



10 TIPS TO AWAKEN THE THIRD EYE

Essential tools to enlightened living

Discover the fastest way to awaken your third eye and gain access to greater Intuition. We give detailed resources and practical experiences by advanced mystics and yogis

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Top 10 free tools to Awaken your Third Eye

(including secret yogic techniques you never heard of)

1. Blessings by a saint

The buddha enlightened 10,000 people during his lifetime by having direct contact with them and transmitting the space of an open and functional third eye. In these days, there are saints, gurus and a living avatar who can open your third eye. It is the same concept of going to a doctor for heart surgery rather than having an untrained friend do it. Select a person who is experienced, knowledgeable, and has an exceptional record of success doing what you want to have done to you. The best known and most successful is Paramahansa Nithyananda, an Avatar from south India. He offers his services and many trainings at no cost. Look for him on Youtube. One of my favorite videos by him is: https://youtu.be/LtZUou_UEXw

My recommendation: Plan on visiting him in India and getting a direct awakening of your third eye. While there, you will see his students displaying remarkable abilities: through the use of their third eye they can move objects with their minds, remote view, scan bodies for illness, materialize objects, read the Akashic records, and many other shakti powers.

2. Meditation

Meditation is a key to increasing third eye function. **It is essential** that we quieten the mind to become **aware of the information** that the third eye wants to share with us. To get truly quiet, we need to be meditating about 20-40 minutes a day, ideally first thing in the morning and then again in the evening. Choose meditations that totally empty your mind, not ones that include visualization, unless the visualization is specifically about the third eye.

Recommended YouTube meditations: Paramahansa Nithyananda has a third eye meditation on YouTube. The link is here. I have a free meditation that is designed by Paramahansa Nithyananda to create great quietness in your body. The link is here: <https://youtu.be/NdqOkBiwbsM>

3. Third Eye Awakening with organic Haritaki Plus

Haritaki is an extraordinary herb from India that we rate as the third most important thing you can do, ahead even of Yoga. Haritaki has three major benefits: 1. It cleanses the digestive system, and removes toxins. 2. It increases brain function dramatically. 3. It cleanses the pineal gland of toxins. These three benefits are critical to the overall functioning of the third eye. Take Organic Haritaki-Plus every evening after food and before bed.

My Recommendation: Order "Third Eye Awakening", Organic Haritaki-Plus from Kailash Herbals, my company. We select only organic, certified and tested Haritaki powder that is in alignment with the vibrational frequency of third eye awakening. Beware...avoid taking Haritaki powder that is not organic or, consisting of the seed of the fruit mixed with the pulp from the fruit. The link to order is here: <https://thirdeye.haritaki.org/>

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4. Yoga

Daily yoga is important because as the body moves, a number of subtle events take place:

- We move prana, essential life force, through our bodies
- We stretch our bodies and remove energetic blockages that keep us emotionally stuck
- We fall into no mind states that enable us to access information coming from the third eye

There are 2 keys to great success with yoga:

- a. Keep on building a more powerful physical body. Keep increasing the intensity of the yoga practice. Don't get lazy. Keep on expanding and building a better body each day, week month.
- b. Aim for more aerobic work in your yoga. Make sure that you take 1000 deep breaths in each session. If necessary, increase the speed and add in weights to maintain that effect.

My Recommendation: The best yoga for third eye awakening, where most third eye awakenings are taking place on the planet, is at the Nithyananda ashram. Yoga in the presence of an enlightened master accelerates the clearing of blockages and the awakening of the third eye. If you cannot make it there, following the yoga classes the Nithyananda ashram offers via YouTube. Otherwise continue your yoga practice, being mindful of your third eye area and placing a powerful intention to align your whole being to cosmic consciousness.

5. Weight training

You read that right! Yes, weight training helps your third eye! By building muscle, you are also building the body mass to hold the energy of third eye opening. If you are planning to be strong and clear in this world, with the third eye energy, then you need the physical body to support it.

My recommendation: Make this a fun experience. Start with light weights and do high repetitions to work your cardio. Keep on expanding what you can do.

6. Devotional chanting

Any form of repetitive chanting of sacred verses and tunes puts us into a space where the third eye begins to access other dimensions. Two things happen:

- The chanting quietens the mind significantly.
- The chanting dials in to the frequency where the power of words generates from, higher frequencies and other dimensions.

