these exercises will take you on a **new journey** that will ultimately give you a greater vision of **Self**. **Any** movement in the energy of the third eye will greatly enhance this process, enabling you to see life from a higher consciousness, instead of from your usual mental consciousness.

DIAGRAM 6
3rd eye vortex with notches



The above diagram shows the third eye spiritual vortex of energy, going from the front to the back of the head. You will notice that along the vortex are **notches**, or points on the way; these indicate your psychic development so far, and can also show 'psychic wounding' from other lives. You may have been trained in different eastern or western esoteric traditions during the past few thousand years, each of which has opened your third eye to a certain notch. Your third eye may be open to that point now, or, if not, will through these exercises open easily to that point. The exercises and **use of the third eye symbol** will also eventually move it on a notch or two.

In rare instances, the back part of the third eye chakra (at the back of head) is more developed than the front part. This is due to certain training, usually in the Eleusinian Mysteries and Temples. People with this distinction will have different perceptual gifts, and can be quite dreamy and ungrounded, until the front and back are more balanced. They find it easier to look through the back part of the third eye, which is fine. Having the back part of the chakra open gives this person tremendous protection from attack and enables them to go to places that others cannot go, or are not allowed to go, because of the danger from attack.

Third Eye Exercises

Before starting, some basic advice:

- Do not force, or try too hard. Just be **AWARE**. If you are trying or forcing then you are coming from your ordinary mind: allow, flow. **Try not to try!**
- Do not visualize or imagine, let it come to you.
- Trust your experience.
- Don't always analyse during an experience.
- Persist.

Light

Light a candle, in a clear clean space, where there is quiet. Wear comfortable clothes, and have NO WATCH, clock or electrical appliances in your aura.

Protection

For your protection, call on Archangel Michael, or use Light, or anything else that works for you.

Grounding

Earth Meditation – breathe into your second chakra (just below your navel) for one minute, then send your energy down through your body into the core of earth. On the next IN breath, breathe the energy of Mother Earth up into your body and aura. On the next OUT breath, pour your energy down like a laser beam into the centre of the earth, connecting with its red core. On the next breath IN, draw the earth energy up again into your body. Repeat this until you feel energised, peaceful and grounded.

You can of course use other methods – as long as they work for you!

Etheric Expansion

The larger and more energetic your etheric body (life force) is, the more clairvoyant you are.

Easy ways to stimulate the etheric flow in yourself include the following:

- Shake your hands, or rub them together, or
- Wash your hands, or
- Laugh

Master Oil

Place Master Oil on your third eye area. (Ascended Masters St Germain, Pallas Athene or the Radiant One Master Oil are preferable, and can be purchased from www.spiritualhealingpower.com : These oils open you to the vibration of these higher beings and have a profound effect upon your aura and your chakras.

Exercise 1: Balancing Brain

People who are truly clairvoyant, and have their third eye open, have their right and left brain hemispheres working equally well and balanced (which is rare).

This exercise not only balances both sides of the brain, it also opens the third eye – it is good to do before sleep – as one often falls asleep during it!

Notice your natural breathing through the nostrils; as you inhale, **visualize** energy or light (white, blue, violet, or gold) flowing up your **right** nostril to the third eye. As you exhale, imagine the coloured energy flowing from the third eye down out of your **left** nostril.

Reverse this, so the incoming breath (and coloured energy) is inhaled through the **left** nostril to the third eye point, and exhaled through the right nostril – at this point say ‘TEN’. You have completed one cycle. Continue till you reach ‘ONE’. Do this twice. If you fall asleep, on waking continue where you left off, or start again. Do this once a day.

***The important thing to do so that this exercise works is to be able to switch from visualizing to counting and back again. Persist!

Exercise 2: Humming

With your eyes closed and your back straight, become aware of your throat; start humming a continuous ‘hum’ which makes your throat vibrate. Note that is not like the usual humming which is felt in your head or your nose. Use this in the following exercise.

Exercise 3: EEEEEEE

Put the four fingers of each hand over your eyes, thumbs on ears, and hum for one minute.

Then chant eeeeeeee (as in *easy*) keeping your awareness in the third eye area for one minute and then recommence the humming whilst rubbing your

third eye chakra with two index fingers of one hand (with a back and forward motion).

Repeat the cycle once each day.

Exercise 4: Working with the Third Eye symbol

It is *highly recommended* that you work with the Third Eye symbol attached.

Symbols are the language of the soul. Before the spoken word, we communicated through colour, pictures, images and symbols. This is how the spiritual worlds communicate between themselves.

