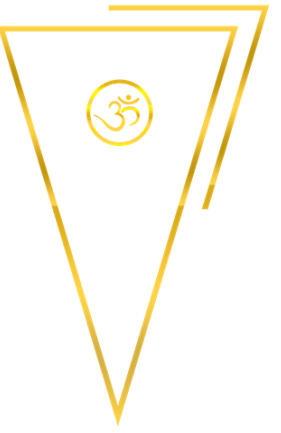


WORKBOOK FOR 3RD EYE ACTIVATION





THE WORKBOOK

The concept of this workbook is for you to record your experiences. Write down everything, after 3rd eye ascension becomes your thing. Write if you had a new experience, something happened which was willed by you, or when you feel some ascension is over-due, or if the feeling is that of being stuck.

The trigger through writing/journaling your experiences, will push your subconscious and conscious mind to retain this energy thus, increasing the potency of your highest good and will bring out your highest potential.

Before You Begin

What are your expectations from this practice?

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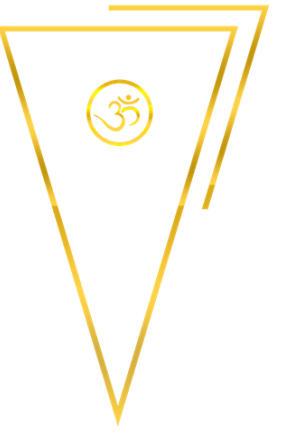
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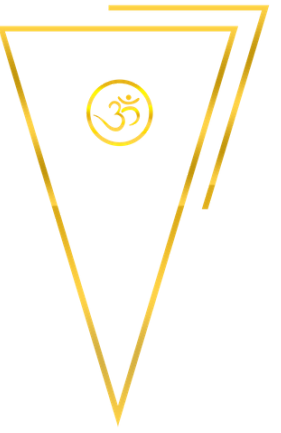


THE WORKBOOK

What fears or doubts you feel are there in regards to your 3rd eye or this practice?

A series of ten horizontal lines for writing, each starting and ending with a small square box.



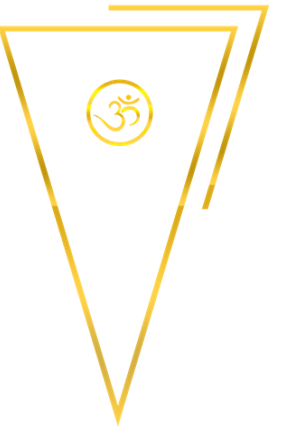


THE WORKBOOK

What are your excuses for not doing it?

A series of ten horizontal lines for writing, each starting and ending with a small square box.



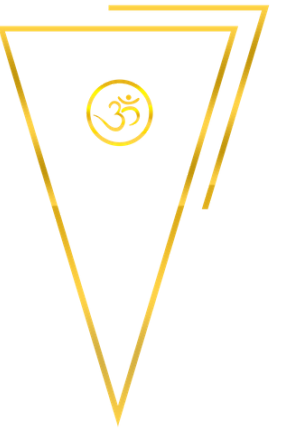


THE WORKBOOK

What are you saying to your lower-mind/brain to continue it?

A series of ten horizontal lines for writing, each starting and ending with a small square box.





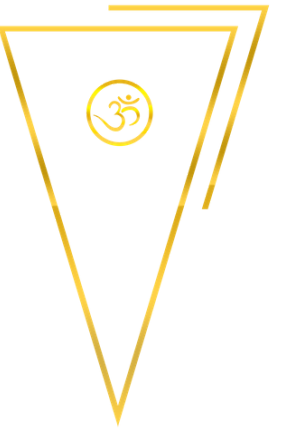
THE WORKBOOK

After the Practice

What did you feel at the start of the meditation?

A series of ten horizontal lines for writing, each starting and ending with a small square box.



