

# OPENING UP YOUR THIRD EYE

*A Guide to Third Eye  
Awakening & Understanding  
the Power it Brings*



*Susannah Taylor*

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## What Your Third Eye Actually Is

If you really want to quench your thirst for knowledge, you'll need to know what the third eye is to embark on your journey to opening it. The first thing you need to know about your third eye is that everyone has access to their own third eye, and this is where their psychic potential comes from.

One of the biggest examples of accessing your third eye is when you have a hunch about something that turns out to be right. When you act on it, you're acting on your third eye. It is a type of sense that can be refined as it is developed, and opening it opens yourself up to the spiritual world around you.

It's a natural part of you, and it allows you to see patterns that are present in your life. It relays these patterns through your other senses, allowing you to recognize them and work with them. It helps you to make hidden connections that you wouldn't normally see, helping to answer the questions that may be bothering you. There are many energies around you, such as aura which is also known as your spirit or life force, and when you open your third eye you are able to awaken your senses to these energies. It is not just people who have energy, and in fact it's everything around us, including plants and places.

When your third eye is awakened, you'll be able to consciously manipulate the energy around you, and this often develops a sort of empathy. This is where you can touch and feel emotions that are coming from other people.

### What it Means to See Through Your Third Eye:

You can see activity, motion, exchange of energy and much more through your third eye. This allows you to see the flow over a period of time, and you'll be able to visually map it out. This will allow you to see the energy playing out all around us, changing hands and changing forms. It will start to seem almost tangible, and you'll learn how to interact with it deeply.

You won't actually see energy, but you'll be able to seek out and pinpoint the results of energy moving. Your third eye is able to process all of this, and it'll be able to relay it over your other senses, giving you a deeper insight to the world. It's easiest to figure out things through the senses that you already have, which is your normal five senses.

This is why even when it is something spiritual at work it will be relayed through your five senses. This will help you to predict possible events even if no evidence is physically there. Prediction is just one of the skills that your third eye can provide you if it's completely open.

Just remember that not everyone will see exactly the same through their third eye, and this is because we have different experiences to rely on. For example, if you're having to imagine a cat, everyone will imagine a different cat if it's not described. Our interpretation of what the word cat means when we try to see it, is going to be different than the person beside you. This is why your experiences will also be different, making it hard to relay what you learn with your third eye to someone else.

## Why You Should Open Your Third Eye:

You may be wondering why you want to open your third eye, and doing so is completely up to you. Many people want to open their

third eye to help receive spiritual enlightenment, to view the spiritual world, to be more in tune with the physical world, to understand what our third eye is already trying to say to us, and to even develop psychic abilities.

There are many reasons that you'd want to open your third eye, and no matter what reason you choose, the process is still the same. All of reasons listed above will also become consequences of opening up your third eye. You can't hope for one and not receive the other. You'll receive some level of psychic ability when you open your third eye, but you'll also receive a greater understanding of both the physical and spiritual world around us by seeing more than what you were originally able to see.

## The Third Eye & the Pineal Gland:

The pineal gland is an endocrine gland that is in the vertebrate brain. It helps to produce serotonin derivative melatonin, and that's a hormone. It is the shape of a small pine cone, and it's in the center of the brain, located right between the two hemispheres. The pineal gland can also be known as the third eye. When you try to stimulate your third eye, it is known as stimulating the pineal gland.

It will help you to receive the spiritual world frequencies, which will help you to experience a godlike euphoria and a sense of wholeness to the world around you, both seen and unseen. If you do not open your third eye, then your pineal gland will remain dormant. If it remains dormant, then the hunches that you occasionally get will be the most you ever experience of the spiritual world.



# How Health & Diet Effects Third Eye Awakening

Opening your third eye is a very hard process, but it can be made easier if you have the right lifestyle and diet. This is why your health matters, and part of it is just being aware enough to awaken your senses. The pineal gland became hardened because of the exposure to toxins, stress, modern lifestyle choices, and poor diet. You need to change these things if you want to decalcify your pineal gland, allowing you to open up your third eye. If the pineal gland is calcified, it shuts down.

