

The Third Eye Inquiry Questions -



The color is indigo. The sound is Aye as in play. It's located between the two eyes and is the space of reality or fantasy. The left eye represents insight. The right eye represents seeing things in the outer world. The right is to see, the shadow is illusion. The emotion vibrating here is happiness. The eye's element is light. This is a spiritual center.



When we began to claim our own reality and not allow others to sway us, we are in the space of an open 3rd eye energy center. We came to see and perceive in our own unique way. We may make others uncomfortable with our reality, especially if they haven't accepted their own view of life. As the 3rd eye opens our need for others to see it our way lessens.

Physically, this is the space of our eyes and our upper head. A valuable part of ourselves that needs to remain clear.

The right eye relates to the left brain, the analytical side of the body/brain. The left eye relates to the right brain the creative side of the body/brain. As we grow more spiritual — things make less and less logical sense.

The Basic Right to See Questions -

Your eyes are the *windows to your soul* — What do you see when you look into your eyes. Write down the first thing that comes up. Don't stop yourself.

What do you feel when you read what you wrote?

Do you have the right to see what you see in the way you see it? Why or Why not?

Are you living life as you see it? What places in your life do you give up seeing things your way and accept the reality of someone else?

What do you dream about? Is there a theme?

Place your journal or this inquiry pdf at your bedside and write down the dream you have tonight —

What is your relationship to your intuition? Are you comfortable surrendering your logical mind and seeing that which is mysterious?

What is your larger perspective about what is happening in the world today? Are you comfortable with that wider view?

The Eyes Trauma Questions -

What keeps you from looking people in the eye?

Do you wear glasses? What did you or did you not want to see?

What do you imagine your future to look like?

What do you obsess about?

What areas of your life are you delusional — Delusions are defined as fixed, false beliefs that conflict with reality. Despite contrary evidence, a person in a delusional state can't let go of their convictions. If a person has delusional disorder, functioning is generally not impaired and behavior is not obviously odd, with the exception of the delusion.

What are you in denial of?

What areas of your life do you have difficulty telling truth from fantasy.

Spend a Moment with Your Eyes -

Look at your eyes in a mirror.

What is your initial impression?

From BodyMind pages 224 & 225 which type of eyes do you have? Can you relate to the description of the type of eyes you have?

Eye Pain Questions -

Which eye is more blurry —

Right eye — What causes you pain in the outer world?

Left eye — What causes you pain inside of yourself?

What is your greatest nightmare?

Frontiers of Health by Christine Page Questions

What illness do you have or have you experienced that is listed in Chapter #12 The Third Eye Chakra — Associated Illnesses?