A symbol always has many layers of meaning contained within it, that reach far beyond the literal, logical, or rational interpretation. They also have an energetic value and act in your physical and light bodies in accordance with your vibration.

Symbols, like any language, are portals or doorways, between this three-dimensional reality and other worlds. They create a connection through which the divine forces can work, as with the symbol of the Christian Cross or the flag of one's country.

New symbols are needed to help bring in the new, whether it's a new business, which we call a logo, or a new concept or a New Age. Originally, the symbol would have been birthed from a pure spiritual being, through pure thought and pure love, and then projected out, or imprinted upon those who were able to receive it.

Symbols bypass the logical-rational part of your brain (left brain) and connect to the instinctive, intuitive, feeling part of the brain (right brain). Symbols are a paradox that the logical mind (left brain) cannot understand: you need to use your soul to access the wisdom they contain.

How to use the symbol:

- Sit before the **symbol**, let yourself feel the energy it gives out.
- Defocus your eyes and gaze at the symbol, as if you are looking through it: try not to blink, and let yourself merge with the energy of that particular symbol. Start by concentrating on the centre of the symbol and very slowly expand your vision out to include the whole symbol.



- Let the energy of the symbol (which is a portal for the unseen spiritual energies) balance and transform your Third Eye.
- To finish, let your eyes go back to the centre of the symbol, close your eyes, and gently place your hands over your eyes. (You can rest your eyes at any time during the procedure, by closing them.)

Exercise 5: Camera Lens

This exercise works well after you have been working with the third eye symbol. Put your awareness into your brow area, and ‘breathe into’ the third eye, as it were. When you feel more conscious of this area, ‘see’ the third eye open up like a camera lens. Move your ‘camera lens’ around the room, and then practice seeing at a distance, maybe a distant country, etc. (*there are suggested exercises for ‘viewing’ at the end of these notes*).

When you want to finish doing this exercise, visualise the shutters of the ‘camera lens’ closing up again.

Exercise 6: Notches

Have a sense of your third eye pulsing and opening at the front of your head. Now you are going to move through the spinning vortex of energy from the front through the back part of the chakra. You are doing this on an energy level, moving through your auric body. See or feel where your ‘notches’ are: how many are there? How far along can you reach? Is it easier opening the chakra from the back of the head than the front?

This exercise will show you where you are at, (or not!) in the sense of your open third eye – you can do this again when you have done some work on

your third eye and see if anything has changed.

After any of the exercises, place your two hands over your eyes for as long as you like. This will help soothe and ease the eyes – feel the warmth of your hands on your eyes.

Let the experiences work on you, rather than trying to analyse them. Occasionally, in the middle of an experience, you may suddenly retract to normal physical 'seeing', as if the expansion of the third eye is enough. Just relax, and go into it again if you want to. Notice if there is anything in particular that triggers the retraction each time.

Possible physical effects: You may experience some of the following physical sensations.

Tingling - in various parts of body means that there is a re-arrangement of energies, somewhere becoming unblocked, or a new area is being stimulated.

Twitches – are the releasing of energy.

Dizziness – indicates an expanded consciousness, awareness of a new reality.

Pressure – on the forehead – indicates that energy is being poured into the area to create the new organ of the third eye.

Heat – is a sign of awakening.

Dullness or inertia – is common after a clear experience of consciousness (clarity or revelation). It is normal to feel inert and unclear for a while.

REMEMBER to keep very grounded, drink lots of pure water, and eat!

DO NOT OVERWORK THE AREA!

Awareness

Once your seeing has evolved more, you operate in a different way. You tune into an object or person, your seeing-ness 'switches on' and you 'see'. It does not matter whether the person or object is in front of you or on the other side of the galaxy. Sometimes, you can 'see' a person or thing better with your eyes closed, especially if they are in front of you.

You are not looking at the person or object with your mind, as you do with your ordinary consciousness, so there is no criticism or judgment there, (*judging others will mean that your third eye remains closed forever*). The mind has become silent and you are seeing from a much deeper and truer layer of yourself.

Be constantly vigilant. The work you do now will be for all your future incarnations. It will affect your nerves and glands that relate to the third eye (pineal/pituitary) even on a physical level; this affects your life, your future, and brings you peace of mind.

If you get overwhelmed by what you receive, which easily happens, **open your eyes**, bring your awareness back to your feet and breathe there. Ground yourself. You have to be master of this, and not be swept away by it.

Warning!! Do not overwork this area – the third eye chakra – you will get headaches or pain in the brow area. Slowly, slowly...