## The Ability to Detox your Pineal Gland:

There are many methods to detoxify the pineal gland, helping you to activate it. Your pineal gland is usually mostly calcified by the time you are seventeen, meaning if you are older it is much harder to decalcify your pineal gland. During a magnetic resonance, it'll show a lump of calcium over your pineal gland. First you should know that calcification is where calcium phosphate crystals build up in different parts of the body, and during this calcification process it is on the pineal gland. It is usually caused naturally by nano-bacteria, which are extremely small microorganisms that form the calcium phosphate shells. This helps to protect them from being expelled by the immune system.

To open up your third eye you will need to stop the calcification of your pineal gland, and then you'll need to try and undo some of the calcification of your pineal gland. Usually it is your lifestyle and diet that is causing calcification, and this is easy to stop.

However, many people still believe that it is easier said than done.

## Changing Your Diet:

One of the biggest things that you'll need to change with your diet if you want to undo some of the calcification and stop further calcification is to cut out fluoride. You will also want to chlorine and bromide, which are your halides along with fluoride. They all have bad effects on your pineal gland, and removing them from your diet is best.

Fluoride is one of the hardest to cut from your diet because it is so widespread. It is magnetically attracted to the pineal gland, and it will build up in the pineal gland more than any other part of the body. Fluoride is extremely present in tap water as well as toothpaste. You can get water that doesn't have fluoride, and there is even some toothpaste that doesn't have fluoride. It's considered a poison to your pineal gland, and in extension it is a poison to your third eye. It will shut the gland down, but spring water doesn't usually have fluoride in it.

## Cut Out Calcium:

You will also need to cut out calcium supplements because they can also shut down the pineal gland. Calcium supplements contain calcium carbonate, and that makes it detrimental to your health. It is one of the biggest reasons that you'll have calcification on your pineal gland.

It is okay to have calcium in your food, but you should still cut it down because of how foods are modified. If you need more calcium, it is recommended that you use leafy greens such as kale and spinach, chia seeds, and sesame seeds.

## Cut Our Mercury:

Mercury is also horrible for your pineal gland, and this is because it has a poisonous nature. Avoid mercury at all costs, especially if you're hoping to open up your third eye. There are mercury tooth fillings, and all of these fillings should be avoided or removed, as there are other options out there. There are also vaccines that are tainted with mercury, which is under the guise of Thimerosal which is a preservative made of methyl mercury.

It's hard to get this out of your brain once it is present, and you may not be able to. This will make your third eye awakening harder, but it won't make it impossible. Try to avoid eating bottom feeders such as prawns and shrimp, as well as tuna, dolphin, and bigger fish because mercury can be present as well. Avoid eco light bulbs because they are harmless when whole but they have mercury vapors that are released when smashed. There are natural ways to help remove mercury from your body, and it is best to use wheatgrass, spirulina, or chlorella. You can take cilantro daily to help remove mercury from the brain as well.

## Other Toxins to Avoid:

Eating organically is usually best if you're trying to make sure that you have a healthy lifestyle, but exercise will also help to keep you fit for a third eye awakening as well. Make sure to avoid artificial sweeteners, refined sugar, E numbers, cleaning chemicals, dental mouthwashes, where you can use saltwater instead, and even air fresheners. You'll also want to avoid phyleanine which is found in fruit squashes.

Pesticides should also be avoided, which is why organic food is usually best. Raw foods are best to support the detoxification of the pineal gland. The food chain will pass pesticides on, and this can be harmful to your pineal gland. You can go as far as to avoid meat to help protect yourself from these harmful substances, but it is a choice you should make wisely. Try to avoid sugar, caffeine, tobacco, and alcohol to help flush your system and promote a balanced body as well as mind.

### Why Detox Your Pineal Gland:

Detoxifying your pineal gland is the first step to any third eye awakening, as it is your pineal gland that you are trying to awaken in the physical sense. It can take time, and if you are having a hard time with your awakening your third eye, then you are going to want to take time to detoxify a little more. Later, you'll want to try again. Keep away from these toxins and harmful substances to keep your third eye open, and you can close your third eye in a healthy way without putting them back into your diet.

# Third Eye Awakening & The Importance of Meditation

In this chapter you're going to learn about how to open your third eye through meditation and why meditation is so important to opening your third eye. Once your pineal gland has been detoxed, it'll be that much easier to open your third eye. Remember that there are many different ways to open your third eye, but meditation is actually easier for many people.

