

## INNER EYE OR THIRD EYE BOTH ORIGINATES FROM THEOSOPHY FOLLOWED BY MEDITATION

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**ABSTRACT:** A very normal side effect of opening the third eye is an intense pressure on your forehead and you may feel a consistent **tingling** or vibrating sensation on the third eye that can stay for days after opening the **third eye chakra**. This is only a sign that the meditation has worked and your third eye is awakening.

**KEYWORDS:** Theosophy, Meditation, Chakra, Third Eye, Inner Eye, Intuition, Pineal Gland, Psychic Awakening, Ajna.

### INTRODUCTION

The third eye (also known as the inner eye) is a mystical and esoteric concept referring to a speculative invisible

eye which provides perception beyond ordinary sight. In certain dharmic spiritual traditions such as Hinduism, the third eye refers to the ajna, or brow, chakra.<sup>[1]</sup>



**Figure-1: Third Eye and Intuition**

In Theosophy it is related to the pineal gland. The third eye refers to the gate that leads to inner realms and spaces of higher consciousness. In New Age spirituality, the third eye often symbolizes a state of enlightenment or the evocation of mental images having deeply personal spiritual or psychological significance. The third eye is often associated with religious visions, clairvoyance, the ability to observe chakras and auras, precognition and out-of-body experiences. People who are claimed to have the capacity to utilize their third eyes are sometimes known as seers.<sup>[2]</sup>

In some traditions such as Hinduism, the third eye is said to be located around the middle of the forehead, slightly above the junction of the eyebrows. In other traditions, as in Theosophy, it is believed to be connected with the pineal gland. According to this theory, humans had in far

ancient time an actual third eye in the back of the head with a physical and spiritual function. Over time, as humans evolved, this eye atrophied and sunk into what today is known as the pineal gland. Dr. Rick Strassman has hypothesized that the pineal gland, which maintains light sensitivity, is responsible for the production and release of DMT (dimethyltryptamine), an entheogen which he believes possibly could be excreted in large quantities at the moments of birth and death.<sup>[3]</sup>

The pineal gland, also known as the pineal body, conarium or epiphysis cerebri, is a small endocrine gland in the vertebrate brain. It produces melatonin, a serotonin derived hormone, which affects the modulation of sleep patterns in both seasonal and circadian rhythms. Its shape resembles a tiny pine cone (hence its name), and it is located in the epithalamus, near the center of the brain,

between the two hemispheres, tucked in a groove where the two halves of the thalamus join.<sup>[4]</sup>

Nearly all vertebrate species possess a pineal gland. The most important exception is the hagfish, which is often thought of as the most primitive type of vertebrate. Even in the hagfish, however, there may be a "pineal equivalent" structure in the dorsal diencephalon. The lancelet *Branchiostoma lanceolatum*, the nearest existing relative to vertebrates, also lacks a recognizable pineal

gland. The lamprey (considered almost as primitive as the hagfish), however, does possess one. A few more developed vertebrates, including the alligator, lack pineal glands because they have been lost over the course of evolution. The gland has been compared to the photoreceptive, so-called third parietal eye present in the epithalamus of some animal species, which is also called the pineal eye. René Descartes believed the pineal gland to be the "principal seat of the soul" and viewed it as the third eye.

