



*This third eye meditation is a simple technique to focus the mind, increase concentration and improve mental clarity.*

Sit in a comfortable position, either cross-legged on the floor or in a chair. Sit up tall with the spine straight, the shoulders relaxed and the chest open. Rest the hands on the knees with the palms facing up. Lightly touch the index finger to the thumb. Relax the face, jaw, and belly. Let the tongue rest on the roof of the mouth, just behind the front teeth. Allow the eyes to lightly close.

Breathe slowly, smoothly and deeply in and out through the nose. With the eyes closed, look up at the third eye, the space between the eyebrows, the sixth chakra. Focus your gaze and concentration intently on this spot, looking for a white or indigo blue light to appear. When thoughts arise in the mind, let them go and return the focus to the third eye.

Practice this meditation for 10-20 minutes. To end, inhale the palms together in front of the heart, exhale and gently bow while saying these words “May I see and perceive clearly on every level, and seek only the truth”. Gently let the eyes blink open and take a moment or two before moving on with the rest of your day.