



## **A Short Practice to Open the Inner Eye**

**Sit in stillness with your spine tall.**

**Breathe slowly and deeply, drawing awareness to the centre of your brain.**

**Visualize a glowing violet crystal at the point between your eyebrows.**

**See it pulsing with each breath, like a living star.**

**Whisper softly, "I see the unseen. I awaken to my divine design."**

**Stay in this space, allowing insight, imagery, and clarity to arise.**