The ability of the third eye is activated by vibrating the rune Mana on the third eye. The M is done like the Brahmari pranayama the A is done as Ahhhhh and the N as the nasal N like in No. That is why the symbol of the Mana is shown as the jewel placed in the third eye in the east with the Mani jewel of Buddha. And Mana is the mantra of the third eye in the Hindu texts. The M and N letters open the psychic centers in the head in the tantra mantra texts