

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 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

- Fluorite
- Azurite
- Rose quartz

Aromatherapy

- Bergamot
- Tea Tree
- Lavendar



Healing foods

o Anything
INDIGO!



Journaling + Painting

- 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.

