

Raja Choudhur - Open Your Third Eye 2022

During this 9-week live video course, you'll:

- **Discover what the Third Eye is** and explore what would happen if you opened it and how it could transform your life
- Explore the **latest theories on the biology of the Third Eye** and how it relates to the midbrain region, the pineal gland, biophotons, DMT, CSF, and the parasympathetic nervous system
- Gain entry into **Brahma's Cave — a complete, light-filled universe** within and the portal to your superconscious higher mind
- **Learn to become a Sky Walker** and navigate the vast dome of your superconscious mind
- **Understand the play of Shiva and Shakti in you** and how opening your Third Eye is connected to your inner suns and the Kundalini Shakti
- Prepare your body for awakening by **tethering yourself to the Earth** and opening your lower 3 chakras and your nadis (subtle channels of energy) before becoming a Sky Walker in the higher regions of consciousness
- Learn how to **shut down your senses**, and train your outer and inner eyes to prepare you to see the Inner Sky (your personal stargate) and open your Third Eye
- **Be initiated into ancient breaths, mudras, yantras, and mantras** that will activate your chakras and focus your mind on the Agya chakra (Third Eye)
- Discover the secret **beej mantras that activate the power and magic** of Shiva meditating and the Shaktis inside your Brahma's Cave
- **Learn the secrets of intention, stillness, surrender, and manifestation**, and be guided through a short meditation with Raja in working with this inner light
- **Design your own sacred place** in your mind where you can act as an intermediary between the vast consciousness beyond and the world you live in
- **Discover the secret to real manifestation** — the art of visualization and surrender

What You'll Discover in These 9 Weeks

In this 9-week transformational intensive, Raja will guide you through ancient Indian wisdom and practices to activate your gateway to higher consciousness — and access vast reservoirs of peace, stillness, inner light, and divine guidance.

Module 1: The Tantric & Yogic Paths to Opening the Third Eye (February 2)



Raja will begin with an introduction to the Third Eye. You'll explore what the Tantrics and ancient Indians believed it was and how it could change your life.

You'll compare these concepts with other ancient cultures, modern neuroscience, the biology of the pineal gland, and the work being done with hallucinogenic entheogens and plant medicines.

Raja will guide you in an exploration of different avenues you can take to open the Third Eye, and how they evolved in India using just pure breath, mantras, yantras (sacred geometries), mudras, and intense concentration and awareness.

In this module, you'll:

- Discover what the **Tantrics and yogis believe is the Third Eye** and how opening it can transform your life
- Experience a simple and powerful **15-minute meditation and energization exercise** to slowly and gently begin to link Heaven and Earth and open your Third Eye
- See **your body as a microcosm for the intelligence of the entire universe**, and how the Third Eye is a **stargate** to accessing and awakening this intelligence within you
- Discover the **biology of the Third Eye** in the midbrain and the pineal gland
- Learn how **the Third Eye is part of an elaborate inner cosmology** of subtle energy channels called *nadis*, energy centers, chakras, or lotuses, and subtle sound, light, and energy systems
- Learn your first **mantras that you can practice immediately** to see the light within you

Module 2: The Vibrating Energy Universe, Prana & the 36 Tattwas (February 9)



The entire universe is *spanda*, or a construct of vibrations between consciousness, energy, and matter... between Shiva and Shakti... between light and dark.

All energy and matter arise from this field, and there are 36 levels of vibrations or frequencies between Earth and the Universal Light, or the singular Source of all consciousness.

Raja will show you how to feel these vibratory levels, bring them into your being as prana (life-force energy), and **experience transformation** as you distribute them through your entire subtle nadi system.

In this module, you'll:

- Discover that the **essence of the entire universe is made up of spanda**, as the ancient Tantrics called it — pure energy, frequency, and vibration (Yes, Tesla was right!)
- Learn how that **energy flows through the seen universe as prana**, enters into all matter, and sits waiting as Shakti
- Explore how to **bring that prana into your body** with a 15-minute energization training
- **Discover the magic of the sun** and how it can awaken more than just your senses through the process of *tratak*
- **Map the 36 tattwas, or vibratory elements**, of your being and **learn to go from Earth to Heaven through breath, food, sex, music, creativity**, or any other means
- Learn a series of simple observations from the **Vigyan Bhairav Tantra** that can help you **bring this energy into your life** at any time and raise your consciousness

Module 3: Shut Up to Wake Up (February 16)



Before you can learn to navigate your inner space, you must learn to ground yourself in energy and the Earth — so you can return easily from your heady adventures.

Raja will show you how to, as he says, “shut up and shut down” your lower reptilian brain — and **learn to become fearless, control your urges, and get rid of bad karma and psychic luggage.**

You’ll also discover how you sit on the Earth — and how your evolution as a human being began at this base, then rose up your spinal cord to develop your neocortex (which you’re very reliant on today!).