This is why it is one of the best recommended techniques. Meditation helps to center the body, mind, and the spirit. Meditating daily before trying to open your third eye is usually best, helping you to get back into balance before trying for an awakening.

## Steps for a Meditation Based Awakening:

The clairvoyance technique is usually best, which is what you'll learn how to do below. It only takes ten minutes, but it may take longer if you're just starting out. Also, you need to remember that it may take a few tries when you are trying to open up your third eye for the first time.

### **Step 1:**

You need to start by getting comfortable, and this is best if you have a quiet place where you can relax. Try not to wear clothing that is too tight, as this can be distracting. For this reason, it is also best to avoid jewelry during this practice. Sit in an upright position, but if you are too uncomfortable, then you'll be able to

lay down and try this exercise as well.

### **Step 2:**

You'll also need to breathe in the proper way, and to do this you need to start by closing your eyes. You are going to need to breathe in through your nose, and then you can breathe out through your mouth. Do not breathe in too shallowly, as this can ruin your meditation. Allow your stomach to expand, and taking even but deep breaths to start out with is best.

### **Step 3:**

In this step you'll be visualizing, and you'll start by visualizing the number one. It doesn't have to be in a particular color or size, but you need to visualize the number and focus on it. A tingling sensation may occur, and this is natural. Do not stop doing what you're doing. The tingling sensation is part of your third eye awakening. The sensation should be between your eyebrows, where your third eye chakra is located. It's okay if you don't feel anything, but it means you should practice a little more.

### **Step 4:**

Once you can see the number in your mind, you are going to want to hold it for a few seconds. You are then going to move to the number two, then three, and keep going until you hit the number ten. You should then be able to keep your eyes closed and see the numbers one through ten in your eyes. This is when you have mastered step four and can move on.

### **Step 5:**

You'll eventually get bored with numbers, and you are going to want to move onto colors, flowers, or something else to help you visual. This is a clairvoyance meditation that will help you to open

your third eye as well.

### **Step 6:**

Move this technique to your eyes open, and once you master step six you'll be able to open your third eye at will. It will help you to open yourself up to auras around you, which you'll be able to open your third eye further from there.

### **Keeping Meditation Up Regularly:**

Setting up a routine is usually best when you are trying to open up your third eye. Remember that a detox first is usually best, but you're also going to want to meditate on a regular basis. The meditation above is one of the simplest that you can use to open your third eye and help your pineal gland to reawaken, but it is not the only meditation that can be used. Meditating just to meditate, such as mindful meditation for breathing, will also help to center you. If you are centered in body, mind, and spirit, you are more likely to awaken your third eye more easily.

## Some Third Eye Awakening Techniques

There are many wonderful techniques to use when you are trying to awaken your third eye. The portal technique is something that you learn for astral projection as well, which can also come from opening your third eye. You'll find that both the portal technique and the next meditation technique will help you to open your third eye, and you can always try more than one technique.

### The Portal Technique:

The portal technique is easy to use, and it becomes easier through practice as well. You have to be prepared for what you're going to experience, and it can be an experience that you may not be prepared for. Trying the meditation technique and moving to the portal technique is recommended, as the portal technique will open your third eye a little more. It is best to do so gradually if you are unsure of what to expect.

#### **Step 1:**

You need to relax completely, and this usually means that you should lay down. Use a relaxation technique on your own, such as mindfulness of breathing. This will help you to enter the Alpha level of the mind. Take your pointer finger, and it doesn't matter what hand, and place it between your eyebrows, just below them and right on top of the bridge of your nose. Circle your finger clockwise, which will help you to massage the area. You should do this for thirty seconds, and then you can stop by pulling it away. You may still notice the sensation even after you've pulled your finger away.

## **Step 2:**

Repeat step one if you do not feel a swirling sensation even when your finger is gone, but when you do feel it you should feel it resonating in the head area. Try to observe the feel of the energy swirling in your head. Tilt your eyes upward, and the feeling should intensify when you do this. A stronger sensation should appear, and breathe in through your nose as you feel the energy in the area.

