



Sacred Order of Living Paganism

Lesson Outline

Shanddaramon

Level Two Class Twelve: Third Eye Chakra Meditation

Preparation

Review the meditation procedure

Review the correspondences to the Third Eye Chakra

Questions to consider:

What is the Third Eye (6th) Chakra?

What does it represent?

How does it relate to your life?

Study:

Third Eye Chakra Meditation

Activity:

Before meditating, focus on the color purple

Do a Third Eye Chakra meditation through your regular practice

Recommended Reading:

Follow-Up

Submit your answers to the questions above

Report on the results of your meditation

Enter all information in your BoS

Third Eye Chakra Meditation

begin your normal meditation procedure

Once inside your inner temple:

fill your space with the color purple

do an inner vibration on the sound "hah"

concentrate on the region of your body at the center of your forehead

experience the chakra opening further

let its vibrations increase

experience the sensation of deep intuition

observe what you learn by connecting to this chakra

how does the energy of this chakra relate to you and your life?

how does it relate to your personal forms of

psychic ability and spiritual insight?

use your powers of visualization

listen and learn to what it teaches you

release the inner sound

close down the chakra so that it vibrates at a healthy normal rate

exit your temple and return