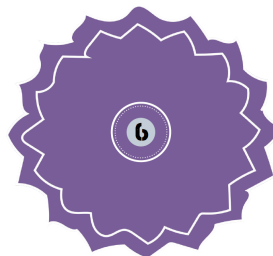


THIRD EYE CHAKRA

Welcome to the third eye chakra I'm so happy that you're here and if you have arrived here then that means that you have arrived at this information to third eye dominant so congratulations it is a Powerhouse of a chakra to be dominant in and I want to talk with you about what does it even mean to be a third eye dominant and how is it that you can begin to really connect with this Energy Center to better support every area really of your life.

Let's get started what does it mean to be third eye dominant well it means that you have a heightened ability to perceive energy and intuitive information from the center so that means all of that really exciting auditory visual information all of the intuitive information that comes through the Dreamscape and those immediate knowing that that can be a really predominant part of the body and your energy where things come through we are intuitive at every Energy Center this is just this suggests that when you have a heightened ability to connect with this energy center and receive information from this Energy Center that you might often navigate the world through the lens of the third eye and so what is it about the third eye that is particularly challenging well it is the house to all of that intuitive stuff and the intellect so there is a lot going on here it is where the intellect in the intuition friends of be in battle with one another because it can be challenging to be engaged with both and to recognize the intuition for what it is and recognize the intellect for what it is and really allow both of them to work together harmoniously so there's a lot going on in this video what I would like to support you with is that primary energy of the center that can help you be anchored and grounded in the third eye so that you are able to really be present with the energies at play here and the primary energy for the third eye chakra.

Perspective is Clarity that Clarity is at the at the core at the essence of this Energy Center or not can be Clarity of mine that can be Clarity of intuition that can be Clarity of all of the aspects that our house and governed by the center but that Clarity really is this powerful way to be at the center at the seat of this chakra in order to navigate the chart what can be the turbulent territory of our lives with awareness and with a greater sense of so how do you do that well the remedies and the background here are here to help you both release the energies that can interfere and Cloud Clarity and leaves you that opposing energy which is confusion that there could be so much here that often times part of the healing process but so essential and can be very uncomfortable is letting go is connecting with what really needs to be released and said in order to create space for new patterns and healing energies to Healing energies that we can integrate in to feel more nourish and embodied so the salts are created to support this clearing the



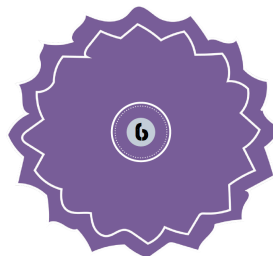
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settings for Leasing and what they do is they can stir things up they can just run things they can create some discomfort as that happens.

If you noticed certain things a line when taking the souls that you've been working on and suddenly here's this opportunity to create a new pattern in that can be quite uncomfortable or to address a belief system were thought very thoughts that may be hindering you from losing forward or anything that is tied into that third eye energy definitely that synchronicity it's an important part of working with these remedies to just pay attention to things as they unfold and there are a lot of awesome resources to take advantage of below which I highly recommend that you do the more that you were engaged with this process the more powerful it is and the more accelerated those healing shifts can be so salts address the unresolved energies help them surface rattle things alphabet in order for those things to be released and let go out create an to create space and the rollers helps you bring in those healing frequencies to anchor them into the body and to help establish the sense of reclaiming parts of ourselves that need to be embraced and embodied for healing so we are going to work with the salts to support.

Energy moving out and work with the rollers to support the moving in of healing energies let's get tuna when working with this Central Energy this primary energy of clarity we're going to connect with six directional lines and I cannot tell you how profound this has been for me and the evolution of working with energy and working with intuition and training other practitioners is establishing awareness that incorporates more of this multidimensionality so that we are aware not only of one aspect but we're aware of all of these different direction aspects and how they interact with each other and how they help to create a whole and so the first line of energy that will be working with is the frontal plane that line of energy that connects the front and the back and so what all encourage you to do is just take a moment to get comfortable.