It should start to rise up from the soles of your feet, and concentrate on making that feeling occur if it isn't there. It should come from the soles of your feet, upwards into your calves, into your legs, groins, hips, torso, up the spine, then into the throat, and right into your head where the swirling energy should intensify. Inhale the energy, and exhale to feel the feeling strengthen and make it pulsate.

## **Step 3:**

You need to inhale again, and the energy should come up through your soles all the way up into your head again. This will help to intensify the power of the energy in your head. Try to do this thirty three times, and that is because it should be a set of three breaths eleven times. This will help you to amplify the energy, which is needed to help stimulate your pineal gland and open up your third eye.

## **Step 4:**

The swirling at this point should be extremely intense, especially in the area of your head where your third eye is located. You can even recreate the feeling if you lost it by thinking about it, or you can start over.

## **Step 5:**

You need to repeat this every night, and it should be done right before bed. You can't move on to the next step immediately, and this is an intermediary step that must be taken. It will also help to repeat it right as you get up in the morning. You will start to see various things, including light. You may see a green light that twists in a cyclone. This is your third eye awakening, and this is your awareness expanding.

### **Step 6:**

This will help you to project your conscious awareness, and you can even go through the tunnel to astrally project. It is also recommended that you keep a journal. If it gets to intense, then you are going to want to close your third eye and try with a milder technique.

You shouldn't continue this technique after two weeks, at least not a daily basis. This is because you can overload your body and mind with energy, and this could leave you completely unbalanced. This can cause chaos in your life, and that is why recording your results and stopping if it becomes too hectic is recommended.

### **Another Meditation Technique:**

Many third eye awakening techniques involve meditation, and this is because meditation will help you to activate and stimulate your pineal gland. This meditation technique is different than the one in the previous chapter, but it is still considered to be relatively easy.

### **Step 1:**

It is important that your frequency is high when you are trying to awaken your third eye because a higher frequency will stimulate

your pineal gland. This helps to open the third eye chakra, and being happy and following your joy will help. Try by examining your feelings, and this will help to increase vibrational levels. Being in nature, dancing, singing, being creative, or listening to music that you enjoy is a good step to raise your frequency so that you can move on.

### **Step 2:**

Next, you'll need to close your eyes and slow down your breathing. It is important that you have a steady pace with breathing. So do not breathe in too deeply or too shallowly. This will actually break your concentration. Without proper concentration, you will need to start over.

### **Step 3:**

Next, lower your chin, making it point down towards your chest. You may feel a weight pulling your chin down as you experience tingling between your eyebrows where your third eye chakra is located. No matter what you feel, you need to keep breathing at an even pace and stay relaxed.

### **Step 4:**

Try to look up with your inner eyes, concentrating on looking up to your third eye. Focus your attention on this area, even if you feel you can't truly look up yet. You don't need to have your eyes open, and for this you need to actually keep your eyes closed. Keep breathing nice and slow.

### **Step 5:**

Try to keep this up for a couple of minutes while you look up at your third eye. It is natural to feel a sensation there, and usually it's a swirling sensation. Try to incorporate this into your daily

meditation practice, and it'll help you to speed up opening your third eye. This is usually a meditation that is best to use with other third eye awakening techniques.

## Pairing Techniques Together:

Remember that when you are trying to open your third eye, you don't need to try just one technique. It can help to use multiple techniques so long as you keep in mind that the portal technique should not be used for more than two weeks in a row. You can use either of the meditation techniques before or after to keep your third eye open, and by that time you should start to see things all on your own.

It is normal to see auras, light, figures, or have a sixth sense that you didn't have before. Psychic abilities are likely to form, and it's only to be expected. There are many symptoms that are related to a third eye awakening, but you may not experience a third eye awakening unless you have went through a detox for your pineal gland. Try to keep stress down in your life, and use normal breathing meditation if you feel stress, anxiety and depression. Keep yourself in balance, and that will make opening your third eye that much easier.

# Some Symptoms of Opening Your Third Eye

There are many symptoms to a third eye awakening that you need to make sure that you are aware of if you want to be able to handle it. Seeing things is one of the biggest side effects, and knowing what to expect is the first step in embracing and handling it. You'll find some of the symptoms to expect below. You may experience some of these awakenings without experiencing all of them.

