

How do I see through my third eye? aa

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The [third eye](#), or spiritual eye, is a [chakra](#), or energy center. [Ajna chakra](#) is part of your energetic body in the way that an elbow or a spleen is a part of the physical body. It is generally in the region of the forehead and back a couple of inches.

Knowing the physical location of the chakras doesn't usually help us to access them, however. The spiritual sight of the third eye is not (usually) visual. Instead, when the third eye chakra is open, the [yogi](#) has access to [knowledge](#), guidance and an understanding of his/her own role in the grand scheme of things.

[\(How do the chakras help us understand our spiritual growth?\)](#)

Occasions when you've felt a particularly strong [intuition](#) are instances of seeing through your third eye. You might have felt certain that a situation that looked safe was actually dangerous to you; or you might have known that a risky choice that other people thought was crazy was the right one. Spiritual sight is not limited to intuition, but that is how most people first experience it.



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The first step to accessing your third eye wisdom is to find a qualified teacher. Your teacher will

