



ANGEL'S FRIENDLY COACHING

Third Eye and Awaken Your Pineal Gland

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THIRD EYE AND AWAKEN YOUR PINEAL GLAND

So you want to know more about your Third Eye and how to awaken it. Here are some exercises for you to do by yourself. You know I am always around to help you. This is a wonderful way for you to do things on your own as well. You get lots of information in this download/booklet. I threw in some extra goodies as well...

What is the Third Eye?

Your third eye is your 6th chakra. It is also the center for clairvoyance (psychic seeing), which is where you receive intuitive visions and images. So, if you've ever felt like there's a teeny TV inside your head, that's your third eye in action!

Where Is Your Third Eye Located?

Your third eye is located between your eyebrows, a bit above the bridge of your nose. Go ahead and put your finger on it. I know you want to. :)

To be clear, all of your chakras are important... but if you want to increase your psychic eye, this is the one to open and keep balanced.

Your psychic eye will help you:

- Sense higher energies (like Spirits and angels)
- See auras
- Connect with your Spirit Guides
- See psychic symbols, visions, and images

THIRD EYE AND THE PINEAL GLAND

To be clairvoyant, you don't need to know tons about the pineal gland, but I'll explain a bit about it so you get the idea.

Okay, so the third eye corresponds to the pineal gland where our body makes the melatonin needed to regulate our sleep and circadian rhythms.

The pineal gland's power (and thus, the third eye's power) was recognized as early as the 1600's. This is when the philosopher, Descartes, said the pineal gland is the "principal seat of the soul."

That's a powerful statement, right? I mean, the guy was on to something, for sure!

Now that you know what the pineal gland is, let's talk about how you can access your intuitive gifts via your psychic eye.

THIRD EYE EXERCISES

First, during any of these exercises, you may notice a tingling sensation in your third eye area. This is normal and a great sign that it's opening!

Second, you might be amazed how soon you feel your clairvoyance expanding...

OR you might find it hard to see with your mind's eye at first. If that's the case, don't worry. Everyone can do this. It's just that some people need a little more practice than others, and that's totally okay! So don't give up.

That said, here are my top psychic eye exercises:

1. Touch Your Third Eye (Level: Easy)

Yes I do know that touching your third eye sounds weird, but stick with me.

You know how Beyoncé sings "If you liked it then you shoulda put a ring on it." Well, your third eye is like that commitment-phobic guy she's singing about.

So if you want to develop clairvoyance, you've got to set the intention. And it's soooo easy! Let's do it together right now.

- Take your index finger and place it on your third eye. Then:
- Hold your finger on your third eye and imagine it activating or...
- Lightly move your finger in a circular motion while imagining your chakra opening or...
- Gently tap the area and imagine activating it.

Maybe if Beyoncé had told that guy she wanted a ring he would have given her one. Maybe she needed to set the intention. The point is: *be aware of your mind's eye.*

2. Use Essential Oils (Level: Easy)

I LOVE essential oils and have a drawer full of them. Plus, they have SO many benefits, including opening, cleansing, and balancing the chakras.

Best yet? It's easy to find integrate essential oils into your life. And not only are they good for your chakras, they also smell amazing!

So take a whiff of some Myrrh, Sandalwood and Chamomile — or a nice combination of them, to open and maintain your third eye.

Besides that, you can also place a tiny amount of oil on your third eye area. (Be sure to use a carrier oil so you don't get a rash — and for the love of Pete, don't get it in your eyes.) I use various oils (including lavender) on my third eye and it's super calming!

THIRD EYE EXERCISES

3. Breathe Mindfully (Level: Easy)

Most of us have a bad habit of breathing shallow and only using the top 1/3 of our lungs. That's like watching an episode of The Walking Dead and shutting it off before the end. So bad!

You see, shallow breathing creates stress in the body and doesn't allow it to be oxygenized the way it needs to be.

But breathing deeply from the belly can open and maintain healthy chakras, including, you guessed it, the third eye. How are you breathing right now? Is your belly expanding? It should be.

Tip: Check in with your breath throughout the day. Proper breathing is important in energy work. Plus, your mind and body will thank you for this healthy habit!