## Third Eye Awakening Symptoms:

You're likely to experience quite a few of these symptoms when awakening your third eye. You may only experience a few of them at first, but more symptoms can arise the longer your third eye is open.

### **Pressure or Tingling:**

A pressure near your third eye or a tingling sensation is to be expected during a third eye awakening. This can even happen during a pineal gland detox, and that is because it is a part of you that is receiving energy that usually does not. You can also experience it on the crown of your head, and it may last for a few seconds to a few hours. It can become uncomfortable if it lasts too long, and that is why it is important to know how to close your third eye for a while if you can't handle it. The sensation can vary in strength.

### **Sickness around Negativity:**

When your third eye is open or opening, you may find that you

start to become actually sick around negativity. Nausea, lightheadedness, dizziness, and headaches can occur when you are around something or someone that is being too negative. This happens because during a third eye awakening you are more sensitive to energy, and negativity is an energy that can get into your body. If you are sick from negativity, then you are going to need to cleanse through meditation and rebalance your body, mind, emotions and spirit.

### **Vivid Dreams:**

Vivid dreams are also a very common symptom of a third eye awakening, and this can also include frequent or lucid dreams. You may even start dreaming more often. There should be no resistance to dreams when you are sleeping, and you may even start to have psychic dreams. When going through a third eye awakening, you'll be able to feel your dreams a little more because of a deeper connection to the spiritual world, also known as the astral plane.

Your senses will get much sharper with these dreams, and it may be hard to tell if you were dreaming until you actually wake up. As you experience a third eye awakening, you may also be able to start lucid dreaming, which is where you'll be able to control your dreams because you have reached a higher level of consciousness.

### **Headaches:**

Headaches are also common, and this is because you are taking in more energy than you are used to. Your mind is only used to handling so much energy, and usually it is only handling your energy at one time. Sadly, this is one of the more common symptoms when you are experiencing a third eye awakening.

One of the best ways to lessen it is to try and ground yourself through meditation. You can also soak your feet in warm water,

and salt water is usually best. This will help you to bring the energy down to your feet and away from your head, which is causing your headaches. Of course, check with your doctor to make sure there are no other medical causes for your headache or migraine.

### **Heightened Senses:**

You may also experience heightened senses if you are stimulating your third eye and in extension your pineal gland. One of the most common senses to be heightened is your hearing, but your sight may also be heightened as well. This means your physical sight and not your sixth sight. You may start to see lights out of the corner of your eye, and this is the awakening of your psychic senses.

Your senses are meant to open up if you want your sixth sense to open up, and it'll help you to identify more patterns in your life consciously. This is normal, and it shouldn't be uncomfortable. If it does become uncomfortable, take a break and try to close your third eye for at least a little while.

### **Desire for Healthier Foods:**

When you start to detoxify your pineal gland and open up your third eye, you are becoming healthier overall. Being healthier will help you to feel better, and it can even help you to feel a little more positive. You will often notice a desire to keep this up, which will have you gravitating more towards healthier choices, usually this includes organic choices as well. This is because organic choices lacks the chemicals that would shut your pineal gland back down. Subconsciously you will most likely start to recognize those chemicals that will shut your third eye and pineal gland down, and that is why you will be more likely to want to avoid them.

## **Connecting with Spirituality:**

This is one of the less harmful side effects of opening up your third eye and stimulating your pineal gland. You will be able to sense the spirit of others, or rather the aura and energy of others, a little more clearly. This usually means that you'll get a stronger vibe from people or places. You may even start to feel the presence of positive energy around you, such as when you are around people who love you unconditionally, like your family.

## **Remembering That Symptoms Aren't Permanent:**

These symptoms aren't necessarily permanent, but some can be. Usually your connection with spirituality will become permanent if you keep your third eye open permanently. However, headaches do not have to be permanent. You may permanently have a pressure in your head, but it may become so little that you can block it out because you've gotten used to it. If a symptom that is harming you persists past your comfort point, then you need to close your third eye and start again. Meditate more often as well to help filter out these negative side effects.

