

Meditation of the month

# *The third eye*

Developing your intuition with third eye meditation.  
By Jill Lawson

The chilly month of November is a crucial time to mentally prepare for the coming winter. As the days grow shorter, we are less likely to rely on the cheerful, bright light of the sun, and more apt to draw our awareness toward a quiet and dark place within. This is all well and good, unless that dark place feels too much like an empty cavern, completely void of inner-wisdom and insight.

Many of us instantly go blind when we close our eyes and venture into the mysterious world within us. Too often we forget that we have the capacity to look through our third eye, the portal into our deep, inner wisdom.

Our third eye is an energy wheel, also known as a chakra, located at the centre brow point. It is what helps to illuminate the dark cave of the mind. Answers to our most intriguing questions can be found there, but we must have an internal beacon that guides us, and our third eye can help in our search.

Strengthening our intuition by meditating on the third eye point is how we can access insightful wisdom. It is believed that the sages of ancient India wrote the Vedas and the Upanishads after spending hours in meditation. We may not aspire to do the same, and that is okay. Our practice will still reveal some deep realisations about the meaning of life.

## **Drawing inward**

Whenever you are feeling confused by life's mysteries, be it a question as complex as the reason why you were born, or something as simple as what to wear on a first date, practise the following third eye meditation and connect with the source of intuition and inner wisdom. Sit or lie down in a comfortable position. Close your eyes and take several deep breaths.

Now, bring your awareness to your third eye. Visualise your entire mind comprised of the deep colour blue, just as the sky before the darkest moment of night.

Next, with your third eye, see a tiny star twinkling in the evening sky of your mind. Imagine this star is reflecting the glimmer of intuitive light. Trust that even though this star is not the source of light, it assuredly reflects the light of wisdom that exists deep within the universe of your mind.

Understand that you have the ability to capture, perceive and reflect all-pervading wisdom. Trust in your intuition and the capacity of your third eye to light the way. Enjoy drawing inward this winter season, and be inspired to keep searching inside your mind for the answers to all of life's questions.