THIRD EYE
Ajna
CHAKRA
What is a Chakra?

- In Sanskrit means “wheel” or “disk”
- Spiritual energy center
- Seven along the spine
- If they are open, closed, or balanced, they can affect the physical, emotional, and spiritual body
Ajna – 6th Chakra

- Located at the brow, middle of forehead
- Related to light, insight, intuition, and self-awareness.
- Symbol is a a Lotus Flower with 2 petals
Opening and balancing

• Opening this chakra calls for us to turn to our own intuition for guidance.

• Trust the voice inside your head
• Spend time alone in silence
• Visualization

• Truth and knowledge activates this chakra.
Effect of imbalances

The third eye chakra is connected to:
• Brain
• Face
• Nose
• Sinuses
• Ears
• Eyes
• Central Nervous System

A blockage of this chakra can lead to:
• Self-doubt
• Distrust
• Poor ability to visualize
• Inability to remember dreams
• Decreased memory
• Headaches
• Sinus Issues
Crystals & Aromatherapy

- Crystals
  - Flourite
  - Azurite
  - Rose quartz

- Aromatherapy
  - Bergamot
  - Tea Tree
  - Lavendar
Healing foods

- Anything

INDIGO!
• What beliefs do I continue to accept that I know are not true?
• Do I accept, honor and follow my intuition?
• When I connect to my third eye energy, what do I see or perceive? How do I feel? What scares me about it? What makes me curious about it?
• I feel intuitively that….
Mantra - “OM”

Envision the color indigo glowing in between your eyebrows. “I trust my intuition. I am aware in every moment.”

Repeat “OM” three times.