By returning to the Earth and your lower centers, you’ll explore how to ground and become fearless, strong, healthy, and in control of all your urges as you prepare to take flight as a Sky Walker.

In this module, you’ll:

- **Explore your evolutionary nature** as a being rising from Earth consciousness to Universal Consciousness
- Discover **your reptilian or animal brain** and how it controls your life
- **Explore your nadi system** — the subtle channels that carry prana through your whole body, especially 3 in particular: **Ida, Pingala, and Sushumna**
- Learn the **secrets of the 5 Elements** and how they relate to our chakras
- Discover the **breaths, bandhas (locks), mantras, and mudras** of the First Sun, Second Sun, and the lower 4 chakras, and how they prepare us for higher consciousness
- Learn how to **surge the energy upwards** through Ida, Pingala, and the Sushumna nadis to open the Third Eye

Module 4: The Power of Inner Listening, Inner Seeing & Inner Sensing (February 23)



As you learn to control and work with prana and your nadis, and to control your lower brain, teaching the upper brain (neocortex) to “shut up” becomes just as important, as it tends to overanalyze everything and cannot stop chattering.

In Tantra, the upper chattering mind (seen in people who are headstrong, impractical, and arrogant) is called *chanda*, and the lower body of fear and complexes (seen in people who act without understanding) is called *munda*. As Raja will explain, you must become *Chamunda*, an embodied form of Kali energy who comes out of us to destroy both these demons by cutting off their heads.

Then you get some inner quiet and you can begin the process of training yourself to truly hear, see, and feel your inner world.

Your upward journey begins...

In this module, you'll:

- Understand how to **shut your chattering mind** and find inner quiet — in other words, you will learn to shut it up!
- **Learn the art of inner listening** and discover the **Magic Flute inside of you** that plays the music of the chakras
- Be initiated in the **Hum Sah breath** and the art of **bringing cosmic intelligence into your body** from above
- Learn to **shut down all sounds except Aum** and train yourself for inner seeing — by practicing *tratak*, a candle-focused meditation
- Learn the secret of **using *jyotis* (flames) and sacred mandalas** to part the veils within (*avarana*) and open the gates to Brahma's Cave
- Be initiated into **secret mantras for dissolution of the ego** at the throat and the opening of the sky above

Module 5: Brahma's Cave, Tarini & the Sky Walker (March 2)



As you learn to become still, listen deeply, and see inwards, you'll begin to discover a complete universe in your midbrain, or limbic brain region.

The Tantrics called this Brahma's Cave, and it is always seen as a vast, cavernous space inside our head, which was home to a beautiful Shiva Linga, which we now know represents the pineal gland.

When properly navigated and activated, this cave was filled with light and gave us access to a higher star that came to us as a goddess or Shakti called Tarini (or Tara, literally meaning "star") that leads to the dimensions above in the vibrating universe. She provides the gateway to our superconscious higher minds.

In this module, you'll:

- Learn the **secret mantras or codes** to enter Brahma's Cave and experience the vast Blue Sky and Inner Cosmos that await you
- Be initiated into a **special breath and mudra called *Khechari***, which will create a circuit between you, Earth, and Heaven through Brahma's Cave
- **Be taught the secrets of Soma and Amrit** (immortality) and how hacking this cave **will give you access to the elixir of life and eternal bliss**
- Understand how to **meditate on the Linga inside Brahma's Cave** through focus, breath, a special mantra, and techniques of concentration
- Learn how to see the **stargate of Tara using the Jyoti Mudra**

Module 6: Lalitha Tripura Sundari & the Power of Shakti's Grace (March 9)



The ancient Tantrics described the intelligence that controls everything in the body, energy, and matter as **Shakti — the sacred feminine energy of desire, realization, and dissolution.**

Your entire body is made up of Shaktis that are all essential subtle energies or powers that are actually but one take on multiple aspects or forms.

When you learn to turn on a switch inside or hack their powers, something magical turns on in the astral dimension, and then something instantly turns on at the causal, or Source level. This means that learning to wake up Shaktis in your body aligns you with the cosmos.

Raja will guide you through the Shaktis and introduce you to Kundalini and the Devis that make this whole journey even more delightful. You'll meet **Shyama (the Shakti of the Heart)**, **Varahi (the Goddess of the Third Eye)**, and **Lalitha Tripura Sundari (the Goddess of the Three Cities)**, who sits on the Thousand Petals of the Crown chakra.