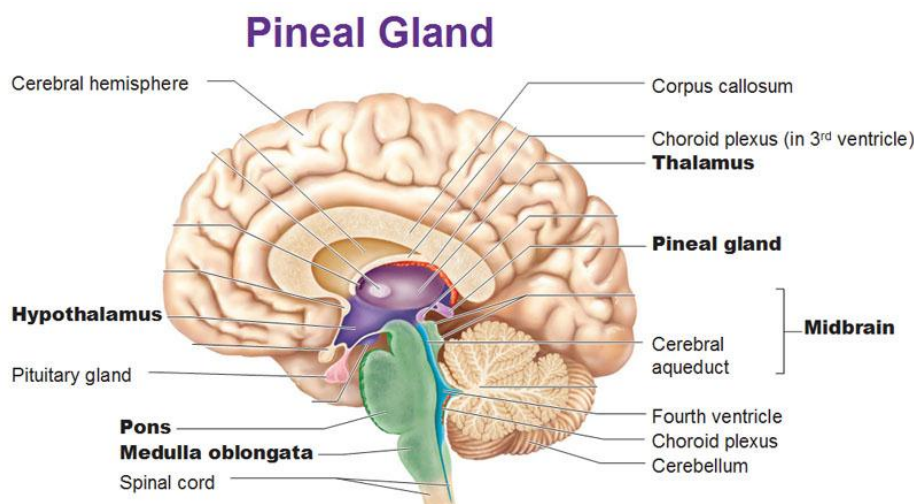


Figure-2: Pineal Gland

### 10 Signs of Psychic Awakening and How to Embrace Them

Psychic awakening can be, and should be, a magical time in your life. If you are feeling uncomfortable at all, relax. The information in this article will help explain what's going on so that you can begin to enjoy the journey!

**What Causes an Awakening?** There really isn't a one-size-fits-all reason why someone begins to open up, but here are the most common causes of psychic awakening (many of my mentoring students fall into one of these categories):

**Accident or Near Death Experience-** You have probably heard stories like these: a person is in a near-fatal accident, and begins having psychic experiences, or seeing spirits soon after. John Holland and Maureen Hancock are two famous mediums who were awakened after an accident and the famous "angel lady," Doreen Virtue, opened up after a scary event. **Losing a Loved One-** People often turn to their spirituality for comfort after the passing of a loved one. And this connection to spirituality brings them closer to Source, and their true, soul-level essence which can cause a psychic awakening. **Birth of a Child-** Intuition naturally heightens for new parents, especially moms, as they get "tuned in" to the needs of their child. They don't call it "mother's intuition" for nothing! **Healing -** Something as simple as a hypnosis or an energetic healing session (such as Reiki) can reignite your sixth sense. These types of sessions can raise your vibration, get energy flowing and hence, cause a shift in your awareness.<sup>[5]</sup>

### 10 Signs of Psychic Awakening

**1. Tingling Sensation or Pressure:** You may begin to develop this in the "third eye" area (between the eyebrows), at the crown of the head, or in your chakras. This happens for two reasons: (1) you are picking up energetic signals. (2) your chakras are opening up. In the beginning stages of development, this sensation can be very strong.

**2. Connection with Spirit:** You might find that you are having a stronger connection to the spirit world. In other words, it may become easier for you to sense the presence of Spirit: Your spirit guides, angels, and your own loved ones in heaven. You may also begin to feel the presence of other people's loved ones around. For many folks, medium ship is a natural progression that follows psychic awakening. (And it's perfectly fine for your medium ship to develop at the same time as your intuition.

**3. Desire to be Away from Negativity:** You may also find that you are picking up on the emotions and feeling of others quite easily. This is known as being empathic, or an empath. Because of your sensitivity, you might feel drained being around people who are very negative or dramatic. Honor what you are feeling, and stay away from the drama whenever possible.

**4. Desire to Eat Healthier Foods:** You might suddenly be reaching for a salad instead of a junk food! Here's why: When you are doing intuitive work, you vibrate at a higher frequency (remember, we are all vibrational beings). So, without realizing it, you could be

instinctively reach for "higher vibrational" foods, such as fruits, vegetables, etc. These foods help keep you from being weighed down and keep your vibration light. Some people even choose to adopt a psychic diet.

**5. Desire to Learn and Be More Spiritual:** Most everyone who experiences a psychic awakening has an

appetite to learn. As we open up, we are shedding our old skins and subconsciously remembering the luminance of our soul. To that end, it's common to want to read everything we can get our hands on, learn as much as possible, and walk a more spiritual path.

