Steps and Techniques Used by Psychic Mediums to Awaken Third Eye

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Historical Background

Even Ancient Oriental traditions have suppositions that certain people are capable of radiating so-called brain images somewhere from the forehead and these radiation comes from energetic centers of a human being â€“ chakras. One of the centers is especially powerful at this point, the Ajna-chakra, which Esoterics call the â€œthird eyeâ€•.

Furthermore, image of the third eye are even seen on foreheads of ancient divine creatures displayed on the walls and sculptures of Buddhist temples.

In New Age spirituality, the third eye is believed to alternately symbolize a state of enlightenment or the evocation of mental images having deeply personal spiritual or psychological significance. It is often associated with visions, clairvoyance (including the ability to observe chakras and auras), precognition, and out-of-body experiences.

Psychicsâ€™ Third Eye

A psychic or psychic medium are even attributed to have this rare and esoteric gift of being able to see beyond what is physical and traversing into the spiritual realm.

Psychics recognized the value of the third eye as the gate that opens into the space of consciousness and to the inner worlds as well as source wisdom, intuition, and psychic power.

They believe that everyone has a third eye, just as everyone has inherent psychic ability, though in most cases it is only partially open or blocked.

Awakening the Third Eye: Activating your Psychic Ability

If you want to fully open or unblock your third eye, you can undertake certain steps or techniques in order open the smooth flow of energies that will activate your psychic ability, enabling you to connect to the higher or spiritual realms as well as expanding your conscious universe and discovering your fundamental values, so that you may fathom your own mystery.

In awakening the third eye, there are steps and techniques that psychic mediums used such as:

1.Choose a peaceful and quiet spot where you will not be disturbed so that you can freely meditate.

2.Start relaxing your body by closing your eyes and breathing in a steady and even pace, and then allow your mind to clear.

3.As you observe that your breathing has already stabilized, you can now set your alarm for 15 minutes and place it within your reach.

4.After placing the alarm, return to your previous relaxed position. As you feel that your body is relaxed and your mind has cleared, continue to breathe slowly then shift your focus to where your third eye is - the point above the middle of your brows (just roll your eyes upwards to look at your third eye while keeping your eyelids shut) Continue to breathe evenly while focusing on your third

eye.

5.Keep on breathing slowly and evenly while maintaining your focus on your third eye. Keep your focus even as you feel your body relaxing more and more.

6.When you hear your alarm going off, do not open your eyes instantly. Just reach out and turn it off while keeping your eyes closed. You can only open your eyes when you feel that you are ready to do so.

You can do this daily, around the same time each day. Though you can not immediately open your third eye, be assured that as you do this, you are initially honing your psychic ability and developing a deeper awareness of and connection with your third eye.

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Author Jackson Swift used to write for online psychic and astrology sites which offer private free a horoscopes, a astrology, a tarot card advice and a lot more.

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