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Our Magical Third Eye

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Through the lens of my mind's eye — my Third Eye, located in my sixth chakra — unlimited beams of light stretch into infinity. They sublimely intersect into and through each object I perceive, into physical matter and non-physically perceived images. They fuse my multi-sensory world together, illuminating everything within the entirety of existence, both living and that which is perceived as non-living.

I can see these beams of light almost as clearly as the white power cord charging my laptop. They are so obvious they confuse my physical sight at times. This celestial perception, of conscious, white, vibrating electric beams, moves vividly through everything, creating a brilliant matrix of tiny glowing lights that serve as my agents, helping me understand the multi-sensory world.

This phenomenon is not unique to me. Within each person's Third Eye, the mind's true eye, this same energy template creates a multi-sensory reality. Through the Third Eye, this wonder of shafts of sunlight presents a subtle world and offers a diverse appreciation of the human experience. It also allows insight into the real reasons behind why things happen in the world.

Even if we are unaware of the third seeing eyeball in the middle of the forehead, chances are a clandestine encounter or two has created a sense of curiosity or mystery. Perhaps a kind family member, who never questioned seemingly rare visions, feelings or auditory assembly, rallied awareness just long enough to keep the magic alive. Or possibly, this lifetime has not yet created cryptic shenanigans but still, wonder exists. Regardless of the *level of awareness*, every human being is born with a Third Eye. Whether we have direct experience with this all-seeing perception or not, the surest way to interact with this nonphysical lens is to become present. Within the present moment, in its seemingly boring slowness, is where everything truly exists. The most authentic perception of ourselves, and of all the world's legitimacy, presents itself within this stillness.

Compared to our over-analytical minds, which get caught in a non-ending drama loop and are constantly receiving negative input from media reporting and turmoil-filled television and video games, the split-second twinkling of presence seems negligible. Our minds insist we are separate and stand outside critical information when, in truth, mindfulness of the moment is where we can recognize we are not separate at all — but connected. And, if needed, this is where acute information can be



obtained and understood.

For most of us, the need to survive a potentially terrible event is rare. Yet our thinking minds continually prepare us for this illusive trouble. If danger or difficulty was truly close by, our Third Eye would provide the necessary wisdom at the perfect moment, both practically and flawlessly, to resolve even the most onerous threat. Through habitual patterns and practices of fearful and worried thinking, we become detached from our true field of consciousness. Even so, the path of light and wisdom is always available, awaiting each of us to receive its powerful flow of divine energy of oneness and unity.

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When our mind tells us that we are sad or confused, its vibrancy may seem to diminish as it waits for the release of our painful confusion. Yet our true connection is never lost. When a frayed or lower vibrational connection surrounds a human being, it typically communicates a lack of forgiveness. The one we truly want to forgive, and create more light and space for, is of course ourselves.

I work every day, and sometimes every hour, to regulate my thoughts. Unattended, my thinking mind presents primarily negative, loud, self-deprecating and fearful words and phrases that entreat me to analyze and process self-limiting burdensome past events or difficult future scenarios. I consider this kind of thinking a wasteful activity.

Some people believe fearful thoughts are intuitive warnings. I do not think so. Knowingness or intuition is rarely, if ever, communicated through the emotion of fear. This is merely the ego's limited perception of self. Instead, choose to not allow fearful thoughts to dominate the mind and eventually the neurological system, which only creates stress and ultimately disease. The mind will happily give necessary logical

information that is useful in the moment. The act of being in the moment may seem, from the analytical brain's observation, dull or uninteresting. In truth, however, mental quiet — stillness — is the entry point into the multi-sensory world.

Many years ago, I felt deep distress when I realized if I wanted to feel great joy in my work that nursing, which I loved, would no longer be my profession. For me to receive this awareness, required a shift in my work life, I needed to become quiet. I participated in two meditation courses and meditated several times a day. By turning my attention within, I could release fear and sadness

and became aware of my natural gifts as a seer and healer. Without this consistent practice of mental ease, this awareness would have been unable to arise into my consciousness, as I was completely oblivious to the gifts that now grace my life.

Each one of us is a unique and precious gift in the eyes of creation. Caring souls, like angels and spirit guides, who help the universe expand through the nurturing gaze of their love, also have full knowledge of these attributes. Animals, and every type of nature, pets, trees, house plants, likewise have knowledge of our extraordinary contributions. As we still our minds, over time, we will unite with the super-consciousness. This is our ever-present genius, capable of answering any and all questions and giving expert guidance.

Here are a few practices to encourage success in aligning with the magical mind's eye!

- Stop letting thoughts be decisive answers. Much of human thinking is based in fearful and false misinformation.
- Acknowledge and give gratitude to the super-



consciousness daily, as if creating a constant bond of perfect communication.

- Try this 'what if' question for several weeks: *What if my inner eye is working perfectly?*
- Meditate, meditate, meditate. €



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