# Closing Your Third Eye & The Importance of Doing So

As stated above, one of the main reasons that you'll want to close your third eye is to help block out negative symptoms of opening your third eye. It is important that you do not let an overflow of energy disrupt your own, as it will lead to more stress, anxiety, depression and it can even lead to physical pain and suicidal thoughts.

Remember that there is nothing to be ashamed of if you need to close your third eye. You may not be able to handle the visions that you're most likely to get with your third eye being open, and it can even be hard to handle the psychic abilities that come with a third eye awakening. You'll need to be able to handle it, and meditation and grounding yourself is always best.

## How to Close Your Third Eye:

Closing your third eye does not mean that you will truly shut down your pineal gland. It just means that you shut out some of the information you receive through your pineal gland. Your pineal gland will only be shut down if it re-calcifies, and with a proper diet and lifestyle this should not happen. You should never let your pineal gland calcify again unless you no longer want your third eye open in your lifetime.

### **Step 1:**

Start with meditation. Close your eyes and focus on your entire body. Keep your breathing slow and even if you want to

concentrate. Concentrate on the feeling that you're having in your head. You are going to want to concentrate more on physical sensations rather than your sixth sense which the third eye provides. So start by concentrating on your breathing, ignoring the feeling that you have near your third eye chakra region.

### **Step 2:**

Start to concentrate on your neck and the feelings below your third eye region. Then, you'll be able to concentrate on releasing any energy built up in your third eye by visualizing it moving through your body to the soles of your feet. It is usually best if you are in nature, as it gives you a place to send that energy. It is harder to cleanse energy if you are in the modern world, as many metals can block it. Even concrete can make it harder for you to get the excess energy out of your body.

### **Step 3:**

Once that energy is out of your body, you will feel less spinning in your third eye chakra point, which is going to allow your pineal gland to start to slow down as the stimulation decreases. This will help you to close your third eye naturally. You will need to keep visualizing the energy leaving your body if you still have a tingling or swirling sensation in your third eye chakra region. Continue with this step until the sensation calms down.

### **Step 4:**

Go back to concentrating on your breathing. Only concentrate on inhaling and exhaling. Observe any other thoughts that come to your mind, but do not interact with them. If you interact with them, you risk opening up your third eye once more by stimulating your pineal gland. Dismiss any thoughts that have to do with what you see with your third eye or what you feel in the third eye chakra

region. It is important that you do not interact with these thoughts at all, and you shouldn't observe them for too long.

Redirect your thinking as they come up. Keep this up until your mind calms and the sensations subside. You can open your eyes when both things happen. This should be enough to close your third eye and decrease the stimulation of your pineal gland.

### A Few More Ways to Close Your Third Eye:

The above method of closing your third eye will only work partially for people, so you'll find that there are different ways that you can help to close your third eye in a more gradual manner as well. Either way, you will want to try the method above to help you close your third eye quickly, especially if you are experiencing negative side effects that you can't handle due to a third eye awakening. When and if you do decide to open up your third eye again, remember to take it slowly so that it decreases the chance of negative side effects.

You can also close your third eye from lack of use. Do not interact with your third eye and the pineal gland will have much less stimulation. This will close down what you're feeling without shutting it off completely. This can help with negative side effects without having to start over on another third eye awakening later. If you are experiencing too many side effects too quickly, this may not be the best method for you.

You can also make your life a little more mundane if you want your third eye to shut down naturally. Work on making your life predictable, and the best way to do this is to make sure that there is a routine in place. Try to stay away from people during the time that you're trying to close your third eye. Watching main stream

media will also help because TV will help you to concentrate less on your spiritual side as well as less on your physical body entirely. This will also help your third eye close naturally.

Judgment will also close your third eye, whether on accident or on purpose. If you are being judgmental you are shutting down your own potential, and in addition that shuts down your third eye and decreases stimulation to your pineal gland. Judging yourself will help you to close your third eye, but make sure not to do it to the point that you start to feel bad about yourself. Just tell yourself that you aren't really feeling that or that it isn't really there. This isn't a good solution unless you don't want to open your third eye again.

