



PRAISE FOR:

Awaken Your Third Eye

By Susan Shumsky, DD

"Susan Shumsky has practiced meditation and other spiritual disciplines for more than 48 years. She spent 22 years under the tutelage of an enlightened spiritual master from India. She isn't just a writer. She is a master teacher and has experienced everything she describes in this book."

—MARCI SHIMOFF, *New York Times* best-selling author of *Happy for No Reason; Chicken Soup for the Woman's Soul*

"In *Awaken Your Third Eye*, Susan Shumsky shows us that the third eye is not just a portal to seeing into the invisible realms and to finding what is hidden from view. It is the eye of illumination and the key to spiritual enlightenment."

—JANET BRAY ATTWOOD, *New York Times* best-selling author of *The Passion Test; Your Hidden Riches*

"Susan Shumsky teachings of the spiritual disciplines come from her in-depth study and practice of 22 years she has spent in ashram life. This book will give you a practical approach and insight to embody the awakening of the third eye that could be a life transforming experience."

—GURUDEV YOGI AMRIT DESAI, founder, Kripalu Center and Amrit Yoga Institute

"Susan's book empowers you to break through the main physic knots and release the energy that awakens the third eye. Her book provides a powerful technique to reconnect you to the domain of divine grace that dwells within you."

—GURUDEV YOGI AMRIT DESAI, founder, Kripalu Center and Amrit Yoga Institute

“Susan’s books are a rich resource for my own writing and teaching, and with *Awaken Your Third Eye*, she thoroughly explains the key to inner vision and spiritual brilliance—the ‘God eye’ that helps us see the world through a lens of light.”

—CYNDI DALE, author of *The Subtle Body: An Encyclopedia of Your Energetic Anatomy; The Intuition Guidebook, Energetic Boundaries; Kundalini: Divine Energy, Divine Life*

“This book is a treasure trove of information, bridging science, philosophy and actual practice. I can’t imagine a more well-rounded and thorough resource on the subject of opening the sixth chakra and discovering the gateway to transcendent awakening. A jam-packed gem full of spiritual insight.”

—ANODEA JUDITH, PH.D. author of *Wheels Of Life; Eastern Body-Western Mind*

“I doubt that anyone has written so extensively and done as much research as Susan Shumsky regarding the third eye. In her book *Awaken Your Third Eye* she has packed numerous historical references, extensive scientific research, and a number of spiritual exercises that can inspire you about the benefit (and ease) of opening your third eye chakra and your inner knowing. Susan’s background of having served on Maharishi Mahesh Yogi’s staff for seven years serves as a backdrop to the information shared in this book.”

—DENISE LINN, author of *Sacred Space; Soul Coaching; Unlock the Secret Messages of Your Body*

“Some books entertain while a few others awaken. It’s rare to find one that does both. Susan Shumsky’s *Awaken Your Third Eye* illuminates. The field-proven methods it reveals can help you open your third eye—the source of power, intuition and wisdom—which can transform you from a spiritual caterpillar to an enlightened butterfly.”

—DR. JOE VITALE, author of *Zero Limits; The Attractor Factor*

“*Awaken Your Third Eye* is a practical guide to help you explore the depths of your intuitive wisdom.”

—JUDITH ORLOFF, MD author of *The Ecstasy of Surrender*

“With this book Susan Shumsky opens our eyes to all that can be revealed when we open our Third Eye. A whole new world opens up. As a comprehensive blueprint of the human energy field and a practical guide to spiritual awakening, well supported with convincing scientific evidence, *Awaken Your Third Eye* will show you how to open your Third Eye and experience your own spiritual awakening. What could be better than that?”

—COLIN TIPPING, author of *Radical Forgiveness*

“Susan Shumsky has combined ancient practices with her own 47 years of spiritual experience in meditation, prayer, yoga, and intuition to design powerful methods to help you awaken your third eye.”

—MAS SAJADY, spiritual healer