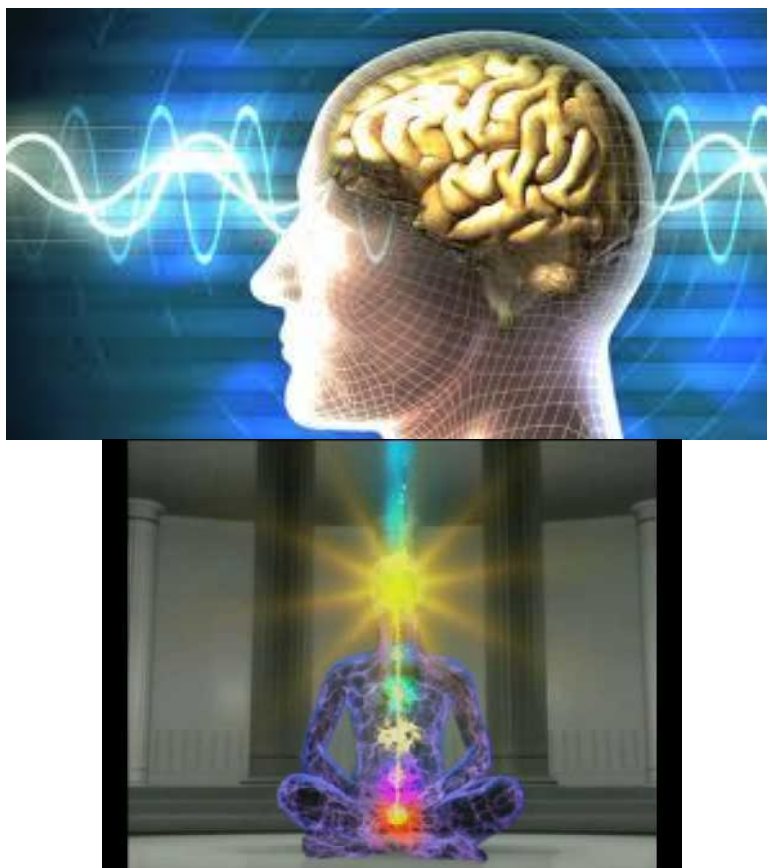


Figure-3: Mid brain activation and Third eye meditation

**6. Frequent or Vivid Dreams:** Vivid dreaming, or dreaming more often, is another common symptom of psychic awakening. There are two reasons for this:

- When you are sleeping, there is no resistance. In other words, your mind is not getting in the way of what you are receiving intuitively. So, during the day you might get a feeling about something and say to yourself, "Hmm, should I trust my gut feeling, or is this just my logical mind?" In the sleep state, that resistance is not present and don't worry, this does *not* necessarily mean that your dreams are premonitions.
- As you open up, it becomes much easier to access other levels of consciousness, such as the dream state. It's helpful (and fun!) to start keeping a dream journal near your bed.

**7. Heightened Sensitivity of Your Physical Senses:** If you find that your hearing is heightened, you are seeing twinkles of light, or "something" out of the corner of your eye... Congratulations! It means that your psychic senses, or "clairs," are opening up and getting stronger. This is a normal part of the awakening process.

**8. Intuitive "Hits":** Having a sense that something is going to happen or receiving a third eye vision is another sign. For some, this can be very exciting; for others, it's very frightening. If you are in the latter category:

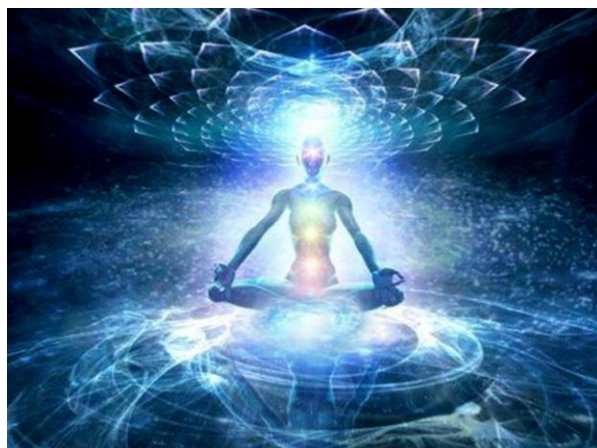
- Set the intention that you will not receive any scary messages or visions.
- Practice using intuitive guidance on *yourself* as much as possible. This will allow you to become familiar with it; and in time, it will feel natural and comfortable. **Tips:** You'll also learn to control your gifts eventually - your psychic ability does not need to be turned "on" at all times.