In this module, you'll:

- Discover the meanings and stories behind **Shyama, Varahi, and Lalitha Tripura Sundari** from the ancient scriptures of Dattatreya and Parashurama
- Learn ways you can **please these energies to connect with your sixth-sense powers**, open your Third Eye, and **find the secret to bliss, creativity, abundance, and immortality**
- Learn how to meditate on these energies — and explore the secret **yantras** (symbols) that allow us access to their powers
- Be initiated into the **sacred mantras of the 3 Shaktis** to help you awaken everything

Module 7: Conversations With the Void — The Dance of Shiva & Shakti (March 30)



To truly develop mastery over your Third Eye for manifestation, intuition, clairvoyance, clairsentience, creativity, power, and bliss, you must learn to become completely still, experience real silence, and enter the domain of the Void — Shunya, Samadhi, or Bhairav.

This fourth state of consciousness where we blur into a new reality is called the Turiya state.

Through his studies of the Vigyan Bhairav Tantra, the seminal Tantric teachings on the dance of Shiva and Shakti in spanda, Raja will teach you how to **steady your mind into a state of Samyama so you can begin to manifest and visualize new realities.**

You'll discover that the Void is not scary or empty at all, but a blissful, throbbing, vibrating state full of love and happiness, from which all things come into being.

In this module, you'll:

- Understand **how to experience the Void and to turn on that state of consciousness** at any time, even while doing your normal activities
- Explore how to **step into the Void and return to the world** like a magician between 2 breaths
- Learn how to **still reality** so you can redesign it from the Void
- Be **introduced to the Vajra** — the lightning path to Third Eye awakening — and how it can bring vast intelligence into your life
- Realize that the **Void is the source of all intelligence and wisdom** — and that meditating on it through the Third Eye brings about real magic
- **Receive 7 meditations** that will change your life

Module 8: The Art & Magic of the White Monastery (April 6)



One of the secret paths to working with your Third Eye is creating a sacred place that's completely your own private inner space, from where you can travel to multiverses and higher Turiya consciousness and bring back vast intelligence and wisdom to your waking life.

Raja will share how you can become an alchemist who traverses two worlds — and how you can join the shamans and seers who came before you and transformed the world in their own ways.

One of the greatest alchemists, magicians, wizards, and Tantrics in the tradition of **Abhinav Gupta, Gorakshanath, Hermes Trismegistus, and Merlin**, was a Buddhist Tantric named Padmasambhava, better known as **Guru Rinpoche**, who was the founding figure of Buddhism in Tibet, Nepal, and Bhutan. His monasteries of the Rinpoche sect are the most beautiful places for meditation and self-realization. Real gateways to the Void.

Raja will teach you how to create your own monastery or virtual reality cave where you can download vast intelligence from the collective consciousness and then bring it into the world and make magic in people's lives.

In this module, you'll:

- Learn **deep relaxation techniques**, slowing down the breath, and developing tranquil silence and equanimity through the **3 stages of Aum and immersion in the White Cloud**
- Experience **Raja's guided meditation to create your own sacred garden**, sacred White Monastery, and gateway to opening the door through your Third Eye to the visionary states
- **Discover your inner guide or angel**, how to communicate with them, and how to **let them guide you to the answers** you seek
- Learn to **see your inner screen**, which will show you answers to all your questions
- Explore how to see and then **design any reality you wish** and how that manifests in the world through the heart and surrender

Module 9: Shreem & the Power of Manifestation Through Absolute Surrender (April 13)



As you move into this final week of the course, you've discovered many ways to open your Third Eye and bring deeper information and intuition into your life.

But how do you learn to use this wisdom and manifest magic in your life without having your ego and the chattering mind take over again?

In Tantra, **the secret is the complete surrender to the Heart Center**, the Hridaya, the Anahata, the home of your Jeev Atman, your true Self. The Soul. No me. Everything. By bringing your visions down to your heart and surrendering them to the universe, you acknowledge that you are not in control, but will willingly **become a channel for Universal Energy to come into this world**.

Raja will teach you sacred **Kaula Tantra meditations** and mantras that enable you to take all your visions and dreams and turn them into reality through your heart.

In this closing module, you'll discover how to:

