

The Third Eye — Chakra

In meditating on your third eye, you will find that it is often much easier to rise above mental/emotional turbulence and become focused. Many meditate at the third eye in order to become conscious of the inner self, the soul, or Atman. Usually they visualize the Atman as a sphere of gold or blue light. Some visualize a diamond or a star. This area is called the third eye because it bestows spiritual sight. You begin to be able to see the inner self and also see the essence of everything, called spirit, as this third eye develops.

How to Practice

It helps at first to physically rub your third eye so you can hold your attention there. Take your index or third finger and gently massage an area the size of a dime half an inch above where the eyebrows meet, directly above the top of your nose. It's also helpful to put a drop of water or some oil on this point.

If comfortable, you can allow your eye level to rise slightly toward your forehead but only as comfort allows. Now, having raised your eyes and finding them comfortable, close your eyes and maintain your lifted gaze, your lifted eyeballs. Now, comfortably put your attention into the area of your lower center forehead which is called the third eye. Gently keep your mind focused in this area. Now visualize a small sphere of blue or gold light. Enjoy abiding at the third eye.

Benefits

Third eye meditation bestows not only greater consciousness of the Lord of one's heart and one's inner self, but also bestows much better concentration, creative intelligence, and attuned will throughout your day. Meditation on the third eye is a powerful way to center your flow of awareness in a constructive manner for a more harmonious and productive life.