4. Meditate (Level: Easy)

I knew you were waiting for me to add this one, so I put it lower on the list. ☺ All meditation is beneficial, but some are especially fab for opening the third eye. And you only need to do one of these for a few minutes each day to start noticing a difference!

Color Meditation

Close your eyes and breathe deeply for a few moments until you start to feel relaxed. Now, imagine a deep blue or purple ball of energy on your forehead, between your eyebrows. Hold this colored ball image in your mind's eye for a few moments.

Clairvoyance Meditation

This meditation works wonderfully, but if it's hard for you to visualize, you may want to start with one of the others on this list first. Remember, you want this to be fun, not frustrating. :) Relax your mind and body by breathing deep and even for a few minutes.

When you are ready, imagine the number 1 in your mind's eye. Then, hold the image for a few seconds.

Next, imagine the number 2 and hold the image in your mind.

Continue on for as long as your concentration holds, until you reach the number 10.

Tip: you can also envision other things, like flowers or letters because the outcome will be the same... an opened third eye!

THIRD EYE EXERCISES

Crystal Meditation

I experienced this when I was working with my niece (an energy healer) and it knocked my socks off!

First, get a small amethyst crystal that will lie comfortably on your forehead. Then, lie down and meditate with the amethyst on your third eye.

Tip: you can also combine amethyst with one of the other meditations above.

5. Practice Seeing Auras (Level: Intermediate)

I knew you were waiting for me to add this one, so I put it lower on the list. ☺ All meditation is beneficial, but some are especially fab for opening the third eye. And you only need to do one of these for a few minutes each day to start noticing a difference!

Third Eye Opening Takeaways

Learning how to open your third eye is an important part of psychic development. And there are lots of easy and effective ways to do this.

So allow yourself to experiment. Have fun trying different techniques or combinations of them. For example: ***Use some essential oils while doing yoga asanas or meditating.***

Wear amethyst jewelry instead of putting it on your forehead. You'll still get the benefit of it's healing powers! When you have a few moments, close your eyes and imagine the jewelry on your third eye.

Using these exercises a few minutes daily will move you closer to recognizing your psychic gifts!

Psychic power. Here's the deal: *not only do essential oils smell omggg good, they also have all kinds of fantastic benefits.*

The right oils and oil combos can help you sleep, kick anxiety to the curb, and even help you develop your psychic power!

Now if that's not a reason to break out your diffuser, I don't know what is! :) Today we're talkin' the 11 best oils for enhancing your psychic abilities - and some really fun ways to use them!

SETTING INTENTIONS

Essential Oils for Psychic Development Basics

Aromatherapy is all the rage these days. A lot of people use diffusers to get their dose oil goodness, but you can also:

- Rub essential oils on your skin (mixed with a carrier oil, of course)
- Put it on your crystals (which, let's face it, is doubly awesome!)
- Drop a little on your pillow. Ingest them (I never, ever recommend ingestion)

As long as this list is, the ways you can combine them or administer oils is just as long.

Don't worry about doing everything perfect. Remember, when you are using oils to develop psychic power, you always want to trust your intuition, soooo...

Go with what oils you feel attracted to. You can switch up HOW you use them, too (diffuse one day, on the skin another day...) ***The most important thing is to have fun with it :)***

Setting Intentions

Obviously just dropping some amazing smelling essential oil in the diffuser and walking away won't do much for your psychic power. The most important thing here is the intention setting, okay?

ALL of these essential oils have multiple functions (so no matter what you'll get some stellar benefits), but your intentions need be clear to receive the psychic power boosting properties :)

How to Set Your Intention

Before you get started, think about why you want to develop your psychic abilities. What is your heart and soul saying to you?

Tip: You may even want to journal about your gifts to get crystal clear. Once your intention is set, use the essential oils as a tool rather than a magic carpet.

Choosing Your Oils

There are a TON of oils to choose from, even on this list! Don't get overwhelmed trying to find the absolute perfect one. Seriously, let your intuition guide you and try the one that you feel the most drawn to.

I love variety, so I personally use different oils based on things like:

Mood Activity (lavender when I'm journaling, etc).

Time of year (eucalyptus in the winter... soooo good!).

Don't be afraid to switch it up!

CHOOSING YOUR OILS

Rose Essential Oil

This is one of my all time favorites – it not only increases harmony, but also connection to our Higher (psychic) selves.