This is a great time to use your third eye salts so go ahead and take a little dosage of those magic salt if you haven't already as you can act with this clearing so go ahead and drop into the third eye energy and that may not be very challenging to do if you are third eye dominance you are probably there already now we're and not Energy Center your energy may be residing could easily be front forward that's where the mind can get very fixated and busy is in the front of the third eye so just pay attention to the center and see if you can connect with that energy of clarity and clarity has an open us about it there's a natural state of ease and in space and expansion in this energy while it's also very centered so it can bring a sense of lightness to connect with that



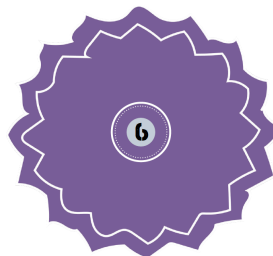
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energy and because you are here for being third eye dominance if you find yourself starting to fixate on what on the energy of clarity and trying to access it from a place of visualizing it or connecting with it through the mind.

I want to encourage you to really connect with your body and again to experience the energy of clarity through sensation so that rather having to access it through the mind that you're accessing it through the body and then once you feel like you can drop into that space and if it's hard for you to do right now just keep practicing because this work is all about repetition it also really asked you to show up and to get curious become an observer and put in the effort and the practice to develop this awareness because it becomes more automatic with time so that you can just drop in and boom right you're right there you're really connected with all of these directional aspects of the energy center but in the beginning it may be hard to connect with specific one so if I see you as we go through this process that will change with practice and what time and that patience really is where it's at even though it doesn't sound like a lot of fun.

Work is fine but patience doesn't always seem fun okay so as you drop then you're going to follow this line of energy out in front of you so connecting with the line that moves out from the front of the third eye and when I say connect with this line of energy really connect with the energy moving out from the center and notice what the quality of that energy is does it feel smooth does it feel like there's a sense of ease does it feel fluid does it feel really rigid does it feel tight does it feel contracted does it feel stagnant does it feel blocked there's so many different ways that you can connect and with that but invite that intuitive information forward all of this work is really geared towards supporting the development of your own intuitive abilities and awareness chances are if you are third eye dominance this is the house that you may struggle with most that also holds the greatest potential for you to tap into your intuitive gifts and to really strengthen your ability to perceive energy and every Energy Center is intuitive of course however working with that place of strength first can be a great portal and Gateway into development of these other centers and their intuitive abilities.

That's why we start with the dominant chakra okay so once you have connected with that line of energy moving out in front of you and you are receiving information around that so that could come through in the form of an immediate knowing of a word of an image of a sensation really anything that comes through for you go with that first immediate impression and write it down as high as this video and come back to it take the time to actually write these things down to

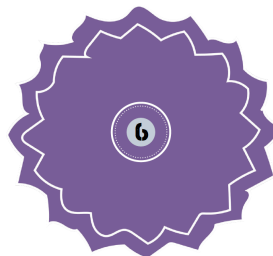


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connect with them because it's going to help paint a picture of what is going on at this energy center for you okay if it feels hard to connect with the front of the third eye which I'm guessing that it's not going to be because the most common presentation out of basically any of the energy centers is being in the front at this energy center that is where so many people hang out their energy is just so front forward in the hat because you're thinking about the future and your mind's really busy and it tends to be out there so I'm going to take a wild guess that it well it may feel chaotic or it may feel like you're really struggling in some capacity.

There it's probably not going to be the hardest directional line of energy to connect with okay so take those notes and then you'll come back to that energy of clarity to the center of the third eye and bring your awareness to the back to that and back line of energy that energy is moving along not back wine out the third eye and seeing what shows up for you here so this is the way in which the salt will be working to help support the release of energy so we're following those lines out to connect with what might be interfering with this particular area of the energy center what might be surfacing to be acknowledged in order to be let go of so pay attention to the messages that come through and because this is the psychic house in this is the energy center that is really recognized for being intuitive it can also feel like a box to fit into for a lot of people.