**9. Headaches:** The headaches are terrible, aren't they? Unfortunately, they are pretty common. They are caused by the influx of energy. One thing you can do to try to combat this pesky problem is to soak your feet in warm water. This will help bring the energy down to your feet and away from your head. Feel free to add Epsom salts or essential oils to the water. You may also want to check with a medical doctor to make sure there is no underlying cause for your headache.



**10. Losing Friends - Making New Ones:** The path of psychic awakening is exciting! Your soul will grow tremendously during this time. You may find that you

are outgrowing some friends and things that were once important to you no longer are. It's okay; the Universe will put new people in your path. Continue to trust.<sup>[6]</sup>



**Figure-4: Empowering ajna chakra and Mid brain**

#### **What is Midbrain Activation?**

Midbrain activation is the course to activate all the senses of human being. In step with the scientists' studies, man most active consists of much less than 6% of his mind functionality. It shows how great a human may be if it implemented more. The human brain includes the right brain and the left brain, and they'll feature optimally if the left and right brains are in balance. Blindfold activation is a method to activate five senses (touch, taste, smell, sight and sound) and to adjust the left and right brain to activate its functionality, which lays within the sound mind so that the children may have the capability to do subjects with their eyes closed. This remarkable energy of the mind is called "Para psychological capability" in technology. Each little one has this ability by using mid brain activation. However, we need to permit them to keep in mind the energy to get best blessings of 3<sup>rd</sup> eye. The children can do many things with their eyes closed. It includes identifying a card, colour, analysing a newspaper/e-book, identifying a closed field, identifying a few factor in the back of the door, playing video games on a laptop, and so on.<sup>[7]</sup>

#### **Benefits of Midbrain Activation**

Following are the benefits of Mid brain Activation...

- Balances left & right brain.
- Develops blindfold abilities (Like reading, writing, painting, etc.).
- Develops concentration and confidence.
- Improves memory & creativity.
- Makes one emotionally stable and balanced.
- Improves speed of reading.
- Improves performance in sports & extracurricular activities.

#### **Why activate the midbrain?**

There are so many midbrain function. As said in the above paragraph, the brain has to awaken through motivating a discharge. Inside the human body, it strengthens the pituitary gland that regulates the hormones. For this, it activates the neighboring pineal gland. The pineal gland discharges hormones: melatonin and serotonin.

The secretion of melatonin will increase within the dark and reduces while it is clear. Serotonin is very nearly related to the expansion of varieties and can develop the intelligence of the great thoughts. Due to the fact, the brain is responsible for a conversation with the left and right sides of the brain. The method of "activating" the

brain will bring about the higher data exchange with the left and right sides. The thought has the tendency to assign one side of brain dominantly in performing practical assignments. This means we end up the usage of the brain much less than that we surely must! The device of “activating” the brain reverses this style and allows us to apply our mind more correctly, for this reason, the improvement in cognitive capabilities. Another interesting effect of brain activation that it permits children to feel the visible houses of devices without truly seeing them with their eyes (blindfolded). Mid brain Function is very useful for children.

#### How to activate midbrain?

There are many methods used to show how to activate midbrain, which is listed below: Brain Gym, Eyeball Exercise, Meditation, Brain Activation by Midbrain

Music, Dance, Fun & Joyful Activities, Imagination & blindfold exercise, Motivation. For midbrain activation method download and midbrain images please contact to Right Brain Education.<sup>[8]</sup>

#### How is midbrain activation different from Traditional Learning?

- Brain Stimulation Workshop is an activity based on the various types of brain waves in a systematic pattern by the scientific method.
- Children will do activities of Beta, Alpha and Theta level powerfully throughout the mid brain activation Workshop.
- The traditional school highlights on Beta waves and ignores the importance of alpha and theta wave learning environment which are far more helpful.



Figure-5: Beta, Alpha and Theta level activities by kids

**Effect of Music on the brain during Midbrain Activation:** Scientists have invented that song stimulates more components of the brain than other human function of mid brain. The person has physic and spirit. What differentiates between living human and the dead one is the mind existing in his/her body. So long as the energy is there, the man stays alive. Similarly, the human mind has physic. However, it has the wave. This wave is called a brainwave.

