



OPENING THE THIRD EYE



“In my mind's eye.”

~ William Shakespeare

COLORS

Colors are very important as they are frequencies whose meanings you should learn. Colors have tones and over tones. For example, blue as a variety of color frequencies range from deepest blue to light blue, with each color having a different frequency. You will soon learn to understand what the color frequencies represent.

PREPARATION

Get some magic makers or crayons, if they are available, and some paper to write on or a journal for each experience you have. In your journal write down the date, time, what you saw, and anything else that seems important to you at the time.

Find a quiet place free of distractions... Get comfortable... Close your eyes... Relax your mind and body... Focus on your breathing... Inhale slowly and deeply through your nose... Retain the breath as long as is comfortable... Exhale through the mouth slowly and completely... Repeat for two more breaths... or as is comfortable. For those who don't know this... when awake we experience in the 'Beta' state... Relaxed breathing takes you go into the 'Alpha' state... Focus your mind to look forward as if viewing a screen... Your third eye - will begin to open... You are going to look for a color - any color. You may initially see 'black' - but be patient - you will eventually see a color. Keep watching the screen... A color will manifest...

Once you have experienced the color, stop and archive the color you saw. Now try to find out why you were shown this color. We are going to look at several things about that color and how it relates to your chakras.

Did you activate the chakra connected to that color? Does the related area of your body need healing? Why you think you were shown that color today? If you have been shown a color that is not part of the current spectrum for the human eye, then you have already moved into the higher frequencies.

Describe the color in your notes as best you can. You will see it again. You may want use magic markers or crayons to try to draw the color. If you are practicing this technique, allow your marker to draw the color first as a line, then create a shape, or whatever else your mind feels like drawing with it. Do not worry about interpreting what you have drawn. If you have seen two colors do the same for each one. Do no more than two colors.

SEEING SHAPES

Everyone "sees" images or shapes after closing their eyes a few minutes, although most people do not pay attention to the images because there are not programmed to look at images. The images can come from several sources, from your Higher Self, your spirit guides, or other entities. It takes time to learn who is sending you the messages, but there is no hurry!

Sitting quietly - your mind free of diversions and clutter - take one or more slow deep breaths - Focus on the screen in your mind... A color of some sort should come into view. Colors generally precede images. Keep watching the color... Relax... Breathe deeply again... Slowly your color will either add additional colors or turn into a shape of its own. You may or may not recognize the shape. Make a mental note of the shape as it may be an archetype that your cellular memory has set in for you at this time. If the shape does not become animated then stop

and draw what you saw. If it does start to move, note everything it does until it stops.

Some people will complain that they are looking see nothing. This is usually because you are nervous and not relaxed enough. Practice deep breathing and try again later today. You WILL see something!

Now that you have your image and notes, seek explanation for what you saw. To determine the source of the image is another lesson. Symbols that are uniquely yours will be hard to decipher.

Many images speak for themselves and are easy to understand.

LOOKING AT IMAGES

Relax, & Deep Breath slowly... several times... Closing your eyes... Look into the Darkness and focus. Your third eye begins to slowly open... A color or colors come into view... Look closely at what you see and Watch... An image will soon appear... It may focus all at once - or slowly begin to focus for you... Visualize yourself moving closer and closer to the object or color of your focus until you can almost reach out and touch it. Determine if you recognize it.... Carefully note details of what you are seeing; shape, color, object any details that make it unique. If it is words focus on the word. Is the word the meaning for you to focus on or is the first letter of the word the focus point for the meaning.

ASKING FOR A MESSAGE

Relax... Breathe slowly and deeply several until you are completely relaxed... You may find that you no longer need the deep breathing to get to the alpha state. In that case, just close your eyes and relax your

mind. “Look” in front of you as if viewing a screen... You are going to project this thought either to your spirit guide or to your Higher Self: *Please give me a message for today.*

Your third eye slowly begins to open... A color / colors come into view... Watch the screen... You may see one or more images... Please take your time... Look for an image / images. Focus on the image, but if information comes through do not discard it. After the images are seen, stop and record what you saw. You may need time to interpret the message behind the image. If you cannot determine the message at first, leave it in your notes. Its true meaning will come to you. The message may either be personal to you or regarding universe.

YOUR KEY

Prepare a quiet place... Prepare your journal... and/or audio recorder... Sit or lay back comfortably. Relax and breathe deeply and slowly if needed... Still your thoughts... Close your eyes... Look at the screen in your mind... Images may begin to manifest for you immediately... Allow them to come into your field of vision. Record what you see. When the last image stops, you are ready to move on. Today you are going to ask for an image or images that will be a “trigger” for you. You are ready for the ancient wisdom that was once yours , the Hall of Records: the Akashic Record.

When you watch your screen today you will be activating your key that will begin to unlock your genetic memory. Now mentally ask for your “key”. Relax and watch what emerges. You may hear sounds or tones. Do not open your eyes until the images stop. Record messages in your

recorder as the images emerge. Write them down into your journal later.

QUESTIONS - UNIVERSAL OR PERSONAL

Sit or lay back comfortably. Relax and breathe deeply and slowly if needed... Still your thoughts... Close your eyes... Focus on the screen in your mind... Images may begin to manifest for you immediately... Allow them to come into your field of vision. Record what you see When the last image stops, you are ready.

Consider asking questions such as:

What do you wish to show me about the universe at this time that may help me advance and learn spiritually?

How do I find out my soul's purpose?

These may be followed by a color frequency, an archetype, or anything else spirit wishes to share with you. This will help you trigger. Several images may be shown for each question.

CLAIRVOYANT VIEWING

Prepare as you have in past lessons. Allow your mind to wander... Focus on the images on the screen in your mind... Archive the images you receive in your journal and/or audio recorder... Allow your mind to wander into the solar system... Take your time... You may see many things or just one image - such as the moon - Focus for one image - and watch what it does. You have now begun to remote view!! Record the information.

CONNECTING TO OUTER SPACE

Find a comfortable position whether laying down or sitting. After you have allowed general messages and images to flow through your mind, turn your thoughts to outer space and the universe... Observe what you see - moon, stars, planets, UFO's, satellites; and then record what you see. You may even receive some of these messages while sleeping for your journal.

FINDING YOUR SPIRIT GUIDE

Relax, sit or recline as is comfortable for you. Allow your mind to wander... Focus on the screen in your mind... Mentally connect with one - or more - of your spirit guides... Ask your spirit guide to show him or herself to you. You may get an image or images, or you may just get "Light" as that is what your guide truly is! You may get some other surprising images. Record the information. Draw what you see if shown.