

Third Eye Centering

This Third Eye exercise is for us to become centered when we feel out-of-balance. There are times in our day when we are over-whelmed and want a catnap. This is when we take ten minutes to Re-Energize ourselves!

Simple steps to follow:

1. Either sit or lie down.
2. Eyes closed.
3. Take 2-3 deep breaths (in through the nose and out through the mouth) to relax the *entire* body.
4. With eyes closed, focus on the Third Eye or the top of the nose. Yes, if our eyes were open we'd be going cross-eyed.
5. Keep eyes in this place while breathing very consciously, either deep or short breaths.
6. Allow the body to let go until the *Whole Being is Completely* relaxed. This includes dropping all tensions in the body along with the jaw.
7. Slowly open eyes.

Dizziness is possible during this exercise due to being out of balance and coming back to centeredness. Allow the freedom to get to the other side of the chaotic Energies.

Enjoy!

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