The influence of song on Neurons Anisha once stated: “if children do not introduce to the song at an early age, I agree with something fundamental is being taken from them.” A baby does not expose to new situations every day that affects the nerves in their brain, and as soon as those connections are set up, it's very hard to change them. Mid brain activity activates children. Music is a motive that processed by using the mind because we've got receptors for sensing and reacting to tune. The act of preparing this motivation influences the neural connections inside the mind and therefore influences other neural connections which in flip have an effect on the outputs of the body. The Mozart impact is a

phenomenon that states when a character listens to short track, their intellectual and motor talents increase. It has a profound impact on young kids because their minds are still growing at a fast rate, and their neural pathways will affect. Mid brain activity enhances the potential of students to perform in academic well. The song composed by Musician has a 60 beat per minute; that repeats for the duration of portions. This sample activates the movement of the left side of the brain, and it increases the connections between the neurones that connect the two sides. Researchers in the subject of neurologic improvement have defined parallel results. They observed that the brain changes in shape and characteristic as a result of Listening track and environmental effects.<sup>[9]</sup>

#### Why Right Brain Education for Mid brain Activation?:

Midbrain Activation must be done scientifically by an experienced trainer. At Right Brain Education every trainer has minimum five years of experience of student midbrain training. So every coach knows how to get optimum results from students with minimum time and effort. That's why we get 100 % result by giving a

workshop of 1 day only. Every child will be able to do activities blindfolded at the end of the 1<sup>st</sup> day itself.

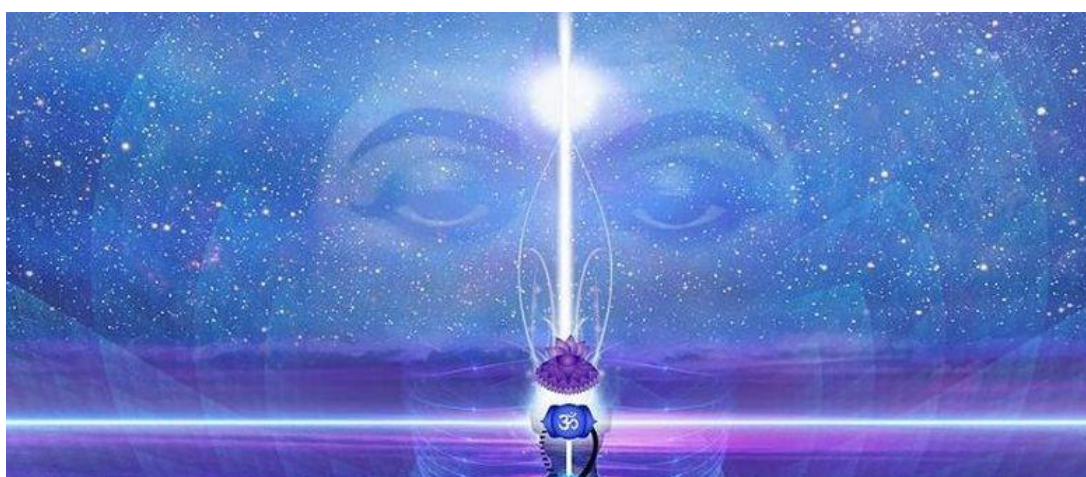
**What is Midbrain?:** The mid brain also referred to as the mesencephalon, is a small area of the brain that serves as a relay centre for sight, sound, taste, touch and smell. The mid brain resides inside the brain stem of brain. It's far responsible for the belief of motives and the following verbal exchange with the right and left regions. Usually, as a part of the lower mind centres, the mid brain is not the state of affairs to people with powerful interest.

Dr Makoto Shichida, who dedicated 40 years of studies into the brain functions. In reality, use of the phrase "Interbrain" than Mid brain. We can use the term "Mid brain" as this is popular. The human brain, there is a segment known as the interbrain that lies between the left and right regions. It is essential to excite this to improve

the abilities of the human thoughts. The interbrain positioned on the centre of the cerebrum, combined the features of each parts of mid brain. The interbrain acts to manage the focus and adjusts with advanced intelligence. If a person develops his Mid brain, he's going to collect a memory to allow him to inspect something he can visible or heard.

