

Will the Real Third Eye Please Introduce Itself?

What is the Third Eye actually? We teach people about the metavisual sight of the attentional principle, but there are a variety of conceptions about what the third eye it is, and how to open it.

Some psychics identify it as the eye in the middle of the forehead of the astral body. Others locate it as the sixth chakra in the vehicle of consciousness on the Psychic Plane, which they activate through bringing in an indigo color. Others believe the third eye is the pineal gland, and offer a variety of visualizations geared to stimulate that gland and awaken inner sight.

Let's look at some of these conceptions.

Here's Joe Russa's advice about the abilities of the third eye and how to open it. Joe Russa's techniques for opening the third eye, from his article "The Truth of the Third Eye" on http://www.everythingunderthemoon.net/the_third_eye.htm. I excerpt directly from the article. His suggested meditations are in blue.

"...Well, what are the capabilities of this third eye and how do we develop it? Later on, I will give you detailed instructions on how to perform the third eye focus technique exactly as instructed by the Yogis."

“Many texts have claimed shifting of consciousness when the third eye is focused upon. Hypnotists usually induce hypnosis to a subject by having them look up at a shiny object, not only because it causes eye fatigue, but also because it causes the mind to accept suggestions easier. Yogis believe that concentrating on the third eye causes psychic powers for this same reason.”

“The power from the third eye focus technique comes from the ability to make a subject focus on a single thought. It is a powerful focus of the subconscious making the technique the easiest way to make your mind accept your most wanted desires. It is like a magnet, in which, once focused upon, all of your mental suggestions become sucked in by your subconscious.”

“The third eye is a direct doorway to your subconscious and that is why the Yogis believe that, out of all the meditation methods, the third eye focus technique is the best way to calm the scattered mind...

“The Yogis deeply believe that, once the Ajna chakra is opened through focusing upon, the powers of astral projection and dream control are achieved. They do not focus on the third eye chakra for these reasons, though, but to reach enlightenment.”



Method 1: With your eyes open, touch the center of your forehead with your finger. Try to look up at the spot where your fingertip makes contact with your forehead as best as you can. You will notice that looking at the point of contact is impossible, but this is how you want your eyes to be positioned.

Do not tense your facial muscles or wrinkle your forehead. Your eyes need to look up as best as possible towards your fingertip, but your surrounding eye and facial muscles should stay completely relaxed. Now, close your eyes while keeping that position. Keep practicing until you can roll-up your eyes as far as you can, with them closed, while keeping your face relaxed...

Method 2: With your eyes open, place the tip of your finger between your eyebrows just above the eyes. Move the tip of your finger perpendicularly away from your face 3 inches (use a ruler to help you estimate the length). Now, try to look at the tip of your finger as clearly as you can. This is the position you want your eyes to be in when you close them. While keeping sight of your fingertip, close your eyes.

Method 3: Create the imagination (visualization) of a golden sun or flame between the eyebrows.

Method 4: Do method 2 while facing the sun on a bright day.

So what is Joe actually awakening here?

His method one is the same as that called Shambavi Mudra used by the yogis—gazing up between the point between the eyebrows. This opens the thread for your attention to the higher vehicles of consciousness beyond the waking state of awareness.

Joe's method two stimulates the vision imbedded in the astral body. When the physical body and the astral body are in coincidence, the two astral eyes are located at the bottom of the orbital bone beneath each eye. The third eye of the astral body is in the center of the forehead, and can be felt at this location about three inches in front of physical forehead.

Joe's method three also resembles the yogi's tratakam practice of taking the light of a candle flame or the sun and visualizing it is between the eyebrows. This will, for some people, will awaken the attentional principle. The issue with this technique is that people will sometimes visualize this light in the thalamic chakra in vehicles of consciousness other than the Subconscious system of chakras, so they will different results—and won't contact the attentional principle.

The image of the golden sun also evokes the yellow or golden disk that is in the solar plexus center of the Psychic Realm vehicle, which is associated with the faculty of clairvoyance—seeing auras, and the scenery of the inner dimensional Planes.

His fourth method appears to be a way to augment the second practice. [I have some concern about this practice because when you gaze at the sun, it can burn your eye's cornea and retina—even when your eyes are closed, there is some leakage of the radiant light of the sun under your eyelids—which if practiced regularly, can lead to eye damage.]

Here's another approach. Ann Sharma, in her video on YouTube, suggests that you focus on the center of your forehead and visualize an inner eye opening up, and then watching an indigo light stimulate that center. Her video is at

<http://www.youtube.com/watch?v=ozaoZgorFX8>.

This is an example of a technique designed to open the clairvoyant faculty of the vehicle on the Psychic Plane. The visualization of the indigo light is a giveaway for these types of techniques. [The indigo light stimulates the thalamic center in this vehicle, which is associated with the reception of telepathic messages—which helps psychics listen to the voice of their “guides.”]

Jonathon Parker gives an elaborate guided meditation AKA hypnotic suggestion of golden light pouring in and being surrounded by loving energy on his website, in the article “A Third Eye Meditation to Open Your Psychic Ability” at <http://www.jonathanparker.org/jonathans-blog/meditation/third-eye-meditation>.

It looks like the end result of his practice is the awakening of the aforementioned golden sun center. There is nothing wrong with hypnosis. The major issues with hypnosis are

- (1) When I give you a suggestion to visualize a vanilla pudding, every single one of you will see it in a different container, a different quantity, or with different ingredients—so there is a very subjective element that you introduce to my suggestion
- (2) If I tell someone to visualize something, they are focusing on what I have suggested to them, and not what is actually there. If I suggest something, I am using imagination—this differs from actual inner vision where you actually “see” what is there.

