



**OPEN YOUR  
3RD EYE**  
**~IN 7-DAYS~**

The **ONLY**  
**STEP-BY-STEP**  
**EASY TO FOLLOW**  
**"THIRD EYE OPENING"**  
**GUIDE**

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## **Introduction:**

The purpose of this manual is to help you open your 3rd eye quickly and easily.

I opened my 3rd eye about 10 years ago, but it was neither *quick* or *easy*.

I read through several books, experimented with many different meditations with varying degrees of effectiveness, and made countless mistakes.

Opening my third eye took me months to accomplish and a whole LOT of frustration.

In retrospect, I see now how I could have dramatically sped up the process by doing the right things from the start and avoiding the “newby” mistakes.

The whole premise of this guide is to save you *time* and *energy*, so you can blast open that third eye of yours....FAST.

In keeping with the theme of brevity, lets get right into it :)

## **The Way This Will Work:**

This short E-Book will explain all of the different strategies... (which are of equal importance) to help you get sufficient understanding so you can execute the techniques correctly.

Then in Chapter 7, I lay out a simplified plan/schedule for you to follow over the next 7 days.

### **To Get Started...**

#1. Read through the E-Book (it shouldn't take more than 10 minutes)

#2. Read over... "The Plan" in Chapter 7

#3. Get to work!

## **Chapter 1 - A POWERFUL 3rd Eye *Specific* Meditation**

This program will use 2 different, 3rd Eye Specific meditations...

In this chapter I will briefly describe the first one and then provide a...  
“How To Video” as well.

You’re going to love this meditation!

You may notice the *vibrations* and energy in and around your 3rd eye, even after your first session.

**This particular meditation will do 2 things...**

#1. Send vibrations of *sound* to your third eye region

#2. Streamline your focus/awareness into your third eye region

The combination of your focused intension paired with the sound vibrations is POWERFUL... & *noticeably* affective.

## **Chapter 2 - Your 3<sup>rd</sup> Eye Opening Guided Visualization Experience**

This part of the course... (Step 2)... is where your third eye will open.

After charging up your eyebrow area full of energy we will now put that to use.

I will guide you through a simple, easy to follow along... guided visualization experience that will open your third eye.

As with the first video.. all you have to do is pop the video on and follow along :)

## Chapter 3 - How To Remove 3rd Eye Blockages

Due to the ridiculously toxic world we live in, our... what could easily be, “normally functioning third eye,” lies dormant for the most part.

Even with the *gathering* of energy and focus in the 3rd eye area, it is sometimes not sufficient to fire it back up.

To insure success, it's wise to take measures to detoxify or as many say, “de-calcify” the biological aspect of our third eye, the “pineal gland.”

Fortunately, this is pretty EASY to accomplish.

Your body is always looking for an opportunity to heal, detox, and balance itself.

So, by simply avoiding certain *pineal toxins*, you will get yourself most of the way there.

### **Pineal Toxins To STOP Ingesting:**

- **Fluoride** - Anything with fluoride in it should be avoided... The biggest culprit is tooth paste.. Most tooth pasts contain fluoride. Get yourself some... [Toms Fluoride Free Toothpaste](#) and you'll be good to go.

- **Chlorine** - This chemical is found in most tap water. I recommend investing in a good water filter that specifically states that it, “removes heavy metals” or simply drink filtered water. What I personally do is fill up a couple, 5-gallon jugs with filtered water from my local grocery store. I pay only 25 cents per gallon.
- **Artificial Sweeteners** - (Splenda & Aspartame) PS. Splenda is often labeled sucralose... and is found in a LOT of items including gum, food, drinks, etc... so be diligent about monitoring the labels of anything you consume. A better, zero-calorie sweetener is... **Stevia**, because it is naturally occurring.

### **General Dietary Recommendations:**

Anytime you are trying to hone in on your psychic skills, it's best to eat a healthy diet in general. It's not imperative that you get extremely pure with your diet, but following these general guidelines will make your efforts more fruitful.

- Avoid Junk Food - (sweets, processed foods, soda, etc.)
- Eat Plenty Of Fruit & Vegetables - (High Vibration Foods)
- Don't Overeat
- Eat Foods That Make You Feel - (good, energized, and clear)
- Avoid Foods That Make You Feel - (foggy and sluggish)
- Get Some Exercise - Find A Way To Break A Sweat 2-3X per week.

### **Pineal Detox Supplements:**



I will provide you with my 5 *favorite* supplements that will help you de-calcify your pineal gland.

Favorite meaning...

I have personally had success with them, and the top 3 specifically were tested on a group of over 1,000 participants, and a great many of them emailed me to let me know that they too saw results noticeable results from taking them.

## 5 - Supplements For Detoxing Your Pineal Gland

#1. [Skate Liver Oil](#)

#2. [Shilajit](#)

#3. [Raw Cacao](#)

#4. Green Algae

#5. Wheat Grass

If you are interested in learning more about those top 3 supplements, you can check out [this blog post](#).

