

# Open Sesame Third Eye Spell

(from "Spells for the Solitary Witch", Eileen Holland)

If you are new to magick or to psychic work, or find that your psychic abilities aren't as sharp as they once were, this is a good spell for you. Your third eye (sixth chakra) is the center of your psychic self. It rules every aspect of your sixth sense: intuition, insight, clairvoyance, precognition, telepathy, and all other psychic abilities. It is very important to have an open third eye as it is how you do anything psychic: meditation, divination, visualization, scrying, astral projection, etc.

This spell may be cast any time but it is best to cast on a moonlit night.

## Spell "Ingredients"

- ◆ sandalwood incense
- ◆ purple candle
- ◆ meditation crystal – ie., aquamarine, azurite, amethyst, clear quartz, prehnite, topaz
- ◆ sesame oil - from Asian section of grocery store
- ◆ tiger balm – liniment used for muscle pain (any balm that has a menthol works as the intent is to make your skin tingle – but by ALL means, do not use if you have a skin allergy to a balm or liniment; in this case, use an anointing oil similar to Fortune Teller, Amber or Astral Travel)
- ◆ *optional*: music, candles, ritual garb, whatever helps to get into your "magickal mood"

## Preparation

Get into your magickal mood – anything that makes you feel prepared to work a spell, whether it be certain "garb", music, lighting, etc. Place all items in your work space. Dress the candle with sesame oil then wash your hands. Darken the room, light the candle and then light the incense from the candle's flame. Create your sacred space to work the spell. Do this by mentally surrounding yourself and your space in protective white light. You can also smudge the area with sage to clear any bothersome or negative energy.

## Spell

Anoint your third eye with the Tiger Balm or oil, whichever you are using, with the forefinger of your projective hand (the one you write with). The third eye is generally located on your forehead between your eyebrows. Focus on the way your third eye is responding to the anointing, as well as the warmth of the candle. Concentrate on opening your third eye. Do this by visualizing it unfolding, like a flower when it blooms. Gaze at the candle until you feel ready, then say:

*Alfy layla wa layla<sup>1</sup>  
Alfy layla wa layla  
By the Moon, on Arabian nights,  
By the silence of ancient sites,  
By the secrets of arcane rites,  
By the flicker of candle lights ...  
Ifta, ya simsim!<sup>2</sup>  
Open Sesame!*

*Open my third eye, open my mind's eye,  
Release my sixth sense.  
Help me to see the unseen.  
Help me Be as I have never been.  
Let me See as I have never seen.  
Open my third eye, open my mind's eye,  
Open my Self to understanding.*

*Alfy layla wa layla  
Alfy layla wa layla  
By the power of moonlight,  
By the power of clear sight,  
Ifta, ya simsim!  
Open sesame!*

<sup>1</sup>-translation: alfy layla wa layla is Arabic for "one thousand and one nights"

<sup>2</sup>-translation: ifta, ya simsim is Arabic for "open sesame"

Concentrate on your third eye, now wide open. Envision stars pouring from the chakra or light pouring into it, or whatever image feels right to you. If you have been blocked for a long time, a tremendous amount of energy may be released. Don't be frightened if this causes a physical manifestation, such as the candle flame suddenly leaping up. Don't be concerned if your body begins to vibrate or if the energy affects you in some other physical way. Dance, if this happens and you feel that you need to work the energy off.

Gaze into the flame of the candle. Concentrate on how you feel and on the possibilities that the spell has released. Do this until you feel your body adjust itself to the now open chakra, then begin to ground the power you raised. Monitor the candle until it has burned down entirely. You should feel calm, grounded, and centered by then. Ground any residual power and clean the work space. Have something to eat and drink if you have trouble returning to ordinary consciousness. Remember to drink plenty of water as your body will need it.

## **Afterward**

You will be changed after you cast this spell. It affects everyone differently. You may find that you are more imaginative, that your perception is keener, your meditations deeper, or your insight sharper. You might find visualization easier or begin to get more accurate answers from your runes, pendulum, tarot cards, or whatever divination tool you use regularly.

Opening your third eye can also affect your body. You may find yourself sleeping better, feeling less anxious, less confused, or less fearful. You might begin to experience fewer or less severe headaches. You could also feel less tension in your neck, or have eye, hormone or skin problems finally clear up.

However this spell affects you, it will be a positive change. Some will cast it once and have their third eye forever opened. Others will find it helpful to cast the spell periodically in order to keep their third eye open.