My Recommendation: Chant for 10-20 minutes per day. Here is a link to a wonderful chanting Youtube video. <https://youtu.be/bcdl-c-jAWQ> and here: <https://youtu.be/yV8ln5ahB1I>

7. Dance

Dance has been used in just about all spiritual groups, as a way of moving into a no-mind state and connecting with the divine. The dance space helps awaken the third eye for these reasons:

- We are increasing prana in the body.
- We are quietening the mind
- We are in touch with our whole body
- Our heart opens
- The third eye functions better when our body is in this state

My recommendation: Dance for 5-20 minutes per day to some music that you love. Dance as though this is the last time you will ever dance. At the end of the dance relax in meditation for a few minutes.

8. Pilgrimage

There are many sacred sites in the world. I highly recommend visiting them regularly. Each one contains energies that can heal and open the third eye.

My Recommendation: The most powerful place in the world is Mt Kailash in Tibet. I have been there twice and look forward to future visits. Other places I recommend fall into two categories:

- Local: Visit temples, monasteries, churches and nature places that resonate with you.
- Worldwide: Varanasi in India, Mt Arunachala in India, the Egyptian pyramids, and the many native Indian sacred sites.

Here is a link to a tour of Mt Kailash for those interested:

<http://www.enlighteningadventures.com/about2>

9. Enema

Emema is a way of cleansing the lower intestines by inserting water into the guts via the anus. It sounds perhaps gruesome, but following this practice a few times the benefits become obvious. The water flushes out human waste from the system, waste that would otherwise be rotting and sending toxins into your bloodstream. Many people whose third eye is open report that, having scanned many people, they see that that enema is right up there with organic Haritaki Plus as essential to health and an open third eye. They report that there is remarkable difference between the health and third eye function of people who take Haritaki and use enema, and the rest of the world.

My recommendation: Plan on starting to use an enema today! Here is a link to instructions on how to use the enema: <https://haritaki.org/2017/07/01/cleansing-enema-increase-haritaki-effects/>

<https://haritaki.org/enema-haritaki-benefits/>

10. Tumeric on forehead

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Tumeric is the root of an Indian plant. It has been extensively researched in the west and has proven itself to be a remarkable cleanser. This particular use of turmeric is quite unusual. We cleanse the pineal gland by applying Tumeric directly on to our foreheads. This draws the toxins out and energizes that area. Wet the turmeric powder into a thin paste. Apply this paste to your forehead and leave it overnight. Note: When you take it off in the morning you will find that your forehead is stained orange. This is difficult to remove. Plan on using this technique when you are comfortable with having an orange forehead for a day.

My recommendation: Plan on using this technique for some days, at a time when the appearance of your orange forehead will not disturb you and others.
<https://youtu.be/s365RLpMq3U>

Bonus Information: Section 1:

11. Onion on foot

We can use onions to remove toxins from the brain and pineal gland. Onions have toxin removal properties that have been used for centuries to heal different pollutants in the body. The reason that we put them on the foot is that the foot contains all the meridians in Chinese medicine, which in turn connect to all the organs in the body. This is the reason that techniques such as foot massage and acupressure and acupuncture in the foot works so well.

My recommendation: Cut onion into rings and place them on the feet. Cover them in socks which keeps them in place. Do this at night just before bed, and sleep with the onions in place. Remove onions in the morning.

12. Neem in the morning

Neem is the leaf and bark from the neem tree. In India this tree..

My Recommendation: Make a tea from dried neem leaves or powder, and drink this first thing in the morning. This helps increase immunity and cleanses all the internal organs.

13. Oil pulling for pulling toxins from the mouth

Oil pulling is an ancient practice that is used to remove toxins from the mouth. We do this by taking a spoonful of castor oil or sesame seed oil, and swilling around the mouth, almost gargling with it. Do this for one minute and then spit out the residue. You may notice that the oil has changed color and is now dirty grey with impurities that are cleansed from the mouth area.

My recommendation: Do oil pulling daily after brushing teeth each morning. Use organic Castor Oil, available from this link: <https://www.amazon.com/Organic-Pressed-Certified-RejuveNaturals-Conditioner/>

14. Kumkum on third eye

Kumkum is a red powder made from processed turmeric. You may notice that many people from India wear this powder on their third eye. It is placed there to help clear the third eye of toxins.

My recommendation: Apply Kumkum daily to the third eye area