## Create The Body Map of The Third Eye

• 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  $8.5 \times 11$  piece of paper.



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