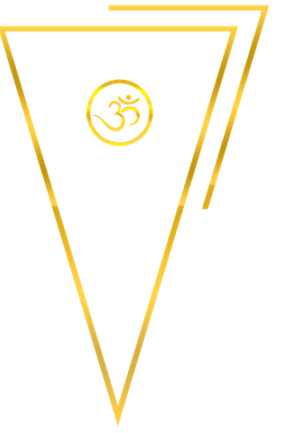


THE WORKBOOK

How did your body felt while affirming & then throughout the practice?

A series of ten horizontal lines for writing, each starting and ending with a small square box.

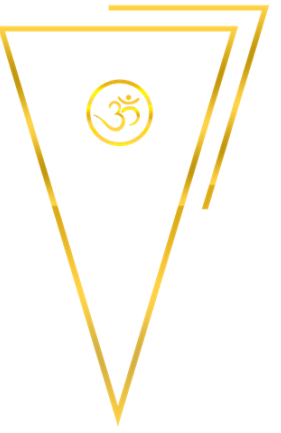




THE WORKBOOK

Do you feel like you are missing some of the sensations or something that you saw or visualized during the meditation?

 _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ 

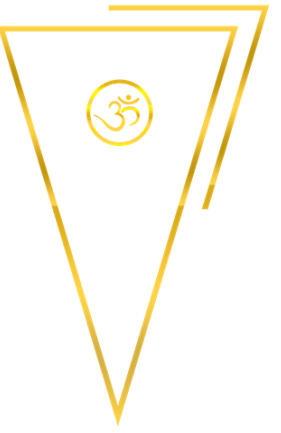


THE WORKBOOK

What did it feel like to connect with your 3rd Eye?

A series of ten horizontal lines for writing, each starting and ending with a small square box.



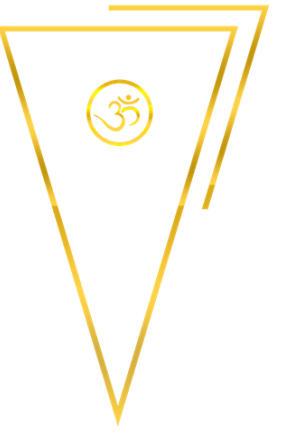


THE WORKBOOK

What did it feel like to connect with your Navel Chakra and then going deep within its space?

A series of ten horizontal lines for writing, each starting and ending with a small square box.





THE WORKBOOK

How did you feel about the Golden energy & then the Chi Consciousness at your 3rd Eye?

A series of ten horizontal lines for writing, each starting and ending with a square box.





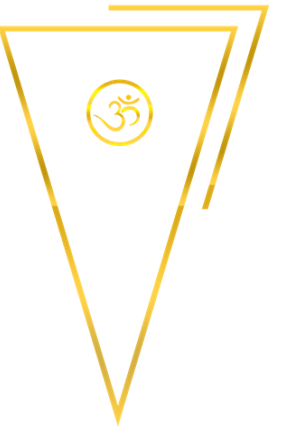
THE WORKBOOK

When you visualized the Golden light at your Navel what were the sensations, if any?

A series of ten horizontal lines for writing, each starting and ending with a small square box.

Remember to be conscious of this energy for the next few days till you have another session. And then write the last answers.





THE WORKBOOK

What thoughts lingered at the end of the practice?

A series of ten horizontal lines for writing, each starting and ending with a small square box.



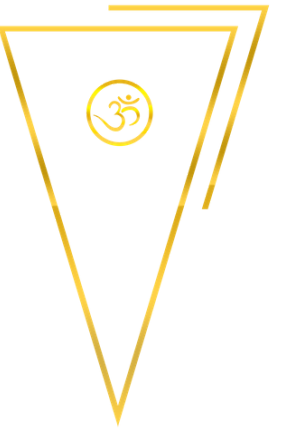


THE WORKBOOK

What changes are you experiencing in your day-to-day life with people and situations? Elaborate.

A series of ten horizontal lines for writing, each starting and ending with a small square box.





THE WORKBOOK

What kind of energy you feel you are attracting?

A series of ten horizontal lines for writing, each starting and ending with a small square box.



Be your Magic
Be your Oracle