Cedarwood

Having a clear mind free of clutter is super important when you are developing your gifts. If gaining ultimate clarity and getting rid of mind “clutter” is what your soul needs, try this guy out!

Lemon Essential Oil

Lemon oil shows up on a lot of lists because it’s great for so much. But it’s lively citrus smell also promotes an open and awake mind – perfect for psychic development!

Sage

Not surprising, right? :) Sage smudging is a popular way to remove negative energies and spirits from spaces, and the oil has the same effect. Start your intuitive development on an uplifting note by using some sage essential oil!

Chamomile

No, not the tea (although I love sipping something hot when I’m working). Chamomile has an immense calming factor that allows us to release fears and open our minds to truth. If you’re having fears around your psychic development, diffuse some chamomile essential oil.

Peppermint Essential Oil

This oil smells like Christmas in a bottle – not. even. kidding. The crisp smell almost immediately awakens your mind and allows you to focus on what you’re doing. It’s great for concentration and communication (two things uber important if your developing your mediumship). Plus, your house will smell amazing!

Lavender Oil

I know, lavender usually ends up on a sleep help or anxiety list. But it’s ability to increase calmness enables us to relax and let intuition be the guide. It’s a great oil to diffuse during meditation or journaling.

Jasmine

This essential oil is a fantastic meditation buddy, but it also can help increase psychic dreams! If you meditate at night, use jasmine in your diffuser and allow yourself to receive messages in your dreams.

CHOOSING YOUR OILS

Frankincense

I use frankincense when I'm feeling totally out of whack – it has a fantastic grounding property that comes in handy as your psychic powers increase :)

Rosemary

If sage isn't your favorite smell, try using some rosemary essential oil instead! The two oils have similar negative energy clearing properties. Plus, rosemary is great for opening the third eye and increasing clairvoyance.

Sandalwood

If you're looking for an oil to pull double duty, give sandalwood a try! Not only does it have great purifying properties, it clears negativity and helps us release the past – which is important when you're having any type of spiritual or psychic awakening.

Of course, you don't always have to use the oils in this way. There are a bajillion ways you can use these babies to assist in increasing your psychic power and keeping you in touch with your Higher Self.

Here are some ideas:

- *Diffuse the oils while you are journaling, meditating, painting, singing, etc.*
- *Drop a little essential oil in your bath and allow your mind and body to fully relax and connect to your soul. (About 4-6 drops can be good, just be super careful you don't go crazy and let things get slippery.*
- *Get a gorgeous piece of vintage fabric, sprinkle it with a little jasmine oil and sleep with it under your pillow.*
- *Mix a little oil in a carrier oil (1 part oil, 4 parts carrier oil) and rub some where you would normally put your perfume.*
- *Use the above tip and give someone a practice psychic reading while wearing your oils!*
- *Buy a car diffuser and diffuse some sandalwood when you are driving home from anyplace that had an icky energy.*

As with anything new, give yourself time and room to grow! The spiritual journey isn't something that can be completed in a weekend. Give yourself grace and allow yourself to change, experiment, and tweak.

On to More steps...

AWAKEN YOUR THIRD EYE — THE EASY WAY AWAKENING I

Please read all of the following:

If you wish to perform this exercise, you need to understand what you will be doing. It is important to follow the instructions as this is somewhat advanced: The Third Eye is directly related to the 6th chakra — the psychic chakra, located on the middle of the forehead above the brows. It is closely associated with the “pineal” gland. The pineal gland is dormant in most people, as is the true Third Eye. French Philosopher Rene Descartes believed the pineal gland to be “the seat of the soul” where mind and body met. In the average person, the pineal gland is atrophied, [calcified] and dormant. The following exercise will change that. Please read this thoroughly, as much of the exercises I write of are very advanced and can cause problems if one does not do them correctly. The pineal gland is like a pea in size; like a shrivelled raisin in most people where it remains dormant.

Opening the pineal gland/3rd eye:

This is done with a specific tone and chant. You only need to do this exercise for 3 days, afterwards, it is permanent.

