

## Module #6 - The Third Eye Daily Itinerary 52 days

VISUALIZE WELLNESS -Your Third Eye -- Open your eyes to see yourself as whole, healthy and well!

10/19/21 - 12/9/21

10/19/21 - Day #1 - 1 ½ hour live Zoom with Michelle. Starting at 6 am HST, 9 am PST, 11 am CST, and noon EST- Review of the Throat Energy Center. Overview of the whole energy system + meditation *1 ½-hour*.

10/20/21 - Day #2 - Introduction of the Third Eye Energy Center. Look over pdf. *5-min*.

10/21/21 - Day #3 - Eyes Body Map Assignment. Create an outline of your throat Pdf. *10-min*.

10/22/21 - Day #4 - Continue your Eyes Body Map Assignment. Create an outline of your throat Pdf. *10-min*.

10/23/21 - Day #5 - Finish up your Eyes Body Map Assignment. Create an outline of your throat Pdf. *10-min*.

10/24/21 - Day #6 - Rest with a Soft Ball-Sized Ball in the space between your two eyes. *5-min*.

10/25/21 - Day #7 - Read BodyMind by Ken Dychwald. Chapter #9 - Take notes for discussion on Group Zoom and for your body map (place significant finds on your body map). *15-min*.

10/26/21 - Day #8 - Continue reading BodyMind by Ken Dychwald. Chapter #9 - Take notes for discussion on Group Zoom and for your body map (place significant finds on your body map). *15-min*.

10/27/21 - Day #9 - Finish reading BodyMind by Ken Dychwald. Chapter #9 - What kind of jaw do you have -- Receding, protruding, or clenched? Take notes for discussion on Group Zoom and for your body map (place significant finds on your body map). *15-min.*

10/28/21 - Day #10 - Move to open your eyes with clock pose. Follow your fingers in clock pose to get your big, beautiful eyes fully open *7-min.*

10/29/21 - Day #11 - Use your hands and fingers to feel the bones, and joints of your head. Color the bolded bones and joints of your head found on your pdf in The Anatomy Coloring Book pg. 22 (Facial) & 23 (Facial) pdf. *10-min.*

10/30/21 - Day #12 - Finish using your hands and fingers to feel the bones, and joints of your head. Color the bolded bones and joints of your head found on your pdf in The Anatomy Coloring Book pg. 22 (Facial) & 23 (Facial) pdf. *10-min.*

10/31/21 - Day #13 - Use your softball, and hands to connect with the muscles of your head. Color the bolded facial muscles found on your pdf in The Anatomy Coloring Book pg. 44 & 96. *10-min.*

10/1/21 - Day #14 - Finish using your softball, and hands to connect with the muscles of your head. Color the bolded facial muscles found on your pdf in The Anatomy Coloring Book pg. 44 & 96. *10-min.*

11/2/21 - Day #15 - Full Eye Movement Practice #1 - Open your eyes - Place any ah haaaas on your body map noting any places of pain with the color-coding system - red equals very painful, orange mildly painful, and yellow slightly painful. *40-min.*

11/3/21 - Day #16 - Go into nature and find an image that matches the feeling of happiness. Place the image on a separate piece of paper. You can add words or colors to your image. When done place the image in your 3-ring binder pdf. *15-min.*

11/4/21 - Day #17 - Again -- Go into nature and find an image that matches the feelings of happiness. Place the image on a separate piece of paper. You can add words or colors to your image. When done place each image in your 3-ring binder pdf. *15-min.*

11/5/21 - Day #18 - Rest with a Soft Ball-Sized Ball in the space between your two eyes. *5-min.*

11/6/21 - Day #19 - Meditation - What Can Meditation Do For You? Pdf. *10-min.*

11/7/21 - Day #20 - The 4-types of Yoga - Knowing which type of yoga works best for you will help you determine the best way for you to meditate. *10-min.*

11/8/21 - Day #21 - The 4-types of Yoga - Knowing which type of yoga works best for you will help you determine the best way for you to meditate. *10-min.*

11/9/21 - Day #22 - Meditation for Raja "King or Royal" Yogis - Do this Raja Yoga practice to check out this meditation method's 31-minute *video.*

11/10/21 - Day #23 - Meditation for Karma Yogis - Do this Karma Yoga practice to check out this meditation method's *3-minute video.*

11/11/21 - Day #24 - Meditation for Bhakti Yogis - Do this Bhakti Yoga practice to check out this meditation method btw -- this is my favorite Bhakti Yogini meditating -- *5-minute video.*

11/12/21 - Day #25 - Meditation for Jnana Yogis - Do this Jnana Yoga practice to check out this meditation method's *5-minute video*.

11/13/21 - Day #26 - Move to open your eyes with clock pose. Follow your fingers in clock pose to get your big, beautiful eyes fully open *7-min*.

