**6th Chakra- Third eye**

(A well was created with stones and water from the Mt. Shasta spring)

\***Read Attributes, Affirmations and Mudras Cards**

\***Gazing Activity**: Gaze at the sky or gaze into the sacred well. Make sure your neck is comfortable. Allow your eyes to actively rest as they gaze. Continue to empty your mind.

**\*Be with the Sacred Well**: Scry-Drop a pebble-make a wish

**\*Free-style journaling**