HOW TO OPEN YOUR THIRD EYE

Awaken Your Psychic Abilities To Maximize Your Highest Spiritual Potential

Companion E-Book To YouTube Video
https://youtu.be/77XolkJ9Oo
By Joe Gacoscos
https://www.trueinsights.net

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PSYCHIC DEVELOPMENT BOOK:
Journey of the Awakened Psychic: 10 Steps to Controlling Your Abilities & Maximizing Your Spiritual Potential
https://www.trueinsights.net/journey-awakened-psychic-10-steps-taking-control-of-psychic-senses/
**INTRODUCING: NEW PSYCHIC DEVELOPMENT BOOK**

*Journey of the Awakened Psychic: 10 Steps to Controlling Your Abilities & Maximizing Your Highest Spiritual Potential*

FEEL LIKE YOUR PSYCHIC ABILITIES ARE OUT OF CONTROL?

If you feel like your psychic senses affect your ability to function normally in life, this book will guide you on a totally different path to learning to control your abilities rather than having your abilities control you. While much of society works to suppress expressing your gifts to their fullest potential, it is possible for you to learn to hone your gifts without feeling like you have to live in fear or feeling like you are alone with your experiences. In this book, Joe Gacoscos, Gifted Spiritual Teacher and Healer, uses a body-mind-spirit approach to help guide you through to making peace with your psychic abilities, teaching you how to:

- Make sense of the extraordinary psychic experiences you have been having even since childhood
- Control overwhelm when encountering different spiritual energies
- Create a grounded space so you don’t take on too much energy from others
- Use basic energy tools to create proper psychic boundaries with beings, entities or other spirits who may be trying to contact you from the other side
- Begin training your abilities to fulfill your highest spiritual potential

Joe Gacoscos has helped hundreds of students with their psychic development from beginners to advanced healing practitioners. In this book, he shares his many years helping students embrace their gifts with the heart of *The Surrender Experiment*, while delivering the teachings with the cosmic clarity of Matt Kahn. If you are ready to take back control of your psychic abilities – and take back control of your life – then NOW is the time to read this book.

Order your copy on Amazon today:


**PSYCHIC DEVELOPMENT BOOK:**

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# Take the 2-Minute Psychic Abilities Test!

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* Identification of the material that is claimed to be infringing or to be the subject of the infringing activity and that is to be removed
* Information reasonably sufficient to permit the service provider to contact the complaining party, such as an address, telephone number, and, if available, an electronic mail address
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**E-BOOK INTRODUCTION**

How to Open the Psychic Third Eye: Awaken Your Psychic Abilities To Maximize Your Highest Spiritual Potential

Welcome!

This E-book is a guide to accompany the YouTube videos found here:

- Full tutorial and Third Eye Meditation: https://youtu.be/77XolKGl9Oo

Individual Segments of the video are found here:


If you have already watched the videos, welcome!

If you haven’t watched the videos yet, feel free to watch them at any time. This guide will make more sense when you experience the content of the videos.

In this E-Book, you will see screenshots from the video along with a partial transcript highlighting important steps to Awakening Your Third Eye!

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About Joe

My name is Joe and I'm a Spiritual Teacher & Healer with True Insights Psychic Development and Spiritual Empowerment.

I teach classes on Basic and Advanced Psychic Development at a school called Intuitive Insights based out of San Diego.

I also work with individual clients who may feel stuck or are seeking clarity, providing clairvoyant readings and psychic energy healings.

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TESTIMONIALS FOR JOE

Yelp Reviews for Joe:

"Joe is an exceptional teacher and healer. I have taken several of his classes at Intuitive Insights, and also received a comprehensive reading + healing from him. He seems to have a bottomless toolbox; he always brings some practical technique, helpful analogy, or valuable perspective into his classes and readings to help you process what's ready to be healed."

~ Kristyn C (Intuitive Business Coach)

"I met Joe for the first time at Intuitive Insights where he teaches Clairvoyant training and other spiritual development classes...Joe will blow you away. His accuracy and insight can be life changing and it's all delivered with his gentle manor that makes you feel safe and comfortable. His experience and gift is tangible in the work that he does and what he can offer through his readings."

~ Ariane P. (Business Owner)

"I cannot say enough about Joe and his talents - he is truly a gifted spiritual and energetic practitioner. He offers a calm, uplifting presence to his clients and students, and is someone who I'd highly recommend. I've participated in many sessions with Joe now and have experienced much needed healing within myself plus a complete 180 degree shift in my energy (and mood!) following his sessions and classes."

~ Michele C. (Communications Consultant)
Course Format

Today we'll cover:

**Part 1**: Intro to Chakras and what the Third Eye is

**Part 2**: A 15-minute guided meditation to practice seeing through your Third Eye

**Part 3**: Extra resources for psychic development training
Take the 2-Minute Psychic Abilities Test!

PART I – ABOUT THE THIRD EYE

About The 3rd Eye
Part 1

See Part 1 of the video here: https://youtu.be/i_Zle-5Uzvw

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The 7 Main Chakras Of The Body

Each of these chakras are energy centers responsible for different energetic functions and are associated with various physical organs of the body.

