

## **FOCUS ON THE THIRD EYE**

### **Stage 1: ( 15 min.)**

Sitting with eyes closed, focus both of your eyes just in the middle of two eyebrows. Focus just in the middle with closed eyes as if you are looking up with your two eyes.

### **Stage 2: (15 min.)**

Keeping the focus on your third eye, become aware of your breathing. Your head is being filled with “prana” - vitality - life energy.

### **Stage 3: ( 15 min.)**

Unfocusing from the third eye, let the prana essence shower you from the top of your head as light. A shower of light.

### **Stage 4: (15 min.)**

Be silent and still...