



### **Third Eye Indigo A Guided Meditation for Activating the Third Eye**

[Note to Reader: Each word of the script should be read slowly and carefully. A comma indicates a brief pause; a period indicates a pause of two full seconds. Where a longer pause is recommended, I have noted this by writing P followed by a number to indicate how many full seconds; e.g., P3 for three full seconds, up to P15 for fifteen full seconds.]

Welcome to Third Eye Indigo. This guided meditation is designed to help you awaken the power of your third eye through visualization of the warm, deep blue color known as indigo. As you listen, you will experience a progressive relaxation, moving through each of your chakras and visualizing each of their brilliant colors. Finally, you will focus on the third eye chakra, between your eyebrows, and engage the power of your own imagination to activate this natural, visionary resource.

This meditation is best performed in an upright seated position, either in a chair or on the floor in lotus pose, so that your body is comfortable but still grounded. Because you will become deeply relaxed, you should not listen to this while driving. Choose a quiet time and place for this meditation where you will not be disturbed and can fully focus your attention on the visualization.

P3

As you listen, always remember that there is no judgment about this experience, and do not worry if you don't feel the third eye activation right away. Each person's process is unique, and activating the third eye may happen quickly for some but gradually, over time, for others. For this reason, I encourage you to listen to the meditation for several days in a row before taking a break from it. Each time you listen, approach the process without judgment, and enjoy whatever relaxation or activation you personally experience.

P3

To begin, seat yourself comfortably, either in a chair or on the floor in lotus pose. Breathing easily and naturally, allow your eyes to drift closed. As we begin the relaxation process, let us take a moment to set an intention for this experience. Activating our third eye can increase our insight, creativity, and awareness of ourselves and others. As we activate our third eye, we must do so without ego or desire, but with the pure intention of love and healing. So, before we begin, take a moment to repeat the following affirmation, either out loud or in your mind: "With a forgiving heart and open mind, I welcome the insight of my third eye, for the improvement of my own life and the lives of others."

P3

Now, see if you can bring your awareness into the present moment, noticing how the air feels against your face and how your body feels right now. Notice how your clothing feels as it comes into contact with your skin, and take note of any sounds or sensations around you in this moment. Without judgment, simply notice if there are any places in your body where you feel uncomfortable or tense, and gently breathe into these tense places, slowly moving your awareness from head to toe and allowing yourself to settle into this present moment.

P5

As you breathe gently in and out, keep your focus inside your body, and in the present moment just as it is. Notice any thoughts that surface, any worries that may be going through your mind, or any memories or images that may be bubbling up from your subconscious mind. Breathing in deeply and evenly, take note of these things, and breathe each thought or image out on the exhale. Allow yourself to simply be, inside this moment, now, where you are completely safe and comfortable, using the natural cleansing power of your breath to release any tension or anxiety.

P3

Now, with your awareness in the present moment, you can begin to practice a more deliberate breathing cycle, which is carefully designed to relax your nervous system on a deep level and bring you to a place of complete inner calm. Begin this breathing cycle by exhaling all of the air from your body, and then deeply inhaling through the nose to a count of 1-2-3-4. Immediately begin to exhale slowly, to a count of 1-2-3-4-5-6. Hold the breath out for a count of 1-2, and then begin the cycle again, inhaling deeply into your lungs for a count of 4, completely filling the lungs from bottom to top, and now slowly, very slowly exhaling for 1-2-3-4-5-6. Again, hold the breath out for a count of 2, and inhale once more on a count of 1-2-3-4, immediately exhaling for 1-2-3-4-5-6. Continue this breathing cycle for a few moments, breathing in on a count of four, and breathing out on a count of six, holding the breath out for a count of two, and so on.

P5

On your next inhalation, imagine a healing white light pouring down from above, bathing the top of your head in powerful, positive energy. Imagine that the air coming into your lungs is a cleansing white light, and then, on the exhale, feel the light pass through you and surround you. Again, on a count of four, inhaling the pure, white light, allowing it to sweep through you and carry away any last bits of tension throughout your body, and then exhaling this pure, clean light on a slow count of 1-2-3-4-5-6, seeing how the light surrounds you and holds you in its healing energy, holding the breath out for a count of 2.

P3

And now, one final time, inhaling on a count of 4, as the white light pours in through the crown of the head, cleansing and purifying your aura, and then exhaling one last time as you count to 6, now reaching a state of deep mental relaxation, held safely and supported within this orb of pure, healing light. Now you can allow your breath to return to a gentle, natural pace, breathing in and out steadily and comfortably.

