

ART IN SOUL INFOSHEET

Third Eye Chakra Attunement Meditation

Gently close your eyes and begin to focus on your breathing, slowing down your inhalation and slowing down your exhalation. Allow your body to relax. Allow your mind to clear.

Begin to allow yourself to sense, to see, to feel a beautiful deep vibrant blue beam of light coming towards you.

The rich colour vibrates and you may feel the pulse resonating on your forehead.

In the centre of this beautiful blue beam of light is the sacred spiral and in the very centre of the spiral, is a deep blue heart – shaped in Sodalite.

Allow this spiral, now, to enter your third eye and lay itself down there. The brilliant blue light continues pouring its qualities of insight, perception and wisdom into you, as you allow yourself to see yourself in miniature at the entrance to the spiral. Here, you begin to slowly walk and wind your way round the spiral – walled by deep blue flowers. On your journey around the spiral, you begin to encounter yourself from the ages of 21 to 26. The aspects of yourself and experiences you may have repressed from this time in your life – which may be blocking the clarity of your insight and power of manifestation now. Issues long forgotten, where other people denied your capacity to fulfil your dreams, where you yourself was not ready to open to your sixth senses or where trauma and events and the expectations of others, simply were too demanding to have any time for your intuitive self. Where you did not have the courage or the confidence to follow your inner guidance or were too afraid to do so for fear of the consequences or the judgements of others.

It is time to reclaim those parts of yourself frozen in time and welcome them back into your heart.

As you journey around the spiral, you may encounter others from that time who you may have overlooked in your healing. Bring all you find with you, as you journey around to the centre of your spiral and take your place in the centre of the heart.

Allow all of those events and people and aspects of yourself to sit before you on a large deep blue blanket. This is a time for your healing and healing these events which happened long ago. You have already experienced them – it is time to let them go. To allow these frozen aspects of yourself to once more be welcome in your own heart.

To be willing to forgive the other people involved in your experiences, as you accept everyone was doing the best they could, with the knowledge, understanding and awareness they had at the time – including you!



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The Divine Feminine energy encompasses everything and everyone on the blanket and before your eyes, the events and people of that time, shimmer and fade from view and you find yourself now sat before the Divine Feminine.

It is time now to release all vows, contracts, agreements and hypnotic suggestions given to you, which inhibit your spiritual development and are not serving your highest good – witnessed by the Divine Feminine.

It is time now to ask for her help in healing any fears you may have in this lifetime and from previous lifetimes, about being spiritually gifted.

Just allow yourself to communicate honestly. With her there is no judgement or ridicule, only unconditional love and compassion. She understands.

Feel her envelope you in her energy. Feel, sense and see beautiful blue lights flooding into you – moving through you, penetrating every cell of your body, bringing healing, renewal and awakening at a pace that is perfect for you. You are very safe, you are seen, you heard – you are deeply loved!

Now the beautiful blue energy has filled you completely, the feminine steps back. It is time for you to make your way back to the entrance of the spiral, feeling peaceful, feeling loved, feeling a stunning sense of clarity. Make your way back to the entrance now.

Now see and sense and feel the powerful blue beam of energy before you, retracting back from where it came and the blessing of the six pointed star forming there to protect your six senses.

Sit quietly for a moment. Wiggle your fingers and your toes, stroke down your arms and legs.

If you feel ungrounded, reconnect with the earth energy beneath your feet.

If your third eye feels too open for you, visualise the golden door before you and step through it, closing it behind you.

Rub your hands together briskly, cup your hands over your eyes and open your eyes into your hands signalling the return to your third dimensional vision. Drop your hands away when you are ready.

Get a hot drink and something to eat to help you feel more present.

Take a little time before returning to your day.



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