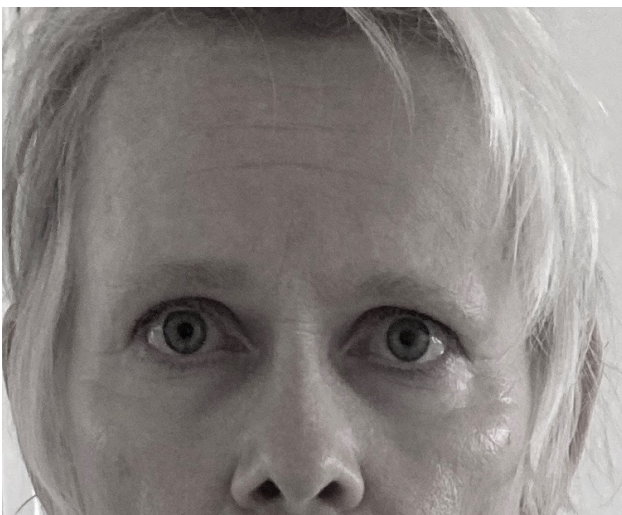


Create the outline of your third eye body map

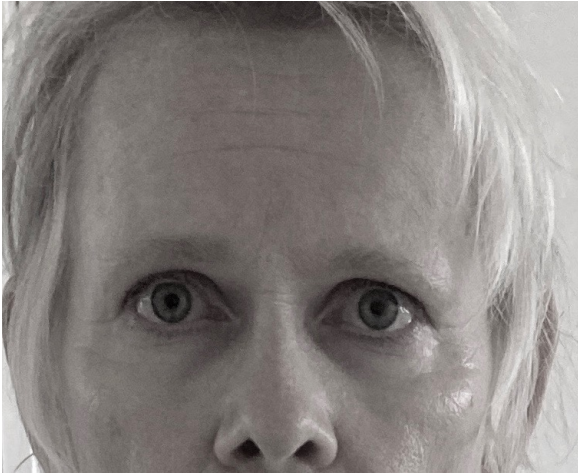
- Take a photo of your third eye from your nose to the top of your head.



- Print out the photo in black and white



- Cut out your third eye picture or I'm using mine the way it came out of the printer.



- If you cut out your picture — glue it to an 8.5 x 11 piece of paper.



- Place the outline of your body map in your 3-ring binder

