

Third Eye Activation

By Rene Bastarache, CI

NOTE: This script guides the listener through a process of activating their third eye, the center of intuition and spiritual insight working and connecting with a group.

SCRIPT STARTS HERE:

Take a deep breath in... and as you exhale allow yourself to relax and let go completely...

I'd like you to use your imagination as you relax totally... Nothing matters but the now... this very moment is all that matters... So allow yourself to be completely here as you listen to my voice...

I'd like you to bring your attention to the center of your forehead right now... That's the location of your third eye... In between and slightly above your eyes... Imagine that area glowing with a bright, white light...

As you continue to focus on your third eye, imagine a sense of clarity and intuition opening up within you... as your third eye continues to glow...

Allow yourself to trust in your own inner wisdom and insight... as you focus on that bright, glowing light... Just allow yourself to be in the moment as you enjoy the situation that you find yourself in right now...

Imagine that light expanding... filling your entire body and radiating outwards... Allow that energy to bring you and the group a sense of clarity and connection to your spiritual nature...

It's a wonderful feeling to have this connection with others... Being with others in a group setting actually enhances the spiritual feeling... As everyone's energy radiates outward overlap each other...

Take another deep breath in, and exhale slowly... Imagine that white light connecting you and the group, creating a shared space of intuition and insight...

Repeat the following affirmation to yourself and the group: "I trust in my inner wisdom, and I'm open to receiving divine guidance." Allow that affirmation to sink in, feeling it in your body and your being...

Take a moment of silence to connect with your third eye and your intuition... Allow yourself to be still and be aware of what's going on within and around you right now...

Trust that any messages or insights that come through are for your highest good... Don't second-guess anything that you're experiencing... There is no right or wrong whenever you feel... or whatever you experience or even imagine it is right for you...

When you're ready, slowly open your eyes and come back to the present moment...

Take a moment to reflect on any insights or feelings that arose during the group session...

Remember to carry that sense of clarity and intuition with you throughout your day, trusting in your own inner wisdom and guidance...