11/14/21 - Day #27 - Read *Frontiers of Health* by Christine Page - Chapter #12 Take notes for discussion on Group Zoom and for your Body Map (place significant finds on your body map). *15-min*.

11/15/21 - Day #28 - Continue to reading *Frontiers of Health* by Christine Page - Chapter #12 Take notes for discussion on Group Zoom and for your Body Map (place significant finds on your body map). *15-min*.

11/16/21 - Day #29 - Rest with a Soft Ball-Sized Ball in the space between your two eyes + work on your body map. *5-min*.

11/17/21 - Day #30 - Third Eye inquiry questions - Place significant finds from your inquiry questions on your body map pdf. *15-min*.

11/18/21 - Day #31 - Continue with your third eye inquiry questions - Place significant finds on your body map pdf. *15-min*.

11/19/21 - Day #32 - Finish-up your third eye inquiry questions - Place significant finds on your body map pdf. *15-min*.

11/20/21 - Day #33 - Full Open Your Eyes Movement Practice #2 - Get out your body maps from your root to your third eye and "see" you as you move, video. *44-min*.

11/21/21 - Day #34 - What is your archetype or Symbol? Choose the archetype that most closely relates to you and find a symbol that matches that archetype pdf *10-min*.

11/22/21 - Day #35 - What is Clairvoyance or Clear Seeing. Read about Clairvoyance to get prepared to have experiences with seeing clearly pdf  
*5-min.*

11/23/21 - Day #36 - Practice your Clairvoyance - Using visualization pdf  
*10-min.*

11/24/21 - Day #37 - Practice your Clairvoyance - Using Daydreaming pdf  
*10-min.*

11/25/21 - Day #38 - Practice your Clairvoyance - Set an intention pdf  
*10-min.*

11/26/21 - Day #39 - Polish your Halo Movement Practice. Open your eyes, sides of your head and the back of your head. *4-min.*

11/27/21 - Day #40 - Read Eastern Body Western Mind by Anodea Judith Chakra Six - Take notes for discussion on Group Zoom and for your Body Map (place significant finds on your body map). You'll have two days to complete this assignment. *10-min.*

11/28/21 - DAY #41 - Continue reading Eastern Body Western Mind by Anodea Judith Chakra Six - Take notes for discussion on Group Zoom and for your Body Map (place significant finds on your body map). You'll have one more day to complete this assignment. *10-min.*

11/29/21 - DAY #42 - Finish reading Eastern Body Western Mind by Anodea Judith Chakra Six - Take notes for discussion on Group Zoom and for your Body Map (place significant finds on your body map). Complete your reading today. *10-min.*

11/30/21 - Day #43 - Rest with a Soft Ball-Sized Ball in between your two eyes + work on your body map. *10-min.*

12/1/21 - Day #44 - Make your dreams come true - Pull up your Modern-day dream board you made when working on your pelvic bowl and add to it or take things away by focusing on what you see and if it is true for you. *15-min.*

12/2/21 - Day #45 - Continue making your dreams come true - Pull up your Modern-day dream board you made when working on your pelvic bowl and add to it or take things away by focusing on what you see and if it is true for you. *15-min.*

12/3/21 - Day #46 - "See" your dream life - Sit before your dream board and visualize your dream life pdf. *15-min.*

12/4/21 - Day #47 - Go into nature and find something the color indigo - Sit before your indigo object and bring its energy and color into your third eye. Visualize a spinning ball of indigo light like a spinning atom. Notice which direction your ball is circling — right to left or left to right. The spin can change from one direction to another. Pausing to notice the direction of spin on a regular basis is an important way to connect to your third eye chakra. Place your object or a picture of it on your body map. *15-min.*

12/5/21 - Day #48 - Again -- Go into nature and find something the color indigo - Sit before your indigo object and bring its energy and color into your third eye. Visualize a spinning ball of indigo light like a spinning atom. Notice which direction your ball is circling — right to left or left to right. The spin can change from one direction to another. Pausing to notice the direction of spin on a regular basis is an important way to connect to your third eye chakra. Place your object or a picture of it on your body map. *15-min.*

12/6/21 - Day #49 - Throat & Third Eye Spiral Meditation. Move up from your throat energy center to your third eye energy center video *15-min.*

12/7/21 - Day #50 - Third Eye Mantra Meditation. The vowel sound of the throat is aye as in play. Sit comfortably and with each out-breath chant aye. *10- min.*

12/8/21 - Day #51 - Polish your Halo Movement Practice. Open your eyes, sides of your head and the back of your head. *4-min.* Do whatever you gotta do to catch up today so you can reap the benefits of this Heal.thy Self program. NO one else is going to heal you but YOU! *15-min.*

12/9/21 - Day #52 - Connect to Your Third Eye Body Map. Sit in front of your Third Eye Body Map and connect with what you've created. *15-min.*