

~30 minutes

In this guided meditation, we're going to dive into Ajna the third eye, the space in the middle of the forehead, the pineal gland and our ability to open the mind's eye to see beyond the veil.

(pause)

And so to begin this practice, you can either come into a comfortable position lying down or seated.

(pause)

If lying down then allowing the body to make full contact with the ground and what I mean by that is taking an opportunity to just become completely relaxed. So tuning into the left and the right sides of the body.

(pause)

Noticing if maybe one shoulder blade is a little bit higher than the other and one arm might be more tense or one leg or whatever it may be.

Just allowing all of that to fade away.

(pause)

Allow the feet to naturally fold and fall to the sides and the palms facing upward.

The neck and the face, the body are all relaxed.

(pause)

If you're seated, the back is nice and straight. Your feet are firmly on the ground. Palms resting in your lap or on your knees.

(pause)

And we very gently and very slowly close the eyes here.

And allow our awareness to go to the nostrils to the very tip of the nose.

And we're just going to spend a few minutes on the sensation of the breath over the nostrils.

So as you inhale, feel that cool, comfortable, refreshing, oxygen flow into the nose.

And as you exhale see if you can feel the heat leaving the body all the awareness on the tip of the nostrils here the very tip of the nose and on the sensation of the breath and stay with this for another minute or so.

(pause 1 minute)

If your mind wanders, just try to bring it back to the breath.

(pause 30 seconds)

Moving from the sensation of the breathing here now as we progress into the connection to Ajna the third eye chakra with your eyes closed,

I invite you to look upward, literally at a point on the forehead.

So you should feel your eyes rolling naturally up to look at a point as if there's a point on your forehead.

Now if this is difficult for you, very slowly just take one hand and your index finger and touch the middle of your forehead. And then just bring your eyes as if you are trying to look up at your index finger here.

(pause)

Breathe and relax.

(pause)

There should be no strain on the eyes.

(pause) No tension you're not forcing them up.

(pause)

You're simply looking up.

(pause)

It should feel quite comfortable and relaxed.

(pause)

By doing this, we are turning our gaze to the third eye.

his might be very familiar to you if you have a yoga practice it is called Third Eye Gaze.

And by doing this, we're bringing the energy that comes out of the eyes and turning it upward.

(pause)

We all know that experience of making eye contact with somebody for instance, where you can feel their energy you can feel how intense that can be. Well imagine all of that energy, but now focused on a point on the forehead.

(pause)

The focus point of ajna the third eye and on the middle of the forehead,

I invite you to see a beautiful deep blue blueish purple colored light as if there's a point of light here, literally just on the forehead.

(pause)

See this light as it gets deeper and bigger.

(pause)

The more you sit with it.

Allow that experience of that light now to permeate the entirety of the mind. eyes still looking upward at the forehead

(pause)

and here it's as if the entirety of the brain is now that dark blue, slightly purplish color.

(pause)

The awareness of the rest of the body has faded.

(pause)

Even the awareness on the breathing is fading.

(pause)

Just on the mind here just on the third eye just on that color.

That deep blue blueish purple color and allow this energy to build up and then begin to expand outside of the mind.

(pause)

So it's as if you have a halo of dark blue light pouring out from the head and the mind and in order to work on opening Arjuna here we're going to deepen our practice by allowing this light to become our vision

(pause)(pause)

and so whatever you can remember about wherever you are right now, perhaps you're doing this meditation at home and you're very familiar with your surroundings or perhaps you're at a studio and it's not as familiar to you. Just stay with all of that awareness.

Stay with that connection. And allow that awareness and that connection to expand.

(pause)

So what I mean by that is allow this light that's pouring out of the head to become your vision of your immediate space.

See if you can see where you are without opening your eyes.

(pause)

And see if that vision will allow you to go to a wall in the studio where you are or in the room where you are right now. And begin to see that wall not as a physical barrier but as a veil. A veil that can be permeated and that can be moved beyond even if you have to stretch and imagine what it would be like don't let that hinder you.

(pause)

Allow the mind to expand beyond the walls of where you are right now. If you're in a tall building, then see the expanse of space the floor is below you and the height that you're at. If you're in a house, see the room adjacent to you perhaps your family is there.

(pause)

Perhaps your friends perhaps nobody.

(pause)

Just see and witness this entirety of this experience. And keep moving with the mind.

(pause)

Keep allowing that dark blue purple light to expand and flow if you're able to don't let the immediate surroundings stop you

(pause)

you can continue on perhaps into the building next to you or the house next to you.

(pause)

Perhaps down the street, perhaps to a family member's home or to your workplace or to your childhood or to a place that you just simply love your most favorite place.

(pause)

Any of these are fine and see if you can really see them and be with them right now. I invite you to continue that expansion if you're able to.

(pause)

If at any point this is difficult than just simply reside where you are whatever you're able to see.

(pause)

If you can continue, then continue on always getting bigger in your expansiveness, perhaps even moving to the entirety of the Earth or the universe

(pause)

The vision of Ajna, the third eye is not limited by our belief.

(pause)

It is indeed limitless.

(pause)

And so in this meditation practice, we're working to connect to its limitless nature and allow that expansiveness to flow.

So stay with this practice and stay with the expansion of the Third Eye for as long as you wish.

Paying no particular attention to anything that you may experience.

(pause)

Don't get attached to any visions or any beliefs or any things that you see.

(pause)

It's as if you're watching a movie that's simply passing by you

(pause)

any form of attachment here may make the opening of the Third Eye more difficult. So allow it to flow and release.

(pause)

And now just bringing that awareness back to the color, back to that light, which you can feel back on the forehead.

(pause 2-10 minutes with reminders to return focus to Ajna as needed throughout)

If your eyes are still pointing upward to third eye gaze allow them to rest and relax down to a normal gaze and as we very slowly return from this meditation

we bring awareness back into our mind and body by wiggling our fingers and our toes.

Very, very slowly moving the body here perhaps the hips and the neck, the head side to side and when ready and comfortable opening the eyes very, very slowly.

And using this as an opportunity to remember what you experienced in this third eye opening meditation practice.

Knowing that what you experienced in this practice is no less true now that you're fully conscious. We can use this moment as a bridge between the subconscious and the conscious mind. So remember what you experienced and view it consciously now.

Welcome back, everybody.

Namaste and to all be well.