The mantra to be used is “Thoh,” pronounced “TOE.” It must be within the correct vibration. Not deep, not high pitched, in-between, like alto range. You will feel it when you hit the correct tone. So play around and don’t second guess yourself. When you think you’ve got it, you probably do.

1. *Sit with your back straight.*
2. *Breathe in through your nose and hold your breath as long as is comfortable. Open your jaws so there is a small space between your top and bottom teeth. Place the tip of your tongue between the space of your slightly parted teeth.*
3. *Put a very light pressure onto the tongue with your teeth. This is like the same process of saying the “TH” part of the English word “the.” Once your tongue is in position, release your breath slowly through your mouth, saying T-H-H-O-H-H in one long exhale. Say the word one time per exhale. Your tongue will be vibrating between your teeth. You should feel the air moving past your tongue and teeth. If this technique is done properly, you will feel a pressure or sensation in your jaw and cheeks. The tone will also vibrate in your third eye. It may take a few seconds to adjust this, don’t worry, just keep going.*
4. *Do the above 5 times in a row.*
5. *It is very important the above exercise be done for 3 consecutive days, 24 hours apart. Then it is a done deal.*

WHAT YOU CAN EXPECT:

1. One of the first experiences is a headache or pressure in the center of the forehead. This sensation may also feel like it is originating from within, usually an inch or more beneath the surface of the forehead. This is a positive indication the pineal gland is awakening and beginning to function in a healthy manner.*Some people can experience a migraine lasting several hours, so to be safe it is recommended that you try this in the evening when you do not have work to do. The severity of the side effects will depend on how atrophied/calcified your pineal gland is to begin with.

AWAKEN YOUR THIRD EYE — THE EASY WAY AWAKENING I

WHAT YOU CAN EXPECT:

2. After the occurrence of headache or pressure in the forehead, you may wake up one morning with a throbbing or tingling sensation in your forehead; it may feel like a goosebumps. The feeling may be very intense, like something is there. The sensation of pulsing or throbbing will continue throughout the day, and you may “hear” sounds coming from within your head, such as light popping or crackling sensations.

These are the final physiological events you may experience after opening up your third eye. It indicates your pineal gland is awakened, functioning and alive.

PSYCHIC EFFECTS:

You may experience any or all of these to varying degrees:

- Faster, easier learning and retention
- Marked increase in intuition
- Increased creativity
- Psychic gifts develop and become markedly stronger, along with more developed ability to see or sense human auras
- Clairvoyance (psychic vision) opens up
- Clairaudience (psychic hearing) opens up
- Clairsentience (psychic feeling/touching) opens up

This is a very powerful exercise, and as with all powerful practices, your body may go through discomfort in order to adapt.

AWAKENING II

In order for this to work properly, you must have already performed the Awakening I exercise. I included this above for those who are new. It is very important to wait for 10-14 days following Awakening I, before you go onto Awakening II, otherwise the exercises won't be effective. Your body needs time to adapt and get the energy flow going. This exercise is completely euphoric and intensely pleasurable. Unlike Awakening I, this should be done once a week, and given the blissful effects that are lasting when done correctly, most people will enjoy doing so.

- *Breathe in deeply and hold your breath for a count of five.*
- *Repeat this three times.*
- *This helps you to be relaxed and focused.*
- *Now focus all of your attention upon your third eye.*
- *You should begin to feel a sensation similar to the effects of the Awakening I exercise — a slight pressure or awareness of the spot of your third eye.*

AWAKEN YOUR THIRD EYE — AWAKENING II

- *Now, take a deep breath as you did for the Awakening I exercise.*
- *Hold it for as long as comfortable — do not push this — and release your breath, vibrating the word “MAY.” This is pronounced like the English language word for the month of May.*
- *It should all come out at one time— M-a-a-a-a-a-a-a-a-ay, gradually and slowly.*
- *It is ok to adjust your pitch. The tone should be alto.*
- *Breath in again, and repeat this five times.*
- *You need to hit a certain pitch. You will know when you do, for you will feel this in your head. Do the best you can.*

Now, THIS IS VERY IMPORTANT: When vibrating the word “MAY,” feel the energy going into your head, first into your third eye area, then into the middle of your brain, and then to the top of your head where your crown chakra is located.

REMEMBER: Concentrate on your forehead (third eye area), then the middle of your brain and finally the top of your head.