They can also be tied to various physical or emotional issues (which is why when you work with an energy healer, the healer often focuses on various chakras)

- **1st chakra** or root chakra located at the base of the spine
- **2nd chakra** or spleen chakra, located below the navel
- **3rd chakra** or solar plexus chakra located below your chest where your rib cages meet
- **4th chakra** or heart chakra
- **5th chakra** or throat chakra
- **6th chakra** or Third Eye in the middle of your forehead (our focus of this training)
- **7th chakra** or the crown chakra

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Fascination with the Third Eye

Many ancient mystical traditions throughout ancient history, even going back to ancient Egypt, India or China, all have had a fascination with the Third Eye.

Even the American Dollar contains a picture of the Third Eye.
What a Psychic Clairvoyant Sees With The Third Eye

When a psychic or clairvoyant reads, many times you will see them with their eyes closed.

Even with their eyes closed, the clairvoyant is essentially seeing images using their mind's eye, also known as the Third Eye.

This seeing space in the mind’s eye is essentially the same imagination space as where you’d imagine what your car looks like, or what a pink elephant looks like.

Close your eyes now and imagine what a pink elephant looks like!

Get a sense of what that space is like. We’ll tap into that space more and more as we go.
How Does The Third Eye Work?

The Third Eye helps the psychic to **SEE** energy.

Normally, energy doesn't necessarily have a **color** that the naked eye can see.

However, **when a psychic sees the energy clairvoyantly**, the psychic can see this energy in many different forms such as:

- Colors
- Shapes
- Images
- People
- Beings or Entities
- Other Various Visions

The psychic then intuitively gathers information from these images which can then be communicated to the client receiving the reading.

This is all performed from being totally **neutral** which is one objective of the meditation portion of this training!

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The Pineal Gland

Modern times and science has shown us that there actually is a reason behind the Third Eye visions that clairvoyants tap into:

**The Third Eye is associated with the Pineal Gland.**

The pineal gland is located right in the center of your head.

It actually contains photoreceptor cells (via [Wikipedia](https://en.wikipedia.org/wiki/Pineal_gland)) that are very similar to the optical cells found in your eyes.
Take the 2-Minute Psychic Abilities Test!

Access To The Spirit World

Because of this the abilities of the pineal gland, many modern day mystics now contend that this special gland is our connection to access the spiritual world from our physical world.

Some call it the “Principal Seat of the Soul!”
Take the 2-Minute Psychic Abilities Test!

**PART II – GUIDED MEDITATION TO OPEN THE THIRD EYE**

See Part 2 of the video here: [https://youtu.be/wFihzWSNWpQ](https://youtu.be/wFihzWSNWpQ)
How Do You Tap Into The Third Eye or 6th Chakra?

It takes PRACTICE.

First of all, it takes PRACTICE.

The following meditation portion of the video will guide you on how to set up your space energetically so you can start to see using your Third Eye or the 6th chakra:

CLICK HERE TO ACCESS THE GUIDED MEDITATION ON YOUTUBE:

https://youtu.be/wFihzWSNWpQ

NOTE: The more you practice this basic meditation...

The more you can open up your natural psychic abilities with your third eye!
About The Practice

Isn’t there a fast track to getting this?

The “fast track” to getting this is simply to practice. A few minutes each day is all it takes.

No need to overdo this at all.

You may or may not already be naturally inclined to have your 6th chakra opened or accessed.

In any case, with more practice and even more psychic training,

You can eventually start to performing psychic clairvoyant readings for others.
Setting Up For The Meditation

For the next 15 minutes or so...

1. Find a nice quiet spot where you can be free of interruptions
2. Sit upright with your feet flat on the floor, palms on your lap
   - Arms and legs uncrossed which helps to keep the energy flowing
3. It’s best if you keep your eyes closed during the guided meditation
4. Keep it light, have some amusement, and be full of curiosity
5. Relax & enjoy the experience!

To set up, find a nice quiet spot where you can be free of interruptions.

(You can pause here as needed while you get set up)

For this part of the video:

1. **Find a nice quiet spot** where you can be free of interruptions for about 10-15 minutes
2. Find an upright chair. **Sit upright** with your feet flat on the floor to help you stay grounded
3. Keep your eyes CLOSED during the guided meditation
4. Keep things light!
   - Have some amusement
   - Be full of curiosity
   - Be open to the experience
   - You never know what may come up!
5. Relax & enjoy the experience!
The Meditation

Guided meditation for Opening Up and seeing through the 3<sup>rd</sup> eye is here:
https://youtu.be/wFihzWSNWpQ

For this part of the training, it’s best to **keep your eyes closed for the whole meditation**.

Visit https://youtu.be/wFihzWSNWpQ to continue with this portion of the training.