I know it did for me I felt this pressure that I really should be seeing auras or hearing guys and that intuition was supposed to fit into this particular way of receiving it and this is what's so powerful about connecting with each of the energy centers through sensation is we began to establish our awareness of that center our awareness of how we perceive energy through that center and I can be intuitive and ways in which we do receive information that don't fit into this thing or as or the hearing guys into box okay so back of the energy if it feels harder to connect with the back of the third eye falling that energy line out take note of that but if there's a message and really message meaning if there is a particular you know word texture color something that comes through and you feel like you need to sit without more and see where it takes you pause this video come back to it take time to connect with each of these directional lines okay with that intention of what are you what do you want to let go of what is it that you and maybe you don't know and that's okay to just that you want to release you want to shed that you are showing up to allow yourself to let go in order to make space and not those answers may come to your simply through setting that intention okay then going back to clarity and not centering energy at the third eye you're going to follow that line so following that Top Line of energy up through the top of the third eye and seeing what you connect with their does it feel

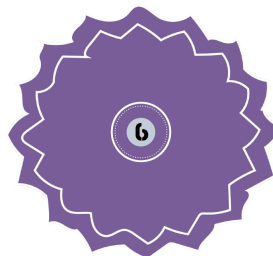


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like there's something you know squashing you down or resistance preventing you from really opening and following that thread of energy does it feel really easy to follow that what are some of the energetic qualities to that line of energy and wet surfaces for you around so when it comes to clearing and Let It Go and then you're connecting with the center of the third eye again and follow the line of energy down.

I noticed what comes through for you around that line of energy down take note sketch it out do the best you can to articulate this in as much detail possible because he will be blown away by the picture that this paints for you when you bring it all together okay and then we work with the left and the right so can nothing back in with the center of the third eye following that line of energy out the left paying attention to what you sent around the left of this Energy Center does it feel like there's a lightness to it does it feel like there's a sense of ease and connecting with it does it feel weak does it feel challenged what does that what is your sense what is your connection in your experience when tapping into that part of that energy and take your time right and I'll come back to it and then connected with the center of the third eye and follow that line of energy out to the right and notice what you sense around the right side does it feel similar to the last does it feel challenging to access what is your sense around this part of the energy center and do you connect with any possible barrier obstacle interference at this part of your energy that could be inhibiting your ability to release things that are holding you back or hindering your healing process whatever that feels like take note of it and then this is how I perceive these different lines of energy and why they're so important and insightful that we tend to have this awareness of what's in front of us maybe a little bit of what's going on in the periphery and then we can think about our past in the story is that energetically we are 10 to be really here we tend to be projecting forward or disconnected and maybe kind of hovering above our bodies that the opportunity and the invitation to connect with all of these directional lines of energy.

These directional aspects to the energy center to the third I help us develop more of a spiritual awareness have this awareness of our energy being spherical then we are able to we're able to be centered when were centered we are more present so we're not just walked into the head and thinking about what the next task is stressing out about what is happening tomorrow that were really able to be much more clear and present in this physical body in this physical reality while connecting and with the mystery and the magic and so the work becomes to dynamically engage with all of these different lines of energy so that if you notice the front part of your third eye it's really busy and there's a lot going on there and you wrote a 10-page essay about what's

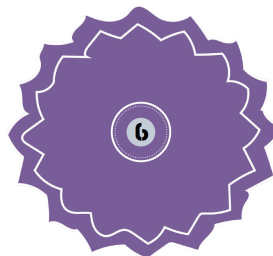


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happening at the front of your third eye but was really challenging to connect with the line in the back that goes out that is awesome information first and then second it's like taking the reins of these directions and really engaging them so you're taking the reins at the front you're taking the reins you're starting to engage both of these pulls the pulls from that can be from our environment pulling out the pulls the n-word pulls all of the different tools on her energy and you're engaging with them and activating them so that you have the awareness of what's happening in front of you and you also have the weariness of what in your past was behind you what is conducting in with your own ability to receive and allow energy to come through you so it's a very powerful practice to begin working with the awareness of these directional aspect and to avenge really down into specifically focusing on the chakra that you tend to operate from and this holds so much potential for you to still continue to develop your intuitive abilities and you just a really be connected energetically and physical body as well.

