



Video Transcript

Third-Eye Chakra Breathwork: Awaken Your Inner Vision

Hello, beautiful beings, and thank you for joining me for this third eye chakra balancing. Today, we will be using your breath combined with Reiki, visualization, and the note of the third eye A. If you haven't done the three-part breath, it's very simple. You breathe through the mouth into the diaphragm into the heart and exhale through the mouth.

I invite you to lay down and get comfortable; you can do this meditation with your eyes closed. If you need a pillow, grab a blanket, take a moment to get comfortable. You can do this with your knees up, your feet on the floor, or your legs just stretched out in front of you. Either way, we're going to start the breath and then ground. So,

while you continue the breath, imagine your feet or the bottoms of your sit bones growing these sturdy, beautiful vines like the vines of a tree, down through the earth, the bedrock, all the way to the center of the earth. You can imagine these vines wrapping around the center of the earth, which you can visualize as a crystal core or a molten lava hot center of red.

Draw all the energy up from the center all the way up through your tap roots, these roots that you've grown down, up into your body, either through your feet or your sit bones, and keep breathing. Feel yourself anchored to the... great job! Keep breathing; these first few minutes are designed for us to drop out of our head, out of our thinking mind, out of our concern, worry, or anxiety into our body, connecting to the breath.

I invite you to keep up the breath.

The third eye chakra is a center for our intuition.

It is where we see from. I don't mean just visually see,

but it is the way we perceive reality, the way we experience our intuition.
While you breathe into your diaphragm and your heart, you can still bring some awareness up to your third eye. Keep breathing. And I want you to imagine this beautiful indigo -colored strobe light beaming right here and expanding the energy out. Clearing away any concern, confusion, or worry.

Keep breathing.

You're doing great.

I'm going to give you an affirmation to use to further expand the third eye chakra to further balance it.

I see clearly through the eyes of the divine.

I see clearly through the eyes of the divine.

Keep breathing.

5

% more breath.

Mmm, I'm seeing this beautiful indigo energy swirling on a clockwise motion.

Right where your third eye is. Clearing. Clearing and expanding your sight.

Strengthening your intuition.

As I do this, you can imagine indigo,
the light shining on your third eye and breathe.

I invite you to ponder where
you limit

or don't rely on your intuitive ability

where fear might come in and block you from receiving the messages that you get.

Keep breathing.

Any self -doubt.

That you're not as gifted as you are. Are you ready to let that go?

you're doing a great job allow the breath to do the magic allow your spirit to
direct breath where it needs to go

and to guide you

and coming into balance, enter power.

Keep

breathing.

Allow the sound to permeate your being.

Allow it to enter your energetic field. Allow it to attune the energy of your third
eye chakra.

Keep breathing.

Your intuition is a gift. Can be developed.

Become stronger and stronger and stronger.

It is your internal compass.

Anywhere where you have given your power away to others and not relied on your own
knowing. You have the ability to take your power back.

Keep breathing.

The energy of the breath can stir up emotion no matter what chakra we're working

on.
So again, any tears,
any
laughter, any crying, whatever wants to release,
just let it go.
Keep breathing.
In a moment or two,
we're going to start breathing from our noses.
You can slow the three -part breath down a bit.
And now, you're ready. Back to our nose. Let's breathe out of our nose.
And remember, we're anchored to the earth.
Breathe in this new energy.
Allow any remnants that you've let go of.
I invite you to take as long as you need,
come back
for your body or for getting up.
In the meanwhile, I thank you for showing up to expand and balance your third eye
chakra. Your intuition is a gift. Day.
You just made it a little bit stronger.
Thank you for you,
and namaste.