

SIXTH ENERGY CENTER: THIRD EYE
Pages 142-63

Keeping in Touch: Any questions come up? Anything inspiring you'd like to share?

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**1. The third-eye chakra (pp. 142-45)**

What can you access through the third-eye chakra?

What does your third eye receive when you are tuned into your Higher Self?

- *In-sight*, intuitions, visions
- Tuning into the divine pattern
- What else?

What's the challenge of the third-eye chakra?

**2. Honoring creative insights (pp. 145-49)**

Why is it important to value both analytical thinking and creativity?

How do other people inhibit your creativity? How do you inhibit your own creativity?

What happens during the process of creative imagination?

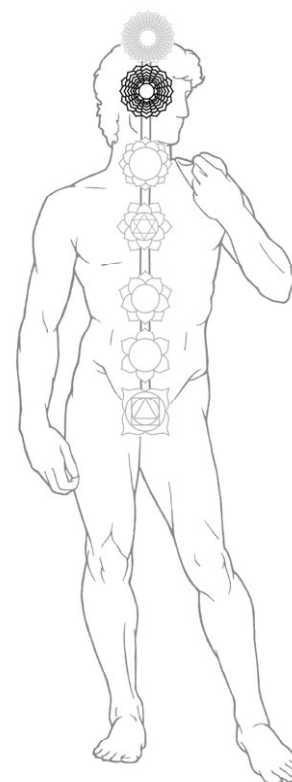
- Finite mind and Infinite Intelligence
- Velcro and cockleburs
- How does it work for you?

**3. Attention is the key (pp. 149-53)**

What happens when you focus on good—the highest potential?

What happens when you focus on what you don't want? Why?


How can these concepts be applied to everyday situations like pregnancy and spiritual practices?



#### 4. Seeing as God sees (pp. 153-56)

How can you see as God sees?

How does a fixed mind-set prevent that from happening?

- "Evil eye" 
- Iron kimono
- Projecting onto others

#### 5. Holding the highest image of others (pp. 156-60)

What is the immaculate concept?

What's involved in holding it for others?

- Treat others as though they were outpicturing the divine image
- Allow others to transcend their past

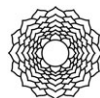
How do awareness and objectivity relate to the initiation of the third-eye chakra?

- Look beyond behavior
- See the humor

#### 6. Making it a reality (pp. 161-62)

##### Clearing the Third Eye

1. Take some deep breaths.
2. Focus your attention on your third eye, between your brows.
3. See it as a pulsating energy center of intense emerald green.
4. Visualize something you would like to have happen in your life.
5. Give the following affirmation several times:



I AM, I AM beholding all,  
Mine eye is single as I call,  
Raise me now and set me free  
Thy holy image now to be.

PERSONAL WORKSHEET

**Sixth Energy Center: Third Eye**

Life Lesson: Sustain a Vision of Wholeness for All



*By focusing my inner vision on the divine plan, I achieve clarity and creative insight.*

**Self-Reflection and Discussion**

Your own thoughtful reflection on the following concepts, as you carry them with you into daily life, will deepen your understanding of how to accelerate, balance and clear the energies of your sixth chakra to express more of your inner power:

Balanced Expressions (positive): truth, vision, holding the highest vision of myself and others, healing, wholeness, abundance, clarity, constancy, focus, music, science

Unbalanced Expressions (negative): falsehood, lack of vision, mental criticism, lack of clarity, inconstancy, spiritual impoverishment

*I honor the creative genius and insights that come to me and others.* (pp. 145-49)

1. Do I honor new ideas, whether from myself or others, or do I sometimes short-circuit the creative process with my analytical mind?
2. Have the opinions of others dampened my creative genius over the years? If so, what steps can I take to make time and space in my life to encourage those inspired visions?

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***I recognize that what I put my attention on, I will become.*** (pp. 149-53)

1. Can I remember a time when I have put my attention on something positive (or not so positive) and therefore magnetized it into my life?
2. Is there something in my life right now that I need to focus on more fully? Is there something I need to withdraw my energy from because it is interfering with a creative endeavor?

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***I strive to recognize and overcome mind-sets and to see as God sees.*** (pp. 153-56)

1. What mind-sets or stereotypes am I holding onto about myself? About others?
2. Do I try to see others as God sees them?

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***I practice holding in mind the highest image of others, even though they may not be manifesting it now.*** (pp. 155-60)

1. Do I jump to conclusions when dealing with certain people or situations?
2. Do I hold the highest image for myself, my family, my partner, my co-workers?

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*ABC's of Developing Your Energy Centers*

*Accelerate, Balance and Clear* your third-eye chakra to increase the light flowing through it by giving the following affirmations:

*I AM a being of violet fire, I AM the purity God desires!*



*My third eye is a center of violet fire,  
My third eye is the purity God desires!*