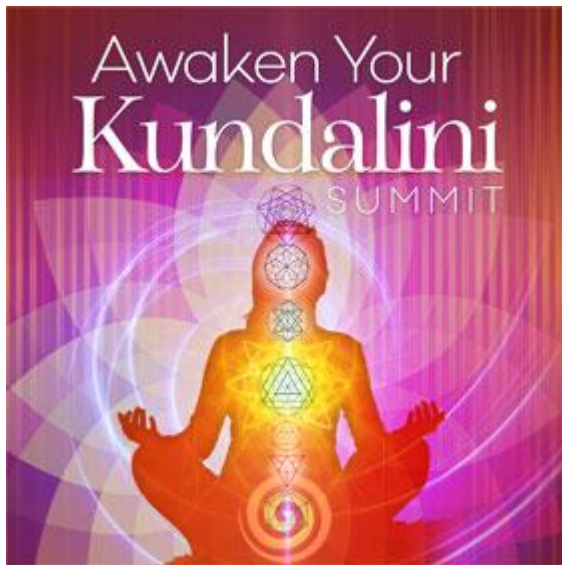
- Experience the **Sacred Pillar of Light**, Full Heart Awakening, the White Lotus, the White Pearl, and the Golden Linga
- Bring your **visions and desires from your Third Eye down to your heart** and surrender them there
- **Chant Shreem** and the **sacred mantra of Maha Lakshmi** as magical incantations
- See your **vision already fulfilled** and leave it to the Shakti energies to bring alive
- **Live between the body**, the heavens, the Third Eye, and the heart
- Go silent and **experience complete and total bliss** — where all desires will seem meaningless and everything begins to **flow in perfection!**

The Open Your Third Eye Bonus Collection

In addition to Raja's transformative 9-week virtual course, you'll receive these special bonuses with leading visionaries and teachers to complement the course and take your understanding and practice to an even deeper level.

5 Sessions From the Awaken Your Kundalini Summit

Selected Sessions and Transcripts From the 2019 Summit



Clear karmic patterns from your body, mind, and the collective field — and experience true joy and wellbeing. Hosted by yoga and meditation teacher Kia Miller, this set features sessions from **Raja Choudhury, Rod Stryker, Tommy Rosen, Kia Miller, and Jai Dev Singh**. They share how to move through energy blocks and align your entire life with the powerful spiritual energy within you.

Breath, the Third Eye & Higher States of Consciousness

Video Dialogue With Raja Choudhury and Dan Brulé



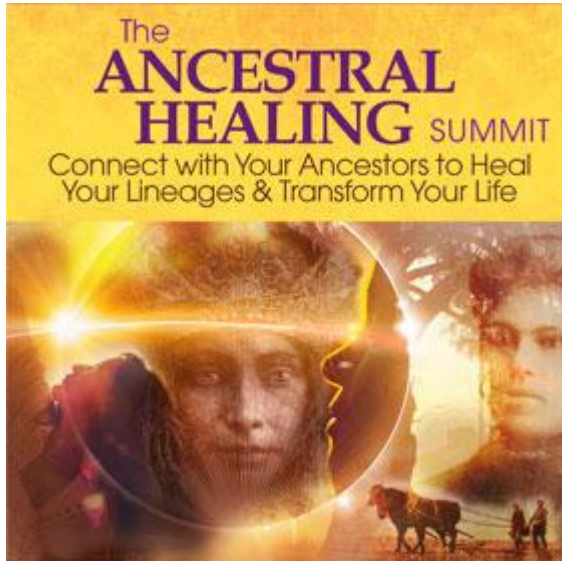
Raja and legendary breathwork master **Dan Brulé** have an extensive dialogue on the nature of breath, resonance, consciousness, and the human ability to **achieve higher states of consciousness, open the Third Eye, and discover inner light**. In this lively and

fun-to-watch interview, you'll discover Dan's insight into rebirthing, Kundalini Shakti, and why taking charge of your own energy — especially through breathwork — is central to raising your consciousness.

Plus... you'll receive these bonuses too!

5 Sessions From the Ancestral Healing Summit

Selection of Curated Sessions From the 2019 Summit



Whether you're already immersed in ancestral repair work or you're just beginning to explore it, these five sessions from the Ancestral Healing Summit will **deepen your understanding of ancestral healing**. You'll receive insights, practices, and teachings for experiencing the deep benefits of ancestral repair for spiritual, familial, and even genetic healing. In these transformational sessions, you'll hear from five luminaries: **Raja Choudhury, Gregg Braden, Dr. Dan Siegel, don Oscar Miro-Quesada, and Sandra Ingerman**.

Conversations With the Void

Ebook Excerpts From Raja Choudhury



Explore a beautiful portion of Raja's interpretation of the classic *Vigyan Bhairav Tantra*, which through 112 haiku-type verses describes a profound dialogue between the body (Shakti) and pure Universal Consciousness (Shiva). You'll have 112 meditations at your fingertips! With each verse and practice, you'll diver deeper into how everything you sense is a product of your consciousness, how you are every little thing you see, and how you are *everything*.

The Neuroscience of Mantra, Breath & the Third Eye

Video Dialogue With Raja Choudhury and Jay Sanguinetti



Follow along as Raja explores the neuroscience of mantra and the Third Eye with leading neuroscientist **Jay Sanguinetti**, head of the SEMA Lab and co-chair of the Center for Consciousness Studies at the University of Arizona. The two discuss the fascinating study of the neural processes of conscious and unconscious visual perception.