# Psychic Ability That Comes with Third Eye Awakening

Psychic abilities are one of the main reasons that people decide to open up their third eye, but there are different psychic abilities that will come to different people. You may have to fine tune these psychic abilities, but opening up your third eye is what helps you to gain access to the potential of these abilities at the very least. For some people these psychic abilities will come naturally, but for others it will be a little harder. Usually you will get at least one of these psychic abilities naturally from opening up your third eye, but you may get more than one. You can still work on the others, and the more you stimulate your pineal gland and awaken you third eye, the easier it will be to use these psychic abilities and hone the skill that you have with them.

## Some of the Psychic Abilities:

These are a few of the many psychic abilities that you can achieve through opening up your third eye, but remember that you may have to work for many of them. Stimulating your pineal gland will help you to gain access to the astral plane, which is also known as the spiritual world. It can be hard to handle psychic abilities, and if it ever becomes too hard to handle, remember to temporarily close your third eye and make sure to ground your own aura and general energies.

### **Astral Projection:**

Astral projection is the ability to move from your physical form to your astral form, which is also known as your spiritual form.

You'll be able to travel through both the astral plane as well as physical world if you practice astral projection. Even if astral projection doesn't come naturally, with your third eye open it will be much easier to perform. This is usually best when you open up your third eye from the portal method, making astral projection that much easier.

Of course, astral projection can also be done in various ways, including a general out of body experience as well as lucid dreaming, which can come naturally as a symptom of a third eye awakening. This can also be achieved through meditation, but don't worry because you'll be able to still find your way back to your body. This is because your spiritual energy will actually connect you back to your physical body, making sure that you don't get lost in the astral plane.

### **Visions:**

Visions can come in many different forms, and it can even be hearing messages from a higher power as well. Visions can come while you are asleep or even while you're awake. It is much more likely that you'll receive visions while you are asleep. It is rare for visions to come while you are awake even after you've made sure to detox your pineal gland, and this is because it requires your pineal gland to be in top shape, which is hard after it has already experienced calcification. Visions will help you to predict the future, but remember that it may not always be clear. Many visions are hard to interpret, and this is because they are hidden in very vivid dreams. However, for some people visions are much clearer.

### **Intuition:**

Intuition isn't as strong as visions, and that is because you are not clearly seeing the future. Instead, if you have intuition it is like having a hunch that will then help to guide you through the tough

decisions that may come your way through the day or even the year. It will help you to navigate tricky situations, and it can even help to keep you out of danger. It is best to follow your intuition when it comes, and remember that it usually will help to lead you in the right direction if you are interpreting it correctly. Intuition is one of the most common psychic abilities to come naturally when you experience a third eye awakening.

### **Seeing Aura:**

When you experience a third eye awakening or just stimulate your pineal gland as a whole, you'll find that you see things that other people do not see. This is because you can actually see through your third eye, even if it's harder for some people. It may start out as seeing a light that is clear, like sunlight or moonlight, surrounding someone. However, you can then hone this ability to see the colors around people that make up their aura, also known as their life force.

This is the energy that is resonating from that person because of their spirit, and it can tell you a lot about that person including their mood, physical state, mental state, as well as good and bad tendencies. Opening your third eye will open the door to seeing aura, but it is usually best to research and practice as well. This will help you to use your sight and apply it to your physical life.

### **Empathy:**

Empathy is an easier psychic ability than seeing aura, but it is still as easy to come naturally as intuition. When you experience a third eye awakening, you are opening yourself up to the energy around you. Emotion is also a type of energy, and this is why empathy is a common psychic ability. Empathy is the ability to feel other people's emotions, which will help you to react to the people around you in a more positive manner as well as avoiding negative

influences.

### **Channeling:**

You are much less likely to start channeling just because you have a third eye awakening, but when your pineal gland is stimulated it is anything but impossible. Channeling is where you can channel the energy of the spirits, otherwise known as ghosts. You'll be able to hear, see or feel these ghosts. If you are naturally gifted at channeling, you may be able to do all three, which will help you to communicate with them. Channeling is a huge responsibility, and it isn't something that you should take lightly and just practice because you want to.

### **What to Remember:**

Keep in mind that psychic abilities vary from person to person, but you should also keep in mind that the strength of your psychic ability will reflect more than the time you put into it. It is largely based on the time you put into it, but you will also naturally be better at some psychic abilities than others, and this is because you are more naturally inclined to it. Practice makes perfect, but always concentrate on what comes naturally first while still expanding your sixth sense.

