The BeachHOUSE Goa

THIRD EYE CALM RITUALS

Why Your Third Eye Matters

(And why stillness begins here)

Right between your brows sits a tiny doorway — the Ajna chakra, the seat of intuition, deep rest, and mental clarity.

When stress whirls inside you, this centre tightens… without you noticing.

Headaches rise. Thoughts race. Sleep slips away.
These rituals are simple invitations to melt that tension — so your mind can soften, your breath can deepen, and your nervous system can finally exhale.

You are not trying to stop thinking — you are creating a space where your thoughts no longer need to shout.

Daily Micro-Practices for a Still Mind

A soothing companion to help you soften into rest, quieten the mind, and return home to the calm that already lives within you.

Ritual 1

The Sandalwood Touch

For emotional grounding and ease

Warm a tiny drop of sandalwood or Brahmi oil between your fingers.

Gently place it upon the space between your eyebrows. Close your eyes. Breathe slowly.

With each exhale, imagine your thoughts settling like soft grains of sand.

When to use it

- Before bed
- When anxiety rises
- When you're overstimulated or overthinking

"I am safe. My mind can rest now."

Ritual 2

Brow to Temples Sweep

Inspired by the soothing flow of Shirodhara

With both hands, place your fingertips at the center of your forehead.

Slowly sweep outward toward your temples. Repeat 7–10 times, letting the movement get slower each round.

Let tension dissolve beneath your touch. Let worry flow out and away.

When to use it

- After a heavy workday
- During emotional overload
- When you feel pressure in your head

“I release what weighs on my mind.”

Ritual 3

The Warm Pulse Pause

To calm the nervous system instantly

Cup your palms and gently cover your closed eyes.
Hold softly — no pressure.
Feel the warmth settle into your brain like a soft blanket.

Breathe in for 4...
Breathe out for 6...

Each longer exhale takes you deeper into stillness.

When to use it

- Before sleep
- When your mind feels busy
- Mid-day stress reset

“Stillness lives in me.”

Ritual 4

Intuition Journal Prompt

For clarity beyond thought

After a short pause or breathing practice, open your journal and write:

- *What can I soften today?*
- *Where is my inner wisdom guiding me?*
- *What truth am I overlooking in all this mental noise?*

Write without editing. Let the deeper voice speak.

When to use it

- Right before sleep
- During uncertainty or self-doubt
- On mornings you wake overwhelmed

"My intuition is clear, and I trust it."

Ritual 5

Minute Night Wind-Down

Your new bedtime hug for the brain

1) Brow-to-temples sweep — 1 minute
2) Warm pulse pause — 1 minute
3) Slow breathing (count 4 in, 6 out) — 2 minutes
4) Intuition affirmation — 1 minute

Then lie back. Let the body melt. Let the mind float.
Let the quiet take care of you.

When to use it

- Right before sleep
- Your body needs grounding.
- Calm the nervous system.

“I am allowed to rest. I am allowed to soften. I am allowed to sleep.”

A Gentle Reminder

Your mind is not your enemy.
It is simply tired of carrying everything alone.
These small rituals teach your nervous system a new truth: peace is available — not someday, but now.
Practice one ritual a night, or flow through all four.
Consistency creates safety. And safety creates deep calm.

When You're Ready to Go Deeper

Your nervous system may be longing for more than a quick reset — it may be craving a sanctuary.

At The Beach House Goa, the Transformational Meditation Retreat offers:

- Shirodhara for nervous system healing
- Ayurveda therapies for inner balance
- Yoga & breathwork to dissolve stress
- Nourishing meals for mind-body harmony

If your heart is whispering "I need peace"... we would love to hold that space for you.

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