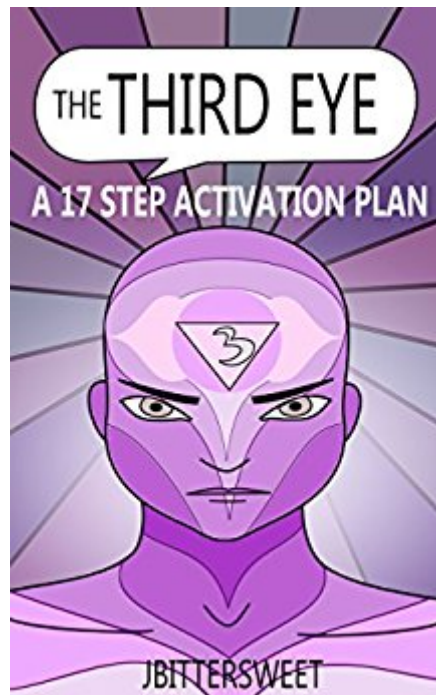


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# The Third Eye: A 17 Step Activation Plan (The Pineal Gland And Third Eye Awakening)



## Synopsis

If you are like me when I first started working on third eye activation and awakening, you are probably frustrated that you can't seem to find a clear structured plan on how to open and activate the third and all the different steps you need to take before, during and after opening your third eye chakra. You then find yourself confused and unable to find the answer anywhere. That is why I decided to make this book. Many years ago I was in the exact same position as you are in right now, and it was so frustrating, as I was very eager to activate and awaken my third eye, but couldn't seem to find the answers I was looking for anywhere. All I wanted was a simple plan on where to start my practice, and where to go from there, plus all the important things I needed to be aware of or practice before opening my third eye. All the information came to me scattered and too late, and so I wrote this book to give you all the information in one place, like a petite work manual for third eye activation. This book contains a 17 step activation plan that will not only help you get started with third eye awakening, but take you all the way, guiding you through every single step of the activation and opening process. This book is supposed to be a dynamic guide, which you can change and alter anyway you like, so that the exercises fit your needs. So here are the 17 steps of third eye awakening you will be introduced to in this book:

Step 1 â " Learn to Meditate  
Step 2 â " Preparation  
Step 3 â " Vibration  
Step 4 â " Mindset  
Step 5 â " The Physical Body  
Step 6 â " Grounding Meditation  
Step 7 â " Protection  
Step 8 â " Clear Intentions  
Step 9 â " Spiritual Journal  
Step 10 â " Third Eye Opening  
Step 11 â " Chakra Balancing  
Step 12 â " Third Eye Awakening  
Step 13 â " Amplify Energy  
Step 14 â " Dreams  
Step 15 â " Visions  
Step 16 â " Aura Reading  
Step 17 â " Intuition

Your third eye chakra and pineal gland are your direct portal to the spiritual realm and awakening your third eye can greatly strengthen your connection to the Divine and universal beings such as angels, spirit guides, your Higher Self, guardian angels and God. Activating your third eye and pineal gland will allow you to tap into your spirituality and receive psychic messages and information from your intuition. You can develop psychic abilities such as clairvoyance and precognition, as you will strengthen your psychic vision and learn to see with your third eye chakra and not just your physical eyes. This book will also go through some of the symptoms and side effects you may experience from third eye awakening. This book will provide you with all you need to begin your practice and know where to go next without having to guess. So if you want to open and activate your third eye and pineal gland, then this book may be just what you have been looking for. I have selected all the techniques I find most effective and created others from my own personal experience to give you the best practice and exercises that actually work! The techniques shared in the book will almost certainly give you great results, as they have been tested by so many people,

me included, and have given instant and fascinating results. But when it comes to spiritual development, nothing is certain, and you need to take the journey yourself to experience this first hand. In the end of the book you will find a practical week plan with exercises spread out on every day of the week, to help make it as clear and understandable as possible. So activate your third eye and pineal gland for spiritual growth and psychic development, and begin your journey towards enlightenment today.

## **Book Information**

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## **Customer Reviews**

Very great book for those who want to start with third eye meditation and tap into their higher conscious power. This book cleared a lot of my doubts about the third eye and the information she had presented in this book is very clear and easy to understand means before doing these meditations and opening third eye we should have a complete knowledge about this process. Great book. Thank you.

Great step-by-step activation process. Very helpful. I am so glad I stumbled across this today. I will

recommend it to my friends.

Right on point!

Very specific and careful written

Very interesting. Thank you

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