So are all of those golden lights there? Maybe they are, but more likely you’re just watching a great imaginary and entertaining show that Jonathan designed. Will it evoke the center where clairvoyance resides?

Probably yes, and here’s why. *You can activate any vehicle of consciousness from the waking state of awareness to the top of the Psychic Realm, or any center within that vehicle of consciousness, with a properly targeted suggestion.*

This is because suggestion directly affects your astral body, and this is the range of its operation. So will these elaborate guided meditations evoke the psychic abilities of the Superconscious mind? If given in a way that others can accept them, they do.

Let's look at a third eye meditation that uses the pineal gland. Psychics got all excited about the pineal gland because scientists discovered it is light sensitive. [Well it turns out that the light sensitivity of the pineal gland is designed to determine whether it is bright outside so the pineal gland can determine whether it needs to secrete melatonin, which makes the skin increase its secretion of the skin pigment, melanin. It has nothing to do with inner seeing.]

We have discovered, moreover, that the corridor beyond the pineal center in the chakra system of the Subconscious mind connects with the spirit, not the attentional principle or the Psychic vehicle. So it opens "heart sight"—the vision of the spirit—not metavision (seeing with the attentional principle) or astral vision.

Starseeds' version of how to open the third eye [<http://www.starseeds.net/forum/topics/how-to-open-your-third-eye>] appears to teach a version of Shambhavi Mudra, plus a technique called Jyoti Laya (pressing the point between the eyebrows). They then attribute this to the pineal gland.

Another source http://www.youtube.com/watch?v=05qfbFCnBCg&list=PLC5B84C8D531C240A&index=1&feature=plpp_video does an elaborate visualization with hypnosis suggestions of moving a golden orb from the point between the eyebrows to the center of the head (i.e., the pineal gland) and a silver orb from the medulla.

It is unclear what this creative visualization is supposed to achieve, though the video proclaims that it awakens the pineal gland, “the third eye.”

Several other sources advocate using the “Thoth” mantra to activate the pineal gland. This practice tunes up the thalamic chakra in the Psychic vehicle and imbalances this vehicle of consciousness. [***strongly recommend that you do not play around with this practice.***] While this will likely promote visions, it can also open you to the entities of the Psychic Realm, who are only too happy to give you advice and guidance... and I suspect this has also driven some of our New Age brothers and sisters to the threshold of psychosis.

Other sources describe it anatomically as the center of the brain, and speculate that theta waves (very slow brainwaves between four and eight hertz) stimulate it; as purportedly does (a) putting a lapis lazuli crystal on the forehead, (b) eating indigo colored foods, and (c) the awakening of the kundalini up to the sixth chakra.

Several sources put together nice collages of images from Freemasonry and other mystic sources and hint that there is a third eye, but stop short of actually showing us how to awaken it.



Let us compare these methods and see what are the results of these meditations alleged to open the third eye.

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Results of the practice	Purusa Dhyana	Touching forehead or imagining the third eye opening	Guided meditation to open the third eye	Visualization of golden sun	“Activation” of pineal gland”
Awakens the attentional principle?	Yes	No	Most do not	Occasionally Only if it awakens the attentional principle, which this method does not do for everyone that uses it	No
Awakens the faculty of intention?	Yes	No	No		No
Awakens the telepathic ability?	Yes	Yes (if accompanied with the suggestion of indigo light)	No		No
Awakens the ability to contemplate the contents of awareness?	Yes	No	No		No
Ability to anchor suggestion in the vehicles of consciousness?	Yes	No	No		No
Ability to feel empathy to others?	Yes	No	No		No
Ability to manifest intention as creation?	Yes	No	No		No

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Results of the practice	Purusa Dhyana	Touching forehead or imagining the third eye opening	Guided meditation to open the third eye	Visualization of golden sun	“Activation” of pineal gland”
Is it a precursor to the technique of direct projection?	Yes	No	No	Only if it awakens the attentional principle, which this method does not do for everyone that uses it	No
Awakens astral sight?	Yes	Yes	Yes	Yes	Yes
Awakens primary clairvoyance?	No	Yes (with practice)	Yes (with practice)	Yes (only if people are contacting the Solar Plexus center of the Psychic vehicle)	Yes
Connects attention with the spirit?	No	No	No	No	Yes (depending on how the suggestion is given)
Connects attention with the Soul or Higher Self?	No	No	No	No	
Connects attention with spiritual guides?	No	Yes (if the indigo light is invoked)	Yes (if this is included in the guided meditation)	No	

What Are We Trying to Do Here?

Each of these approaches aims to help you see inwardly, but vary in what faculty they actually stimulate. Activating the portal of the attention through the inner vehicles (attentional vision) gives you different results than approaches that attempt to awaken the visual sense of the astral body, the attentional principle, the seeing power of the spirit, the clairvoyant powers of the Psychic vehicle, and the Soul's innate intuition.

We explore the differences between these different types of inner seeing in the **Vision Workshop**. We encourage you to take this workshop if you have not done so, as it will clarify the differences between each of these types of vision and show you how to activate each one.

We believe that the awakening of the attentional principle has the greatest relevance to inner work and spiritual development, plus has the widest range of inner seeing. We teach this method on our website and as a preparatory technique in our classes—it's called Purusa Dhyan. Let's do it together.



Thank you for attending our webinar today!

