

# America and the World: Here is Your Most Important New Year Resolution Ever.

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/EINPresswire.com/ The Time Has Come to Open and Become Your Third Eye.

From the earliest times the ancients have stressed the importance of the third eye in self improvement. It is a major tool in yoga for focusing on the emotional holes. The third eye is none other than your pure self. With the third eye you observe your emotions without judgment. It is the I observing the I. The self observing the self. The self observing one's own self image. The mind observing the mind. But I would like to suggest to use your third eye to observe your brain and to separate your mind/I/self from the brain and to absorb absorbing the experience of observing your mind observing your brain. Emotional reactions originate from your brain, your mind and/or your pure self. Consider a shy person. The person knows that there is no reason to be shy so his mind and his pure self feels frustrated and angry at his shy behavior. He thinks he is shy. So he accepts it and tries to adjust as best he could. In reality his pure self nor his mind is responsible for this shyness. Even the brain is not responsible for this shyness. It is the emotional baggage in the brain that is responsible for this shyness. By focusing the third-eye/pure self on the current rational reasons for not being shy he will find that it is the brain's established memory guided past pattern of perception that compels him to be shy. The current behavioral response is frozen to earlier embedded self image. These embedded memories projected self image is what drives the brain to behave in a shy manner.

By placing the brains habitual patterns in contextual mindfulness, that is observe that you/I/self/mind is absorbing the current shy behavior in the context of past shyness compelling experiences. Absorb that the brain is perceiving/living/believing the current outside in experience as if the situation is still the same as it was in childhood. Absorb that much has changed during and since that time. You are no longer the dependent child. The current shy behavior is an unconscious responsive behavior. Wake up to the fact that it is the unpleasant buried memories that are powering the brain's shy behavior. Once these memories are removed from the brain the shyness will also be removed. These memories are buried deep down in the unconscious brain. By re experiencing them and bringing them to the surface while at the same time absorbing the impact of these memories on your emotions in light of the changed circumstances. Once the memory that was playing like a broken record in the unconscious is brought to the surface it's intensity in the unconscious becomes less and by repeatedly reliving it the unconscious becomes free of this shyness generating broken record.

The third-eye/pure-self is used to separate the mind from the brain and the pure self from the

mind and the brain. Focus the mind on the brain's emotional baggage and observe from your true self that the mind is observing the brain's emotional baggage. When the experts want you to observe your self observing your self they say to observe your self from the perspective of a third person as others will observe you; you can do one better. This third person observing you is none other than your pure self. none other than your third eye. Practice separating your true self from your mind and your brain. Identify your emotional baggage and put it under the microscope of current reality. Use the pure self to separate your pure brain from its emotional baggage. Observe observing your self observing your mind that your mind is observing the emotional baggage in your brain. Observe that your pure self is not free not because you, or your brain or your mind is defective. Observe that you are a slave of your emotional baggage; which is just memories from the past that have no basis in reality now.

Use the mind to separate the brain's fault from the self. The self is made to realize that the self is not at fault. Even the brain is not at fault. The brain is like a vessel that contains bad memories that keep churning and producing emotionally challenged behavior. So by exercising the third-eye/pure-self the mind is used to clean up the brain of emotional baggage.

It is essential to identify which feeling is coming from which source. The mind controls the five senses. The mind lives in the present from the feedback it gets through the five senses. The brain observes life through the past embedded distorted images of current reality. The brain lives life filtering current life through past prejudices. So when one is indulging in a bad habit it is the brain that is driving the urge for this bad behavior and it is the mind that feels afraid of the consequences and it is the pure self that feels frustrated and guilty. In fact it is the embedded emotional baggage that is the culprit of all emotionally challenged behavior. It is the emotional baggage that shapes the brain and the mind that results in a distorted pure self, which we experience as the self image.

It is the self image that controls the pure self but the pure self is always there. Once in a while the pure self flares up in the form of the conscience. In fact those people who are restless and cannot find any physical reason for their restlessness must wake up to the fact that maybe their restlessness is driven by their pure self. The pure self is enslaved by the self image and is restless, frustrated and angry as it wants to be free. So clean the brain of its emotional baggage and you will become free from your self image. You will be transforming your self image into your third eye which is your pure self.

Brain cleaning involves reliving the past incidents just as they happened in full contextual mindfulness. It is like someone is afraid of rats. Place the rat in his hand and he will be first shocked. The next time you place the rat in his hand he will be less shocked and ultimately his fear will disappear. Similarly by absorbing the past buried episodes one at a time exactly as it happened and absorbing the shy feelings in the context of the irrationality of these shy feelings in the context of the current situation the strength of the shyness is gradually reduced and ultimately removed. The brain's embedded childhood fears are exposed to the current reality observed by the mind. Under the sharp focus/observation of the pure-self/third-eye, observe the

mind observe the reliving the brain's memories of emotional baggage creating episodes of the past. Re-experience all the painful memories as if you are a child now, while observing that you are now a grown person and that this embedded memory is just a figment of a past memory which is not real. Link the emotional baggage as it is being re-experienced to where it belongs; to history.

In all this it is crucial to use your mind/I/self/third-eye to separate your brain from your mind and separate the brain from the emotionally challenged behavior. Link the emotional baggage to where it belongs. It is present because your brain contains this baggage. Remove the emotional baggage and the brain becomes free and super healthy.

By actualizing the third eye we will have a pure self which is innately happy without even striving to be happy. In fact we will be experiencing a pure life by becoming our pure self.

So waken up to the fact that the third eye is not something that only prophets and mavers possess. The third eye is your pure self and you must make your self the master of your brain and mind. As they say that one should be always aware of one's life moment to moment. So awaken/actualize your third-eye, your pure self and you will live fully absorbed in the moment, fully controlling the behavior of your mind and brain. The third eye is always there, it is you. Develop it to your full potential. Develop you to your full potential.

A Very Pure-Self New Year to You, All America and the World.

PS: WISDOM EDUCATION IS ALL ABOUT SELF IMAGE EDUCATION; IT IS SPECIFICALLY/EXACTLY ABOUT CREATING/ACTUALIZING THE THIRD EYE.

MERRY CHRISTMAS & A VERY HAPPY NEW YEAR OF SUPER MATURE ACTION ON ALL FRONTS, INCLUDING SELF-IMAGE/THIRD-EYE/PURE-SELF EDUCATION.

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