



- BROW CHAKRA HOMEWORK
- Add a third image to your drawing that integrates both your the inner and out vision.
 - Explore areas in your consciousness field. What do you see? Feel? Know?
 - Look at areas of darkness or that are obscured from view.
 - Feel into areas of light- places that are illuminated and bright.
 - Shine your light anywhere you would like to brighten your view-
 - Erase anything blocking your view or causing your big vision to be limited.
 - Just reach out and remove it. Throw it into the sun.
 - Translate your inner experience by noticing differences, similarities and patterns.
 - Meditate and think about what these images represent to you.