**Remember that it takes practice!**

You **may or may not see anything the first time around**.

That’s OKAY!!

However, if you do see anything, even if it seems small and insignificant...

**There is a REASON why the Universe is having you are see it!**

See if there is a message to the image you see.

**Stay in a quiet space in your mind’s eye, and the message can more easily come to you.**

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**Now Follow Along with the Guided Meditation Portion of the Video**

**Come back to the next page when you’ve gone through the meditation.**
Welcome Back From the Meditation

Feel free to pause this part of the video as you come out of meditation.

The following tips will help you come back into present time from the meditation...

As you come out of the meditation be sure to:

- Take nice **deep cleansing breaths**
- You might feel a little bit spacey or in a trance-type space... just come **slowly** back into present time
- **Find your connection to the planet** to help you let go of any energies that may have come up while working with your Third Eye
- Allow yourself to let go of the reading itself along with any energies from me or even the meditation
- Just see any energies just **flow down to the center of the planet** where the earth will help take care of those energies for you
- See a **big gold sun** or a **big ball of golden energy** above your head and **fill yourself in with this GOLDEN ENERGY**
- Gold is a nice **high vibration** which helps you come back into present time
- Sip some water to help you be in your body more as needed
How Was Your Experience?

Now if that was your first time and you didn't really see anything, that's ok!

If you’re not sure of what you saw, or you might have seen something unexpected, that’s ok, too!

Sometimes the “nothing” that you saw very well may have been something, particularly if there was some kind of form, shape, or color to it.

As mentioned before, it takes practice.
Practice Makes Perfect

Eventually, you will see colors and images more and more vividly with daily practice.

After practicing a few times, feel free to share in the comments below the video on what visions you saw or what you experienced!

Remember, this was just the tip of the iceberg when it comes to psychic development.
PART III – EXTRA PSYCHIC TRAINING RESOURCES

Want More Practice Opening Up the 3rd Eye?
Psychic Training Resources
Part 3

See Part 3 of the video here: https://youtu.be/d5NokDyTiPl
Not Sure If You Are Really Accessing The Third Eye Effectively Or Correctly?

At this point, you along with many others who have attempted to open the Third Eye have run into the following:

- I still can’t see anything too clearly
- I seem to be blocked or don’t know if I am seeing what I’m supposed to
- I find it difficult to practice on my own
- I was really spacey and don’t remember some of that – What’s that all about?
- I’m definitely curious and want to learn more about accessing various spiritual energies via my Third Eye

If you can relate to any of these, fortunately, there is further training available to Awaken The 3rd Eye.
Basic Psychic Development Training

For many people, there is a *calling* for them to expand their psychic abilities!

There is an *awakening on the planet* for this kind of information. Join the club!

If waking up the Third Eye calls to you, and you would like to take classes, the following *Psychic Development Training* is available to you via the Journey of the Awakening Psychic Mentoring Program:
Journey of the Awakened Psychic: 10 Steps to Controlling Your Abilities to Maximize Your Spiritual Potential

FEEL LIKE YOUR PSYCHIC ABILITIES ARE OUT OF CONTROL? FEEL LIKE THERE’S MORE TO MAXIMIZING YOUR PSYCHIC POTENTIAL?

If you feel like your psychic senses affect your ability to function normally in life, this book will guide you on a totally different path to learning to control your abilities rather than having your abilities control you.

While much of society works to suppress expressing your gifts to their fullest potential, it is possible for you to learn to hone your gifts without feeling like you have to live in fear or feeling like you are alone with your experiences.

In his book, Joe Gacoscos, Gifted Spiritual Teacher and Healer, uses a body-mind-spirit approach to help guide you through to making peace with your psychic abilities, teaching you how to:

- Make sense of the extraordinary psychic experiences you have been having even since childhood
- Control overwhelm when encountering different spiritual energies
- Create a grounded space so you don’t take on too much energy from others
- Use basic energy tools to create proper psychic boundaries with beings, entities or other spirits who may be trying to contact you from the other side
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Click here to learn more about this unique coaching experience.
CONCLUSION

I hope you enjoyed this e-book and YouTube meditation on How to Open Your Psychic Third Eye!

By now, hopefully you have practiced and your Third Eye is opening you up to seeing new possibilities!

As mentioned previously in this e-book, if you want further information, please check out the follow links for:

- How to Open Your Third Eye
- Developing Psychic Abilities
- Psychic Abilities Test
- Spiritual Healings and Readings
- Application for the Psychic Mentorship Program

Please don’t hesitate to contact me for any further questions.

All inquiries can be directed to Info@TrueInsights.net

Be well and take care!

In Spirit,

Joe Gacoscos

Psychic Development Teacher & Healer
https://www.trueinsights.net

"When you plant a seed of love, it is you that blossoms." ~M.J.S. Bhagavati

"Give way to who you are as Spirit and all else follows." ~Joe Gacoscos

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