# What to Remember about Third Eye Awakening

There are still many things that you need to remember about a third eye awakening, as it's a long process that you will need to dedicate time to and understand fully what you're trying to do. This will help you become better prepared to experience all of the symptoms and abilities that come with third eye awakenings and a fully functional pineal gland.

## Some Tips for a Third Eye Awakening:

These tips will help to make it easier to awaken your third eye, but it is still a long process. For some people it is easier, but it's never good to bank on your third eye being easy to awaken. It really depends on how far calcified your pineal gland is, and it will also be determined by how much work you put into detoxifying your pineal gland before you start.

### **Leave Negative Influences Out:**

You need to try to avoid negative influences and energies when you are trying to open your third eye or just detoxify your pineal gland so that you can experience a third eye awakening. This is because as you become more sensitive you need to remember that these negative influences will be flowing into your third eye as a form of energy, and it is something that you physically feel. If you are in fear of feeling negative energies or are experiencing too many of them, then your third eye may refuse to open or your body can try to shut it down to keep your emotional and mental state in balance. By leaving out these negative influences, it is

much easier to open your third eye.

### **The Quiet Helps:**

When you are trying to use a third eye awakening technique, it is important to remember that the quiet will help you as well. It is easier to concentrate internally when there are no external forces that are battling for your attention. This is the same reason that you need to make sure that you are wearing comfortable clothing and no jewelry, so that nothing distracts you. Try to practice these techniques when you won't be disturbed because if you are disturbed during a session, it can be harder to try that session out again in the near future.

### **Breathing Exercises First:**

You need to make sure that you understand how to do basic breathing exercises through meditation before you actually start trying to awaken your third eye. It can be incredibly difficult if you do not know how to relax your body, so try to relax and learn how to breathe in an even pace. Do not breathe too shallowly or too deeply when you are trying for a proper breathing exercise.

### **Cleanse Regularly:**

Your own energy will affect your third eye and pineal gland as well, so you need to make sure that your energy stays in balance. One of the best ways to cleanse is to take a salt water bath once every week, but basic grounding meditation will also help you to cleanse. Sage also helps you to cleanse, and you can use a Native American smudging technique to help make sure that you are releasing negative energy while keeping the positive energy in your body. It will also have the added benefit of making sure that you feel more positive as a whole, which will help you to decrease stress and anxiety, which will stave off depression, helping to keep

your pineal gland open and healthy.

## A Few Dangers to Remember:

There are dangers to opening your third eye and stimulating your pineal gland as a whole. Most of the danger that comes with opening your third eye can be minimized by making sure that you try a third eye awakening at a slow pace. Make sure that you do not rush anything, as rushing can cause you to hurt yourself as well as your third eye chakra point. The symptoms that come with your third eye awakening, such as the headaches and dizziness, are some of the worst dangers to awakening your third eye.

Another danger is that you may not get along with people that you once called friends, and that is because you are able to tell their moods a little better, and you may not like the negativity that you experience in their auras and general attitudes when you are aware of it.

If you become too attached to the feeling of the spiritual world and astral plane, you can also start to block it out because it feels too natural. This can cause a darkness in your soul, and it can make you feel as if you've nearly lost your third eye powers. This can leave you feeling alone and abandoned, and the best remedy is to close your third eye temporarily so that you can experience the astral and spiritual plane again. Remember not to lose faith when this happens and that it can be fixed.

## Some Final Thoughts:

The pineal gland is easy to detoxify by changing your lifestyle to a much healthier one. Remember to try and avoid any toxins or

chemicals that aren't meant to be there, and this is why organic foods are usually best. Make sure that you then pace your third eye awakening process out enough that you are not bombarded with energy that you aren't used to. You can always star the process again, so there is no worry about rushing your experience. Just go at the pace you feel the most comfortable at.

I want to thank you for purchasing my book! I hope you really enjoyed it! If so, do you mind doing a quick favor and writing a review for my book on amazon? Reviews are very important and help me connect with a larger audience! If you would like to be updated when each one of my new books come out, I will email you when it goes on free promotion! [Just Click Here!](#) I'll talk to you soon and see you in the next book!

With love,

- Susannah Taylor