This is done for the duration of each chant.

1. *Breath in.*
2. *Begin to exhale, vibrating “MAY.”*
3. *Concentrate on your third eye.*
4. *Concentrate on the middle of your brain.*
5. *Concentrate on the top of your head and finish exhaling the vibration. Repeat four more times.*

The effects of this exercise are extremely pleasurable. A feeling of lightness can occur immediately following the exercise. Some people may feel energy or tingling inside their heads, or completely covering their heads; a slight pressure in the crown area and intense euphoria is also common.

The blissful state can occur hours and even days later. This will eventually become permanent and will greatly assist in void meditation, clairvoyance, and the development of other psychic and paranormal senses. We're going to describe the most important guidelines that will help you develop your third eye.

Cultivate Silence

Foster the silence of the mind, whether it's through meditation, just sitting calmly in nature, or being absorbed in your favorite art or sport practice.

Why? Because third eye perception elevates your senses to more subtle levels. Some call it “the space in between”, psychic abilities, the realm of the invisible. To be able to listen to the messages and information that comes through your third eye, you should be ready to perceive the whisper of its wisdom. If your mind is busy or noisy, you might miss its main message.

AWAKEN YOUR THIRD EYE — AWAKENING II

Hone Your Intuition

There are many ways to cultivate your intuition. The third eye is the center of insight, vision, and higher wisdom. So what about getting acquainted with your dreams and their meanings, perhaps giving a try at lucid dreaming, getting to know how to read a horoscope or tarot cards? Find new ways to intuit into your daily life activities.

Why? Because the third eye is the main seat of higher levels of perception and intuition. One way to look at it can be “fake it until you make it.” In other words, be curious, learn about these intuitive techniques. In time, these otherwise esoteric practices will appear more familiar, and you will gain more confidence in your own abilities.

You don't need to take this seriously – actually, the opposite is recommended. Have fun, explore, and most importantly, keep your mind and chakras open to possibility and wonder.

Nurture Your Creativity

Let your creativity flow freely by focusing on specific activities or letting your imagination loose. For instance, start learning a new art or craft; don't try to be perfect, just let your inspiration run through your hands and be ready to be surprised by the results.

Why? Creativity is a very efficient way to loosen your rational mind – you know, the mental chatter that comments every step you make to see whether it's right or wrong, that tends to control every action with a specific agenda and intended outcome.

When you calm the part of your mind that wants to be in charge of how reality should be and leverage your creativity to open up possibilities, your third eye capacity has more space to unfold and blossom.

Ground Yourself to Better Soar

For most of us, it might not be obvious that in order to open our third eye abilities, we need to first land both our feet on the ground. Also note the importance of opening up gradually, building reliable foundations first that will allow you to have proper discernment and interpret your extrasensory perceptions with as much clarity as possible.

Why? Because we need to have enough energy running through our whole body and energetic system to support a healthy opening of subtle channels of perception. When the third eye gets activated, the information that comes through might appear rather unusual, unfamiliar, or simply disturbing to the common mind. Being grounded and having enough energy allows us to expand into subtle dimensions of perception. It can help us open up unhindered and avoid the common negative symptoms of third eye opening, such as feeling disoriented or confused.

HOW TO EXERCISE YOUR 3RD EYE CHAKRA?

Let's explore simple yet efficient exercises to support the opening of your 3rd eye. Here's a list of practices that will give a boost to your intuitive energy center.

- *Exercise your intuition; it's the main function of the third eye*
- *Rest under the moon light and reflect; the moon light resembles the quality of light of your intuitive center*
- *Nurture silence to hear the wisdom of the third eye; listen, the 3rd eye's sound is more like a whisper*
- *Strengthen the energy of your first chakra, as well as your throat chakra; both are useful anchors for unlocking the energy of your third eye in powerful and balanced ways*
- *Divination practices*
- *Dream work, dream interpretation, lucid dreaming*
- *Visualizations*
- *Guided meditation, silent meditation*
- *Let your imagination loose*
- *See, focus on the space "in between" things*
- *Be curious about symbolic meanings, symbols around you in different cultures and time periods*
- *Commune with nature and the energy of the elements*
- *Enjoy creative crafts*
- *Free flow*
- *Working with inner guidance, spirit guides*
- *Practice contemplation*
- *Cultivate your psychic abilities*

How does the pineal gland impacts the awakening of the third eye?

