

The 7-Day Plan

#1. Affirmations - Recite the following statement...

"My 3rd Eye Is WIDE Open and Functioning Perfectly"

- Do this 10X morning & evening, looking in the mirror

#2. 3rd Eye DAILY Routine -(note, you must be logged in to visit the instruction pages)

- Kundalini Warm Up - ([Click For Instructions](#))
- 3rd Eye Meditation #1 - ([Click For Instructions](#))
- 3rd Eye Meditation #2 - ([Click For Instructions](#))
- Grounding Sequence - ([Click For Instructions](#))

#3. Diet & Lifestyle Requirements:

Avoid:

- Chlorine
- Fluoride
- Artificial Sweeteners
- Junk Food
- Processed Food ie.

Consume:

- A LOT Of Fruits & Vegetables
- Plenty Of High Quality Water
- Other Natural Food - that make you feel good and clear headed

Optional:

- Pick 1 Pineal Gland Detox Supplement & Take As Directed
- Exercise 3 X This Week

Recommended:

- Dial back the partying, weed, and alcohol
- The healthier you are, the better the program will work