It may happen as you open the Third Eye that you go through a phase when you suddenly experience very strong vibrations and pulsing in this eye area. This is often when your spiritual helpers are pouring energy into your new structure. It is intense, and there can be vibrant colours also. It can feel as if there is so much inner light that even with your physical eyes closed it's as if the sun is shining. Sleeplessness can occur for a short time.

This is a process; focus on the heart. Enjoy it – don't worry, even if you don't get much normal sleep you will feel energized and not tired, even high. The process will stop by itself at some time.

The re-awakening of the third eye chakra is part of the new future, helping to bring individuals into the new consciousness, the Christ force – it will gradually and naturally happen over the next few hundred years. Being aware now and doing these simple exercises will facilitate this chakra opening more quickly and effectively for you.

Opening the third eye chakra is to open the Gate of Light within you, as Jesus said:

“The Light of the body is the eye; if therefore your

Eye be single, your whole body shall be full of Light.”

Matthew 6:22

I cannot guarantee anything of course, but I know that if you practise, practise, practise the exercises, and trust, then you will open the Third eye.

Help!

Other tools to help re-awaken your Third Eye -

Choose any or all of these simple tools to help open and balance your chakra. I suggest in particular to bring the colour forcefully into your life for a month.

- **Wear** purple, violet.
- **Violet** flowers around to purify, gain clarity, heal, stimulate and strengthen the third eye.
- **Open eyed meditation**: the deep blue night sky and stars. This opens the mind and the third eye to the boundless expanse of all manifestation. It gives you a sense of subtler planes beyond the stars — infinite spiritual worlds out there. Let the stars speak to you!
- **Music**: anything relaxing that invokes feelings of cosmic consciousness, inner soaring.
- Bach is good for harmonizing the third eye.
- **Gems**: lapis lazuli makes your soul feel safe in the cosmos. It is the priestess stone used in ordinations in ancient Egypt. Stick it on your third eye! It takes the mind inward, stimulates clairvoyance and intuition. Blue sapphire opens the mind to cosmic knowing, transforms the body and soul. It is the bridge between the infinite and the finite.
- **Essential oils**: the **mint** family dissolves blockages in the third eye and rids the self of old confining thought patterns. **Jasmine** opens us to visions of higher truths, links the third eye with the heart. Other (less powerful) oils are violet, hyacinth, rose geranium.
- Meditation, visualization, ponderings, daydreams are all important for the third eye.
- This month do as much as possible of these activities and waste time (without guilt!!)
- Gnana yoga: focus on the Absolute, meditate on God.
- **Ascended Masters**: St Germain/Pallas Athene/Radiant One – **put any of these Master Oils on third eye** area.
- Let go of limited thinking!! Pretend if you have to, but think unlimited, infinite, boundless, and creatively.
- Follow your intuition: it is your best friend. It will lead you to your bliss. Trust it, follow it and go with it. (In-tuition: inner teaching, inside knowing)
- Tune in — take the time to ask the big questions.
- Eat **purple** foods.
- Defocus your eyes and look at auras (friends/close people)
- Don't overdo it! If it feels tense, painful, then relax and let it be.
- **White cloth** – It's much easier to do exercises, especially to see auras, even yours, in a mirror, meditating etc. Natural fibre if possible, 1 x 2metre, doesn't have to be fancy.
- The fabric will build up energy that will PROTECT YOU, and as soon as you put the cloth around you, it will allow you will easily go into the Third eye perceptive state.

****Do not let anyone else use your cloth.** Robes were originally designed for energy concentration and protection – it's time for a new generation of “garments for energy” to be designed.

Suggested Viewing Exercises for the Third Eye

MEDITATION (3rd eye):

Close eyes, breathing deeply, humming, open lens of 3rd eye. Light pours out and whatever it focuses on will be revealed to you...

COUNTRY – See a world globe – let your higher self choose a country...hone in with your third eye beam: see, feel what's going on there...anything unusual? Let it become clear...is this now, or in the future – how far in the future?...close the beam and come back to third eye.

PAST LIFE – Again using third eye light, ask for a picture or a 'scene' to come to you from one of your past lives. It may be easier to ask your Higher Self to choose a significant date...say, 1638...look at the picture, feel into it. Do you see anything unusual, where are you? What is your gender, age, what are you doing, how do you feel? Close 3rd eye light and come back to self.

FUTURE – Choose a date in the future, such as a year away, or maybe five years – using 3rd eye light hone into it – what is the flavour of that year for you? The colour of the year? The flower? Smell? Symbol? Music? What are you to avoid during that year? What are you to do more of?

