

Third Eye Seed Practice and a Question 'With' Whom Are You Attracting Relations Cultivating 'Between'?

Essay By David Michael Boje GrowthOD.org December 8, 2025

The sixth seed opens in your Third Eye (*Ajna*, meaning "command and control"—but here, self-mastery rather than domination). This seed reveals: **With whom are you attracting relations in your life?** Cultivation lives in the **'Between'**—in the relational space, the dialogue, the web of connections. The practice is to **'Restory'**—to collect those Little Wow Moments into a 'New Story', one no longer bound by the past, co-created with the people you're attracting into your life. When this seed flowers into vision, you embody the **True Storytelling Principle 6: You must consider staging, including scenography and artefacts.** You see how to create the conditions, the settings, the props and platforms where healthy relations can flourish and new collective stories can be performed together.

The Third Eye, at center of your brow, is the Vertical Eye of Wisdom (Chitrabhanu, 1979: para. 60-61). We can be the quantum observer of our inner and outer world, in harmony **'With'** the Horizontal physical eyes of unlimited possibility in lightness of awareness that transforms thoughts, emotions, beliefs, and self-destructive behaviors of little ego, inner critic, and rebellious child, 'With' balance of calm, clarity, equanimity, that does not take our role in the earthly drams of work and relationships too seriously. As the **True Storytelling Principle 6 put it: You must consider staging, including scenography and artefacts.** Transform the world of work and relations into a 'Garden' (Chitrabhanu, 1980: para. 94), plant seeds of leadership, cultivate the soil, and harvest the plenty of **blissful consciousness.**

How to use your Third Eye?

Be the quantum observer of the inflow and outflow of vibrations streaming in all directions through your five senses of enacting (sight, sound, taste, smell, & touch) that are attracting and repelling 'story clutter' from **WITH**-in, and **WITH**-out ensnaring your (en) thinking with 'little ego,' 'inner critic,' and 'rebellious inner child.'

The constant in-flow and out-flow of streaming (quantum) vibrations, in Sanskrit, is called, **'Ashrava.'** The vibrations streaming, in-flow of culture, society, work and homelife that condition your thoughts, emotions, beliefs, and behavior. Samvara is the solution to **Ashrava.** **Samvara** means **STOP!**

Use your Third Eye to close the five gates, to **STOP** your **S³** (Spirit, Soul, & Self) from being swallowed up and overwhelmed by in-flow to the five senses of enacting (Within & With-out) and hardening your (en) thinking so you **STOP** questioning 'Who', 'What', 'When', 'Where', 'Why', and **'With'**.

It takes practice to **STOP** and close the Five Gates so you can lighten up and experience **Balance of Blissful Attunement** (Chitrabhanu 1980: 81, uses word mood

here). To command and control your Five Gates with your Third Eye takes daily practice, to spot the pinpoints of sticky, muddy, residue, **WITH**-in, and the streaming embroiling confusion from **WITH**-out

The Five Gates you control and command with Third Eye of vertical observation

Gate One: Kashaya means inner passions and attachments, such as anger, pride, greed, and deceit streaming inside and Between relationships, including in 'transactional; organizations, we studied such as Enron, and the Epstein Files ensnared in the goathead puncture vine. Little Ego leaders flourish, giving and receiving goathead punctures of greed, pride, etc. To close Gate One, say 'No' to this gate. Say 'yes', to open a gate of fresh water to your inner lake, flushing out the mirky, muddy, tar and debris.

Gate Two: Yoga means mind, word, and body, all sticky and glued to screens, alluring apps, enticing AI's, taking up residence in you in ways you are unaware. How many adds a day do you encounter? 4,000 to 10,000 ads streaming, trying to enter all five senses, to pinpoint, puncture, resonating a 'story clutter' feeding on extrinsic outcomes and rewards, that become attachments.

Gate Three: Pramada means lethargy (sluggish, lack of energy, stagnant from three streams: (1) indecisiveness of wishy-washy, going in all directions (2) non-attention to time, with lack of discipline, and (3) Not claiming time, with a **STOP** for your **S³** (Spirit, Soul, & Self). Solution: Practice **A-Pramada**, watching and observing in-flow streams with awareness, not working for outcome rewards, but for 'Growth, being of service, being decisive, discipline about time, giving self a rest.

Gate Four: Avrati means failure to limit things, possessions becoming compulsion, and food becoming indigestion overwhelming your digestion. In sum, No Balance in consumption, accumulation, health, and addictions have many pinpoints in your muddy lake bottom. Time for **Samvara STOP** for your **S³** (Spirit, Soul, & Self), observe with Third Eye, say 'No' when Third eye shuts, and say yes to healthy choices, when the Third Eye opens.

Gate Five: Mithyathava means your gate of ignorance, confusion, and uncertainty is wide open. In 'True Storytelling' is blending, mixing with violence to living beings, lust for temporary relief, hurtful action to self and others. Your lake water is too cloudy to sense with clarity, your lake bottom too muddy '**With**' many pinpoints to think 'what's true.' Can you be in silence. It takes practice. Solution: Practice daily with Third eye, by saying **Samvara** which means **STOP**, begin questioning 'Who', 'What', 'When', 'Where', 'Why', and '**With**'. Say 'Yes' as your Third eye opens to endless possibilities.

Practice noticing the opening and closing of your Third Eye, and saying 'Yes' as the eye opens, and 'No' when that eye closes. Use this as a way to close your five gates, becoming aware, being the quantum observer of the streams of vibrations in-flowing, and out-flowing from '**With**'-in and '**With**'-out. Don't take your roles in life too seriously,

as William Shakespeare said, "All the world's a stage, and all the men and women merely players," from his play As You Like It (Act II, Scene VII), a monologue by the character Jaques, comparing life to a play with different "acts" (stages of life) and roles people play from infancy to old age. In True Storytelling, the Sixth Principle: "You must consider staging, including scenography and artefacts.' This is who you play your part, communicate, act.

Your state of balance come from Third Eye, like a lake I flew to in Mount McKinley range of Alaska when I was 12 years old, landing in a pontoon Cessna on Wilderness Lake. I observed:

1. Storms made the lake water roil.
2. Winds in one direction produced rolling waves.
3. Constant fluctuations in currents had undertow.
4. Lots of debris from 1, 2, & 3 made a muddy bottom of the otherwise clear, calm lake.
5. There were five muddy streams in-flowing, and others out-flowing lake.

I learned later in life, to say this mantra: 'So hum' which means 'I am that'. *With-in my S³* (Spirit, Soul, & Self).