



# Ways to Enhance Your Intuition and Third Eye



## *Cleanse Your Third Eye:*

Imagine a beam of light shining on your crown chakra (top of your head) looping through your third eye (right above your eyebrows). Thread a string of light in a continuous loop to "cleanse" any stuck energy there.

## *Use crystals:*

Get a clear quartz crystal, and ask for it to be infused with Divine light. Hold this crystal in your dominant hand over your third eye and put your non-dominant hand on the back of your head (toward the top) Send light in a connective beam.

## *Just ask:*

Ask any Divine source (Archangel Michael is particularly strong) to help you enhance your intuition and hear, see, know and feel more clearly.

## *Protect yourself:*

Always imagine a bubble of golden light protecting your body. You can ask Archangel Michael to ensure that only light and love comes through at all times.

## *Work through your stuff:*

Explore any fears or limiting beliefs you might have about connecting with the spirit realm. These fears can block our intuitive gifts!

## *Meditate:*

Quieting the mind helps align you with your Higher Self/Divine guidance. You learn to clear your mind of thought chatter and open to blank space, allowing messages to come in!

## *Notice the Ego:*

The Ego will try to sabotage us and tell us that we're making it up, can't connect, etc. If in doubt, ask "Is this my Ego?" And wait for the first word you hear. Then think "clear" if you get a yes, and re-focus on your breath and invoking light.