P5

Now that you are relaxed and present, in your body in this moment, gently bring your awareness to the ground beneath you, taking a moment to feel yourself in contact with the ground, either through your feet or the base of your spine, depending on how you are seated. Notice how firm and solid the ground is, and how it supports you completely.

P3

And now, turn your attention to the chakra located at the base of your spine, the root chakra that keeps you grounded, and visualize a vivid, warm red circle of light here, gently pulsating and radiating from the base of your spine.

P3

Next, raise your awareness up to your belly, to the spot just below your naval, where your second chakra is located. As you focus on this area, visualize a glowing orb of orange light, radiating from this second chakra.

P3

And now, raising your awareness a little higher, to the solar plexus, above your naval, where your third chakra, the seat of your power, is located. Visualize a warm yellow circle of light here, as bright as the rays of the sun, radiating out from your center.

P3

Again, raise your awareness upwards, now to the chakra just over your heart, and take a moment to visualize a green circle of light, like sunlight filtered through a dense thicket of forest leaves, bathing your heart in natural, healing green light.

P3

As you raise your focus once again, to the throat chakra, visualize a crystalline, pale blue orb of light filling the small hollow space at the base of your throat, and pulsating with energy.

P3

Finally, bring your awareness to the area between your eyebrows, the third eye chakra. Take a moment to notice whether you feel any sensations here. Simply observe, without judgment, knowing that whatever you feel or sense is perfectly fine. Notice whether you feel any tingling sensations, or warmth, or a cold feeling, or whether this area feels tense or sore in any way. Spend some time noticing how aware you are of this area, but without judgment, simply noticing what this chakra feels like to you. Try to see the third eye from inside your mind, keeping your physical eyes closed the entire time.

P5

Now, visualize an orb of indigo light in the third eye chakra, a spinning ball of deep blue color. Breathing naturally and evenly, focus your entire awareness on this orb of indigo, and see how it spins faster and faster, creating a powerful vortex of light at the center of your forehead.

P3

And now, without opening your physical eyes, picture a third eye in this place, where the vortex of powerful, dark blue energy is. See if you can visualize this eye actually opening, and as it opens, the blue light streams out in front of you, and at the same time, the blue light streams upward, through the crown of your head.

P3

As the waves of indigo stream up through the crown of your head, they connect with a pale, violet light that is streaming downward from above. Just above the crown of your head, visualize this circle of violet light hovering there, like a halo. The violet light comes from above, from your higher consciousness, and radiates over the crown of your head with a pure, healing energy, connecting you to the universe itself. See this violet light merge with the darker, indigo light of the third eye, and join together in a brilliant, amethyst wave.

P3

Notice how the indigo light emanating from the third eye has joined with the violet light of your higher consciousness, so that their powerful energies merge together, connecting your inner vision with your highest and wisest self.

P3

As you continue to visualize this powerful violet and indigo energy, see how it radiates down over your entire body, your entire being, and surrounds you like a brilliant globe. Imagine the pale blue light of the throat chakra streaming outward and joining the wave of light surrounding you, and the green light of the heart chakra streaming outward and joining the other colors, and then the sunny yellow light of the solar plexus, and the warm orange light just below the naval, and finally, the red light at the root chakra, each color streaming out in brilliant rays. Feel how this multi-colored flame of light warms you and illuminates you in healing energy. Finally, all of the colors merge into a single, brilliant white burst of light, that streams out around you into the world, in a pure wave of love, acceptance, wisdom, and healing.

P15

And finally, gently returning your attention to the crown of your head, slowly move your awareness back down through your inner self, first noticing the violet orb of light just above you once more, and now returning your attention to the indigo eye in your forehead for a moment, and now back down to the paler, blue, light at your throat, the green light over your heart, the yellow light above your naval, the orange light just below your naval, and at last, focusing once more on the glowing red light at the base of your spine.

P5

And now, bringing your focus back to the earth and your connection to it, take a moment to feel the ground beneath you, through the base of your spine or the soles of your feet.

P3

Begin to bring your awareness fully back into your body, gently moving your hands and feet, or arms, or neck, easing back into the world around you once more. Feel the temperature of the air on your skin, and notice the sounds and sensations of your environment in this moment.

P3

And finally, open your physical eyes and look around you, knowing as you do so, that you can return to this visualization any time you wish, to further develop your own natural gifts of creativity, insight, and inner wisdom.

© 2014 TrypnauralMeditation.com

(Several minutes of music should play at the end so the listener can continue to ease gently out of the meditative state.)