The interbrain controls the complete human body which combines the insides. You may emerge as a super human. As a manner to wake up this part of the brain, it's more important to stimulate a hormonal discharge through the way of sending a unique vibration.

**What's midbrain's inner shape?:** The most important portion of internal midbrain structure is grey. There are four types of midbrain parts: 1. Grey surrounds the channel of the stylus. 2. Grey centres fixed in our bodies. 3. The Substantia nigra. 4. The Red nucleus.



**Figure-6: Inner eye or third eye both originates from theosophy followed by meditation**

**What are the function of midbrain?:** The various capabilities which include functions of midbrain are: 1. Controlling the respiratory muscle tissue. 2. Controlling the vocal cords permitting a person to phonate. 3. Controlling pharyngeal, oral similarly to nasal passages. 4. Controlling the palate, tongue, lips and mandible. Midbrain controls all these features via nerves 12, 10, 9, 5 & 7. The coordinated sports and oral facial tissues are controlled using the midbrain because of which it has control over the manners like Laugh and cry. This Dopamine plays a crucial position in motor and cognition functioning, and the DA transmitter device disturbances are correlated with the midbrain development of Parkinson's disorder similarly to psychotic abnormalities.<sup>[10]</sup>

**Complete information of human Hindbrain, Midbrain Anatomy and Forebrain?:** There is information about forebrain midbrain hindbrain. Instead of the spinal cord, the human persona is a totally ugly shape. All things considered, it's very hard to understand the particular frameworks of the mid brain anatomy and the competencies. Be that as it could, physiological

clinicians have invented a few techniques through which it's viable to take a look at a portion of the essential systems of the brain and the additives they carry out. Thoughts control all the work that we do, apart from of way the habitual activities, which may be managed using method for the spinal wire. Mind controls belief, addressing, and particular varieties of sports. Remarkable differences of the thoughts will recognize by way of making use of research, which controls unique conduct patterns. The extra part of the degrees of the thoughts demonstration in close participation with each other. Presently, permit us to take a gander as unique areas of the psyche as they manipulate extraordinary components. We'd restrict our examinations to the basic frameworks of the cerebrum.

We can start with the back of the head; wherein the spinal line rises to fulfil the psyche. Frequently we will come to talk about the front and better part of the brain thru the middle brain activation. There are total three parts of midbrain: 1. The hindbrain. 2. The mid cerebrum and 3. The fore persona.



**The Hindbrain: It has three sub divisions: medulla, cerebellum and pons.**

**Medulla:** This form is the best part of the psyche stem. It is a relationship between the cerebrum and the spinal cord. 12 layers of nerves reaching out from the medulla go with a few key areas of the edge; together with hearts, lungs, intestine, bladder, etc. In the end, medulla controls such essential and autonomic functions along respiration, the stream of blood, processing of food, and so on. It moreover plays a major role in relaxation, sniffing and hacking.

**Cerebellum:** The cerebellum is smaller than the normal version of the cerebrum. Its outside ground seems to be dark and the inner white. It has two sides of the equator. It holds the contribution from most people of the tactile areas of the body. Damage to the cerebellum can likewise aid loss of motor coordination and the shortage of muscle condition.

Cerebellum moreover controls notion of time. In numerous expressions, the natural clock is about inside the cerebellum. For this reason, peoples can inform the estimated time without watching the clock in the midnight time.

**The Midbrain:** The midbrain is placed roughly in the middle of the brain. It is a tube-like structure, the outside of which appears white and inside dark. Through this tube, a liquid like substance known as cerebrospinal fluid passes which give dietary supplements to the cerebrum. It has tactile and motor pathways. It performs a role inside the path of visual reflexes. The midbrain incorporates important systems.