Front back you're engaging both of those wines and what does that do when you gave them it pulls you into your center if you're just in the front and your back is not even there's no awareness of the back that's going to off-center you right you're not going to be you're not going to be in harmony or in a state of balance and that can take a toll and various ways so engaging those lines friend back and then same with top and bottom that you're engaging the rains at both the top and the bottom so that it's helping to spend her you in the third eye and then sing with the left and the right so we're creating this Warhol this whole experience of embodying the energy.

This Energy Center this is a lot and there's I encourage you to use those resources below and to look at the visual guys to support your connection with these topics that were covering okay when you're using rollers I encourage you to use the roller before you can match with the energy that you are following in so this can be a bit different so when you're following that energy out your starting at the center of the third eye your following those lines of energy that extend from the third eye out so we're still connect me with those same lines of energy but you want to see what how far out does your energy go in the front of the other guys that hard for you to connect with does it feel confusing because it can you see it is there a certain experience that you can knock that just flashes through you that you see out there and not that's getting your attention connect in with us and then you're going to bring your energy back to the center of the third eye following that line noticing if there's anything that presents itself so this is the process of reclaiming any energy that scatter is disconnected of disjointed that doesn't feel integrated or

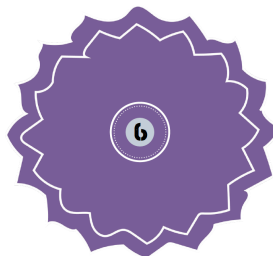


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my body and we all have that and trauma from an energetic standpoint from my perspective can really can likes few bits and particles of our energy out and connecting and without and bring those pieces and parts of our energy back into our bodies helps to reclaim our wholeness and our health and the body knows what to do with that information.

It can be a very powerful practice and if the surfaces things for you that feel deep and they could be they could feel really challenging that whatever comes through can be healing and itself so conduct and so we just going through that and if there are any pieces that feel like they need to be just brought back in VA claims and integrated into that center of the third eye then go ahead and sit with that take your time video come back and then you're going to the same thing in each of the directions so connecting with the fact maybe it feels like it's hard to you know it's hard to connect with that and so maybe your energy feels like it extends half an inch out from the back of the third eye so you just start there and you can act with that and by connecting with that connecting with the energy and really beginning to experience the sensation of it and receive the intuitive information around it activates that part of energy as well so you are activating these parts of yourself by establishing the awareness that your energy even exist back there so that way you're not just you're not just here all of the time you're here too so bringing breathing life force into those parts of yourself so that you don't feel so constricted or so stock or just so fragmented and chaotic.

Then same thing top so connecting with well maybe your energy goes really far out at the when you're connecting with the top of the third eye so where did where do you see that what does that feel like what are what's intuitive information that you connect with around that and then bringing in anything that you feel needs to be brought in reclaimed integrated for healing then you'll go through the same process for the bottom and the left and the right and so this this it's like the energy moving out what we're releasing all so it can be you know our energy is moving out we connect with others May connect with our environment and then the energy moving and we also require nourishment and we require receptivity and receiving of energy from others Universal energy life force energy earth energy source energy in order to in order to be and so really connecting with all of these different dynamics help to center us in ourselves and I hope that in connecting with this practice that you that you feel like you can take the reins of your life and your energy and definitely the third eye and cultivate this ability to connect and suggest feel more presents a Lyme's authentic and a we're within your own body because your body has a tremendous capacity to heal so I wish you many magical connections thank you so much for



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being here for listening and make sure that you take all the know and do all the things to support yourself and your incredible third eye abilities wishing you so many blessings and thanks again.