Positioned between the brows and just above the eye level, the 3rd eye is associated with intuition and wisdom. In the human body, this energy center is traditionally associated with the pituitary gland, as well as the pineal gland.

Glands and chakras are intimately related as they represent different levels of bodily functions, the first one being focused on the physical, the other on the subtle energetic level. The pituitary gland is considered to be the "master gland" in the human body because it controls most of the other glands and their hormone production.

What about the pineal gland? The pineal gland is located in the middle of the brain, at the same level as the eyes. Its connection with the third eye chakra or Ajna in the Hindu system has long been investigated by yogic traditions and modern metaphysics alike. They view this gland as a possible seat of the soul and its development, a source for mystical experiences and extrasensory perception or psychic abilities.

This gland is usually considered to be in charge of producing melatonin and regulating our sleep cycle and our sexual maturation. The ways it functions is closely connected to the cycles of light and darkness.

TO SUPPORT YOUR PINEAL GLAND AND THE AWAKENING OF YOUR THIRD EYE

Here's what you can do:

- *Go outside and get lots of natural light.*
- *Eat foods or supplements that support a healthy activity of the pineal gland (and counter its calcification), such as iodine, chlorella, apple cider, Tamarind fruit (as it helps remove excess of fluoride involved in decreased pineal activity).*
- *Meditate; meditation balances the activity of the nervous system and stimulates parts of the brain that help the pineal gland.*
- *Spend time in complete darkness, as it stimulates a healthy activity in the gland and production of its associated hormones.*

SPECIFIC PRACTICES TO ACTIVATE THE THIRD EYE CHAKRA

A balanced and open third eye, also known as the Ajna, chakra fosters concentration, focus, and reliance on intuition. Here are more specific techniques for balancing its energy:

• **Just Breathe**

Mindful breathing can calm the mind and, in turn, cleanse and open the Third Eye. Being conscious of your breathing not only allows for cleansing, but also balances the chakra system.

• **Add Third Eye Color**

Associated with the color indigo, which is a combination of deepest blue and violet, the Third Eye chakra governs... Introduce blue and purple hues to your home and office decor. Surrounding yourself with subtle indigo tones can help heal the sixth chakra and boost energy flow. Add precious or semi-precious blue- and/or purple-stone jewelry to your wardrobe.

• **Practice Third Eye Meditation**

Of all the exercises you can do for the sixth chakra, those that require you to actually engage the Third Eye are the best.

Visualizing and meditating on the color blue or purple can help activate the sixth chakra. For instance, sit comfortably and with eyes closed, visualize a blue (or purple) ball of energy in the area of your Third Eye. Simply concentrating on and holding that image is enough to activate the sixth chakra. Concentrating on this image can not only open up the energy center, but it helps dispel imbalance and heal the chakra. There are many beneficial resources about chakra meditation online, so go explore!

SPECIFIC PRACTICES TO ACTIVATE THE THIRD EYE CHAKRA

- **Dream it**

The Third Eye is crucial in dreaming and dream recall. Engage and activate your Third Eye chakra by keeping a dream journal.

- **Work Your Theta Brainwaves**

It could be useful to learn how to activate and maintain theta and alpha brainwaves. These foster frontal lobe activity and prepare your third eye and brain to be more receptive.

- **Add Some Scent**

Introduce essential oils to your home, bath, and body. Subtle fragrances can work wonders for opening, cleansing, and balancing the body's chakras. To help heal and activate your sixth chakra, consider trying one or a combination of these essential oils:

- *Sandalwood*
- *Myrrh*
- *Roman or German Chamomile*
- *Grapefruit*
- *Nutmeg*

- **Eat (and Drink) Fruits and Veggies**

Consuming beverages and foods with natural blue and purple hues can help bolster positive energy flow through the Third Eye chakra. Drink dark fruit juices, such as grape and blackberry. Consider adding the following fruits and vegetables to your grocery list:

- *Black currants*
- *Blueberries*
- *Blackberries*
- *Eggplant*
- *Prunes*
- *Rainbow chard*
- *Beets*