### **A Simple Approach:**

- Avoid ALL of the 3rd eye toxins mentioned above
- Eat a healthy and clean diet
- Exercise 2-3 x per week
- Pick ONE supplement listed above and take as directed. (I would personally go with the skate liver oil or shilajit)

## Chapter 4 - Avoiding The 3 Most Common Rookie Mistakes

There were 3 costly mistakes that I made in my own 3rd eye opening pursuit. These mistakes caused me much frustration and wasted a lot of time.

Fortunately, they are easily avoidable with a little foresight that I will now give you.

### #1. Getting Too Excited:

You will soon discover that producing third eye phenomena isn't rocket science and the simple application of some of these techniques will yield early results.

What happened to me is...

The moment I would notice the exciting, *3rd eye phenomena* occurring... I would get SUPER EXCITED!

But, the moment I became excited... the phenomena would STOP.

I went back and forth with this for quite a while, until I realized that I had to IGNORE the *results*.

So, when you start noticing *lights, images*, and any other *sensations or phenomena*... refrain from getting overly happy about it and simply ignore it.

Don't let your focus drift from the *meditation* to the *effects* of it.

Stay neutral no matter what, and you will notice the lights become brighter, the images become clearer, and you will advance your ability to perceive through your 3rd eye very quickly.

## #2. Wanting It TOO Badly:

Like many things in life, accomplishing the goal of opening your third eye... is a bit of a paradox.

On one hand, I am telling you to *focus* your intent, *recite* affirmations, and put a lot of energy into the opening of your third eye.

However, you can't be like a giddy little kid, *anxious* for the arrival of Christmas morning.

**You have to embody a very relaxed, nonchalant attitude** when performing these meditations.

Don't let yourself obsess about it because that will BLOCK the results.

I experienced this interesting situation as a personal trainer...

Some clients would become *overly* committed...

They would constantly stress about doing every little thing perfectly with a very desperate energy, and ironically, they would somehow NOT get very good results.

On paper, their adherence to my program would be flawless... *not a stone left unturned*, but because of their neurotic and obsessive attitude, ironically, they would somehow completely block themselves from experiencing progress.

Don't be that person.

Stay cool like Fonzie :)

### #3. Focusing On Your 3rd Eye AFTER Meditation

After a time or two performing these meditations you'll discover how easy it is to "send energy" into your third eye region.

While this, of course a good thing, like anything in life...

Too much of a *good* thing can be a *bad* thing.

When I was doing this process, I would do just that...

I'd focus on my third eye all freaking day. This resulted in an *overabundance* of pressure to pool in my forehead which caused unwanted symptoms .

I felt overly heady... in the clouds... spacey.

So, once you are *done* with your meditations for the day... *move on* and forget about them.

If you DO happen to notice this energy *sticking around* in your 3rd eye, which is to be expected to some degree... simply ground yourself with any of the following options...

- Eating A Big Meal
- Going For A Walk
- Any Other Physical Exercise or Activity

## Chapter 5 - The Final Push - (Raising Kundalini)

This section is going to help you seal the deal.

I am going to provide you with an exercise that will stimulate a certain type of energy known as, “Kundalini.”

This energy *amplify* the effectiveness of all of the other aspects of this program.

Everyone already possesses this energy, but most people’s kundalini is not ACTIVE.

I am going to walk you through a few simple Kundalini Yoga poses that will stimulate this energy in your body.

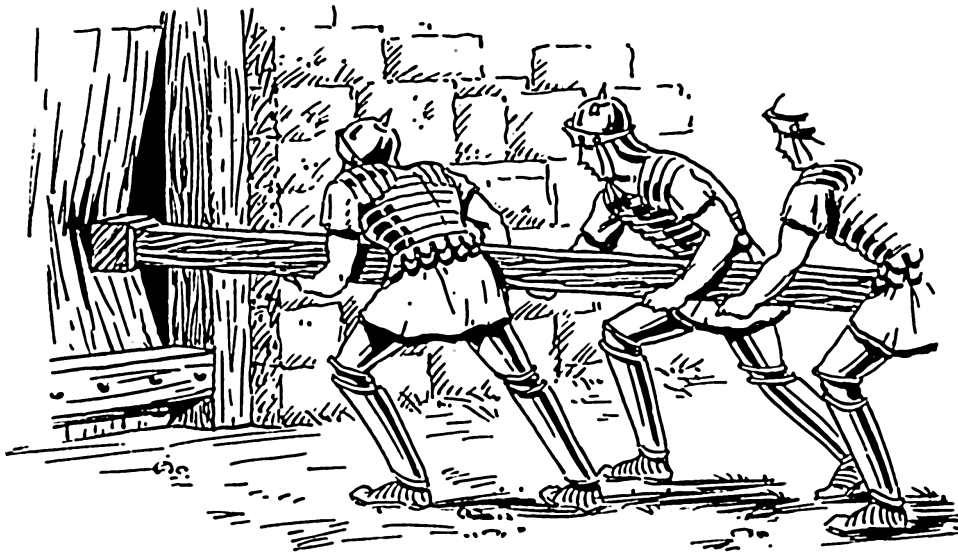
### **The kundalini will help like this...**

Imagine your third eye is being BLOCKED by a massive door.

All of your focused *intent, affirmations, and meditations*, so far have been acting like 3 strong men, PUSHING on that door.