The tegmentum of midbrain contains the part of the midbrain under the tectum of midbrain. Its element is the motion of the consideration from one path to the inverse. The midbrain development conveys the reticular system.<sup>[11]</sup>

**CONCLUSION:** Also known as the Third Eye, Inner eye or 6<sup>th</sup> Chakra, this is where we connect to the mental plane of our existence. Our ideas, dreams, goals, values and our “self” image all begin here! It is by our thoughts that we are able to express ourselves in the world, and it is from our thoughts that we are able to make our dreams a reality! In developing our inner perception through meditation we begin to understand that all events in our life happen for a reason and we see everything for what it is, not as we think it is. We begin to understand that we are the Dream Weaver in this intricately designed web of reality! The third eye is our gateway into higher realms of consciousness. When one becomes enlightened you understand fully, without a doubt that we are truly all One and that our idea of separation from one another is nothing more than an illusion.

**When your Ajna is in balance** with your other chakras, you will begin opening up to Universal Knowledge and

truly understand that you are the Creator in your Reality! You will experience higher states of consciousness, allowing you to astral travel, have out of body experiences, and receive messages from your Spirit Guides, Angels and other Enlightened Beings. You will be very intuitive, have a great memory and will be able to learn without a problem.

**Over-active Ajna:** If you have an over active third eye you may experience stress accompanied by frequent headaches that happen in the forehead or temples. You may become delusional and create circumstances in your mind that are not really happening (a mental disease). An individual with over-activity in this chakra may also tend to be judgmental, unsympathetic or over-intellectual in their thinking.

**Under-active Ajna:** If your third eye is under active you will probably have difficulty in understanding the spiritual side of the world and the connection between your inner and outer reality. You may lack empathy for the people in your life, lack common sense, or intuition. Memory and learning can be affected if the third eye is not balanced.

**Physical symptoms of an Imbalance:** Brain cysts, tumors, strokes, blindness, deafness, seizures, insomnia, learning disabilities, spinal dysfunction, panic, depression, addiction, migraines, headaches, dizziness, nausea, sinus problems, ear aches, hormonal imbalance and equilibrium dysfunction.

**Healing the Ajna:** There are many ways one can begin to balance their Chakras, below you will find several useful methods, and a video that includes sound, colour and positive affirmations that pertain to the Ajna!

**Positive Affirmation while Focusing on the 3<sup>rd</sup> Eye:** I can see and think clearly, I see that all is well in my world. I see of the solutions to situations in my life and make positive changes now! I am the creator of my reality and my dreams are coming true. I am one with the vibration of the Infinite potential of the Universe.

**Colour of the Third Eye:** The third eye chakra is associated with the colour indigo. Simply lighting this colour of candle and relaxing while focusing on this chakra can bring it into balance. Also wearing indigo coloured clothing or surrounding yourself with this colour of flower can bring harmony within the chakra.

**Organs/Glands governed by the Third Eye:** Brain, neurological system, eyes, ears, pituitary gland, pineal gland.

**Crystal Therapy for the Third Eye:** Purple fluorite, sugilite, lapis lazuli, amethyst, aquamarine, clear quartz, lolite, azurite, angelite, sodalite, aqua aura crystal, blue aventurine, dumortierite, axinite, chialtolite, blue

argonite, cacoenite, lazulite, merlinite, Ulexite, blue tourmaline, phenacite, stilbite.

**Nutrition for the Third Eye:** Brain foods high in Omega-3 fatty acids, such as fish, nuts, and vegetables are all great choices when it comes to nourishing our third eye. Dark chocolate (which contains caffeine) not only helps with our mental clarity, it also can help us feel more relaxed and help lower high-blood pressure! We should always intuitively eat, as our body knows what it needs. Certain berries, (blueberries and strawberries) are shown to have a positive influence over our memory and ability to learn! Berries contain powerful antioxidants that help us in our cognitive thinking and reasoning.

**Aromatherapy for the Third Eye:** Angelic root, bay laurel, clary sage, cypress, elimi, frankincense, helichrysum, juniper, marjoram, patchouli, rosemary, sandalwood, vetiver.

**Healing the Third Eye with Nature:** The Ajna's element is light. Sitting out in the sunshine with a blue sky can not only balance your third eye, but the throat chakra as well. You will be able to feel the sun radiate through if you focus your attention on the spot just above your eye brows!

**Sound Therapy for the Third Eye:** The Seed Sound for this chakra is "Eem" and it resonates to note "A."

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