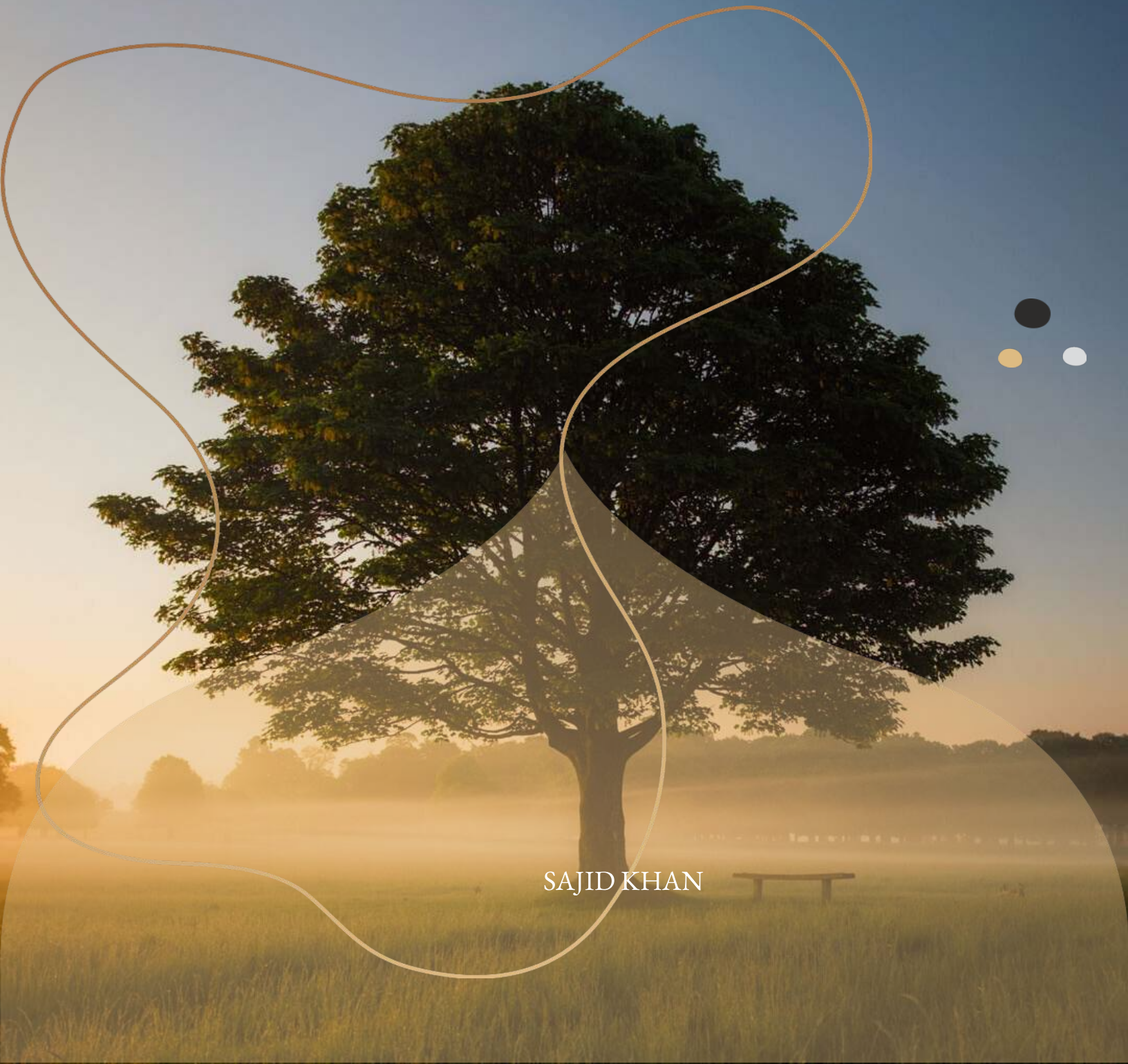


The Third Eye: Everyone Has It, Including You.



SAJID KHAN

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The third eye is always there; it is you, your pure self. Develop it to your full potential. Develop you to your full potential.

The Third Eye: Everyone Has It, Including You.

Awaken and exercise your third eye and make it in charge of all your behavior, including the behavior of your brain. The third eye is always there; it is you. Develop it to your full potential. Develop you to your full potential.

The Third Eye: Everyone Has It, Including You.

From the earliest times, the ancients stressed the importance of the third eye in self-improvement. It is a significant tool in yoga for focusing on one's emotional holes. The third eye is none other than the mind/self/I. With the third eye, you observe your emotions without judgment. It is the I observing the I. The self observes the self. The mind observes the mind. But I would like to suggest using your third eye to observe your brain, separate your mind/I/self from the brain, and absorb the experience of observing the mind observing the brain. Emotional reactions can originate from your brain and/or your mind.

Consider a shy person. The person knows there is no reason to be shy, so he feels frustrated and angry about his shy behavior. He thinks he is shy. So, he accepts it and tries to adjust as best he can. By focusing the third eye on the current rational reasons for his shyness, he will find that the brain's established memory-guided pattern of perception compels him to be shy. The current behavioral response is frozen to earlier embedded emotions. These embedded memories are what drive the brain to behave in a shy manner. By placing the brain's habitual patterns in contextual mindfulness, observe that your/I/self/mind is absorbing the current shy behavior in the context of past shyness compelling experiences. Absorb that the brain perceives the current outside expertise as if the situation is still the same as in childhood. Absorb that much has changed during and since that time. You are no longer the dependent child. The current shy behavior is an unconscious responsive behavior. Wake up to the fact that the unpleasant buried memories are powering the brain's shy behavior. The shyness will also be removed once these memories are removed from the brain.

These memories are buried deep down in the unconscious brain. By re-experiencing them and bringing them to the surface while at the same time absorbing the impact of these memories on your emotions in light of the changed circumstances. Once the memory that was playing like a broken record in the unconscious is brought to the surface, its intensity in the unconscious becomes less, and by repeatedly reliving it, the unconscious becomes free of this shyness, generating broken records. The third eye, the mind, is used to separate the brain's fault from the self. The self is made to realize that it is not at fault—just a problem in the brain. The brain is like a vessel that contains bad memories that keep churning and producing shy behavior.

So, with the help of the mind, the brain is cleaned up.

Brain cleaning involves reliving past incidents just as they happened in complete contextual mindfulness. It is like someone is afraid of rats. Place the rat in his hand, and he will be shocked. The next time you place the rat in his hand, he will be less shocked, and ultimately, his fear will disappear. Similarly, by absorbing the past buried episodes one at a time precisely as they happened and absorbing the shy feelings in the context of the irrationality of these shy feelings in the current situation, the strength of the shyness is gradually reduced and ultimately removed. In all this, using your mind/I/self/third eye is crucial to separate your brain from your mind and the brain from the shy behavior. Link the shyness to where it belongs. It is present because your brain contains emotional baggage. Remove the emotional baggage, and the brain will become shyness-free. Also, I woke up to the fact that the third eye is not something that only prophets and mavens possess. The third eye is your mind; you should always be conscious of it being you/I/mind/self. They say that one should always be aware of one's life's moments to moments. So awaken and exercise your third eye and put it in charge of all your behavior, including your brain. The third eye is always there; it is you. Develop it to your full potential. Develop you to your full potential.

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All these experts have so much content trying to explain their findings, yet their work remains fuzzy regarding the mysteries of philosophy and life. My answers are crystal clear, science-based, to the point, and explained in a few sentences. For instance, I explain wisdom in a single sentence: Wisdom is generated by the highest-quality brain that projects the highest-quality mind.

