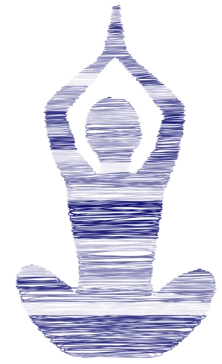


# Pathways Yoga Series Session #6

## Energy Center: The Third Eye



The "Third Eye" is a symbol for seeing the world using our inner perception in addition to all the information you have around you from your five physical senses. This can be a difficult concept to explain with words because it is often something that is felt. For example, some people refer to it as a gut feeling or intuition, the ability to trust your instincts.



### I See

- The big picture
- Within
- Using my senses
- With more than just my eyes
- My inner knowing
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



### FOOD FOR THOUGHT

What nourishes us and what depletes us?

When I \_\_\_\_\_ I feel \_\_\_\_\_  
(eat, watch, do)

**In the boxes below, write or draw things you can do using each of the five senses that will nourish your entire self**

Taste

Smell

Hearing

Sight

Touch



## Meditation 1-2-3



1. Sit comfortably but alertly (so you don't fall asleep).
2. Focus your attention on your breath (it may help to close your eyes).
3. As thoughts come into mind, gently direct your attention back to your breath (as many times as necessary).

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### Questions for your Reflection:



- Recall a time when your senses gave you a clue as to what lay ahead.
- It can be helpful to start to observe patterns in your behavior. Write about a time when you over-reacted to something. Why do you think that was? Pause for a few moments before responding to allow your heart and mind to work together.
- Write about what you think this quote means: "We don't see things as they are. We see things as we are."



### Reflection



***"Clear eyes. Full heart. Can't lose."***

—Friday Night Lights (TV show)