The door is certainly *budging*, but still not quite *swinging open* like you would like to see.

Kundalini is akin to those 3 guys getting their hands on one of those huge... battering rams.



Now they are **BLASTING** at that door... splinters are flying everywhere and the hinges are now bending...

Only a few more blasts and.... **BOOM!**

Success!

Kundalini is going to take everything you have been doing to a whole other level, by giving you the *extra push* needed.

This short routine will help you secrete a small amount of this potent energy so that you can make sure that door swings open with success.

## Chapter 6 - How To Ground Yourself & Why It's Important

Within a few sessions you will realize that all of this stuff works!

So much so, that if you were to go off into your daily activities, *immediately* after performing this routine, you might feel spacey, cloudy, and ungrounded.

Similar to when you get woken up abruptly from a deep sleep. When this happens we tend to feel a bit *out or sorts* all day.

Fortunately, this is easily avoidable and this chapter will teach you exactly what to do to prevent this.

I am going to take you through a few simple exercises that will *pull* all of that energy out of your head and redistribute it *evenly* throughout your body.



## Chapter 7 - The Plan

Now we will put all of the pieces together. This chapter will provide you with a, step-by-step game plan to follow over the next 7 days.

I wanted to set this program apart from the half dozen so books I read through, which all basically consisted of lengthy explanations, historical references, and far more techniques than I actually needed.

It was, as they say... *paralysis by analysis*. I wasn't interested in taking the time to master 17 meditations... I only wanted one or two that actually worked.

The entire time I was solely focused on the END RESULT...

I wanted my third eye open... period.

So, *for you*, it will be nice and simple...

Follow this plan exactly for the next 7 days and you will open your third eye.

You need no further information... it's time for action!

## The 7-Day Plan

### #1. Perform This 3 Step Routine (Every Day For 7 Days)

Step 1 - Kundalini Warm Up

Step 2 - 3rd Eye Meditation #1

Step 3 - 3rd Eye Meditation #2

OPTIONAL: (if you feel ungrounded)

Step 4 - Grounding Sequence

[>> Get started with Step 1 here.](#)

### #2. Diet & Lifestyle Tips:

#### **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

## Chapter 8 - Signs Of Success

### Signs Your 3rd Eye Is Opening

- Pressure in your forehead
- Tingling in your 3rd eye area
- You see colors / lights when you look into your 3rd eye area with your eyes closed, mostly during meditation.
- You feel a sense of spaciousness near your third eye
- You feel more intuitive
- The perception of *movement* in your third eye area when you close your eyes.
- You see geometric objects seeming to, “float towards you” when looking into your third eye
- While looking into your third eye it seems as if you are traveling through a “tunnel” - though this is not to be taken literally, it’s more of a subtle visual experience.

PS... Most people will not feel and experience ALL of these, (at least not all at once)...but you will feel some of them if you are doing this correctly.

So, if you are experiencing any of the above symptoms...

Congratulations! You have successfully opened your third eye :)

Great Job!

## Chapter 10 - The Next Step

If you enjoyed this process of opening your third eye then you may be interested in *fully* awakening your Kundalini.

A kundalini awakening will eventually open up ALL of your chakras as well as provide you with an “energetic road” map to enlightenment.

We all secrete kundalini from time to time and to varying degrees, but it's possible...(especially now a days)... to FULLY awaken it. Meaning, to in a sense, *break the seal* that encapsulates it so that it is free to roam within our body.

Kundalini has but ONE purpose and goal...

To clear you out of EVERYTHING that is not truly you, so that all that remains is a pure embodiment of your true, core, natural, and enlightened self.

It causes your *character/persona* and your *spirit* to merge and become ONE.

As with the third eye, there are many ways to go about triggering this awakening.

Some people fly to India in search of a guru who can perform what is called, “shaktipat”... this is where the guru basically triggers within the subject an instant awakening.

Other's, especially now a days, sometimes have it awaken totally at random, many times triggered by a tragedy or very shocking event like a car crash or something.

Some people, (this was the case for me)... *accidentally* awaken it with the use of psychedelic drugs... (NOT recommended). I have spoken about this before in my youtube videos.

Once I began talking about my own kundalini experience and mentioned that I was a trained kundalini yoga instructor, my viewers began requesting that I teach them how to awaken their own kundalini.

So, I finally did :)

I have a program, very similar to this one, with the purpose of guiding you through a step by step process that will awaken your kundalini.

Awakening your kundalini is not quite as easy however as opening your third eye, so this is a 28 Day program, set up similar to this third eye program, but with different meditations, affirmations, yoga postures, and more specific dietary and lifestyle instructions.

If you are interested in learning more about my 28 Day Kundalini Awakening Program simply click the button below...

**[28 Day Kundalini Awakening Program](#)**

Beyond that, I just want to take this opportunity to thank you for sharing this experience with me.

I wish you all the best on your spiritual quest and future endeavors.

I wish you the courage and faith to pursue your wildest dreams in this lifetime and if I can leave you with just one thing...

ALWAYS listen to your intuition... it will never lead you astray.

With love and gratitude,

Sincerely,

Victor