MARS – Put on your cosmic traveling boots and whiz off the earth through space to MARS. Land and look around – how does it look, feel, colour, breath the colour into your body as if you are drinking a fluid colour – how does that feel, does it change your energy? What do you most want to do in this energy? What do you want to avoid?
Oh look, there's a Martian coming towards you. Is he friendly? What does he say to you? He has a gift in his hand for you – what is its significance? Tell him why you are there...say goodbye, in Maritan, of course.

VENUS – Leaping off the surface of Mars in your cosmic traveling boots, you now leap across to the planet Venus. Look around, walk around. How does this feel, look? How does it differ from Mars? What colour is it. Drink it into your body- – how does it change you and your energy? Do you like it? What would you like to do in this energy? – do it.

Leaping off Venus with your cosmic travelling boots and your third eye intact, come back to our blue planet, Earth ... come in through your crown chakra, connecting with 3rd eye, throat, heart, solar plexus, sacral, gonads, energy into Earth – breathe into you, being fully earthed, alive, with many gifts from your cosmic journey!!

SATURN

Put your cosmic traveling boots on, leap off our blue planet soaring through the atmosphere, out into the galaxy. See the Moon, Venus, go out further and see the Saturn, a planet of great beauty with the wonderful coloured rings around it....

Landing on Saturn, look around, see the rings – what are they for? What are the colours of Saturn? How does Saturn's energy affect you?

An elder comes to meet you, you ask him 'HOW DO I FIND MY WAY' - He gives you a **lesson** to help you find your way in life...

Thank him and ask permission to go dance and explore the rings of Saturn.

Leap off the planet on to the rings – how does that feel, spinning fast, much faster than the planet, dizzy...going somewhere...where? Speeding up of TIME. How many rings can you see? Different level of time...which one do want to experience ... ?

OK, leaping off Saturn now – breathing deeply 3 times to change energy.

JUPITER

Using your Third eye lens, you look around and off in the distance is the largest planet in our family – JUPITER. It is a very powerful planet – zoom off now towards it with your cosmic boots.

Landing on Jupiter, look around. How does it feel, how immense is it, is there anything on it, how does the energy effect you? Let the energy expand you as far as it can, so that your being, your aura feels IMMENSE too ... One of the Ascended Masters comes to greet you, with good news! Ask the Master's name Something very special is about to happen for you in your life, something highly beneficial or great good fortune – ask the Masters what this is!

Feel optimistic, feel invincible, larger than life. Let this great joy sweep over you and touch every part of you, especially where you may be stuck ...

Thank the Master ... and leaping off Jupiter heading for home ... see our blue planet, and come back in through your Crown and Third Eye, feeling your feet on earth, close your Third Eye lens, and open your eyes.

Learning to regain your clairvoyance requires COMMITMENT, patience, persistence and trust. Never give up!

TUNING INTO AURAS

You can practice this with a partner, of like mind.

- Sit opposite partner at conversation distance. Lights down slightly.
- Eyes closed, breath.
- Rub 3rd eye area with two fingers whilst saying EEEEE, several times.
- With eyes still closed, become aware of heart, now connect your heart to partner's heart.
- Open eyes, *defocus*, try not to blink. DO NOT LOOK AT DETAILS, look beyond...feel the aura of your partner.
- Close eyes, do EEEE again.
- Open eyes and look above head of person to see light, beings, guides, forms...
- Close eyes, rub hands together and place gently over eyes.
- Share the experience with your partner.

ANGEL MEDITATION

Seeing angels or Masters, one senses that these moments are PRECIOUS – they may come out of the colours you see, (behind colours are always beings) or you may feel them around you.

We tend to try to engage in mental conversation with the angels which doesn't work until you are very adept with your 3rd eye. At this stage it is better to FEEL the angelic force, otherwise we LIMIT the experience with our MIND. It's like trying to fit this amazing super-conscious being into a bird cage!

Close your eyes, relax, breathe into your belly, breathe into your solar plexus, your chest...let go.

Focus your awareness on the top of your head – a round silvery ball of bouncing light is playing above your head. Feel it with your hand if you want to...

Breathe into it, short sharp breaths from your heart, upper chest, nine times, and suddenly see the ball of light unfold into the most beautiful angel you have ever seen. Let the angelic power descend over you like a magical coat of brilliance –merge with the angel, asking NO questions, but feeling, loving, moving into it, buzzing all over, swaying....

Gently, let the angel now roll up into the ball of light. Going back to the Crown chakra, give thanks for the precious visit...and as you come back into the room remember that these beings are always there for you.

(This experience will allow some completely new patterns of consciousness to be initiated within you. Many dynamic functions from your Higher Self will be triggered, which will slowly become part of your conscious self.)