
The Crown Center Mandala Exercise

Instructions: Use the Crown Center Mandala to help you to see clairvoyantly. To use this mandala, make copies of it and post it in strategic positions in your home where you will occasionally just relax and gaze at it. When you use it, use soft-focus, and let your eyes travel all over it, wherever they feel that they want to go. In using this mandala you will gradually see more and more things happening in it, and as you do, your Third Eye and Crown Center will gradually be opening. Here are some of the things you may expect:

- Motion. You will likely see spinning, like a pinwheel. The spinning may seem as if it is either coming toward you, or moving away from you.
- Concentric Circles. Again, these may be in motion, flowing toward you, or away from you.
- Geometric Forms. You may see black and white triangles, flowers, circles, pinwheels, even squares. All of these may be in motion.
- Pulsing. The entire mandala may be pulsing, or just the white circle in the center.
- Tunnel Effect. You may begin to feel that you are in a tunnel leading in or out, but moving.
- Faces. You may see a face or a form in the center looking out at you.
- Colors. You may begin to see various colors playing around the edges of the mandala, around the edges of each triangular form or even radiating out from the center.
- 3-Dimensional. The Mandala may begin to appear almost like a 3-D object.
- When you look away from the mandala at an object or person, you may instantly see his or her aura and its colors.

Do not be surprised if you feel all sorts of odd feelings in your head and around your eyes when you work with the mandala. Some of those feelings might include eye pressure or pressure on the forehead, tingling sensations on the forehead or top of the head, or even a feeling like a band around your forehead.

