



## **CHAKRA 6 – 3<sup>rd</sup> Eye / Brow**

*Psychic Vision, Second Sight, Center of Intuition*

**COLOR:** Deep Indigo Blue, 2 Lotus Petals

**SANSKRIT NAME:** Ajna, “Servant”

**LOCATION:** Just between, or slightly above, the eyebrows and encompasses the entire face and head.

**MANTRA:** SHAM

**ELEMENT:** All elements combined, light

**GEMSTONE, or CRYSTAL:** Herkimer Diamond, Sapphire, Lapis Lazuli

**HERBS:** Tarragon

**INCENSE:** Frankincense, Basil

*As with each chakra the desire is to reach a balance. Chakras are great indicators of how your internal barometer is functioning at any given moment. Each chakra can be in balance or out of balance, too much one way or the other.*

*The 6<sup>th</sup> Chakra known as the Third Eye Chakra, is the center of our intuition, what we know without seeing it directly. This chakra is of perception, intuition, dreams, visions and visualization and as some would refer to the inner voice.*

*Though the 6<sup>th</sup> Chakra is known for “seeing”, it is also about knowing; where wisdom lives as well as your conscience. You not only see, but know what things mean. Not only knowing, but also understanding what is right and wrong.*

*If the Third Eye Chakra is closed it will make decision making difficult and your inner wisdom can be lost. An opened Third Eye Chakra will allow you to understand, discover, discern and tap into your internal and a deeper knowing.*

*Practicing meditation, creative pursuits in arts, visualization, journaling your dreams all can help in opening and having a balanced 6<sup>th</sup> Chakra. You can also surround yourself or wear more indigo blue colors, candles, foods (berries, eggplant, plums, dark red cabbage, flowers, paintings and artwork, gems or crystals.*

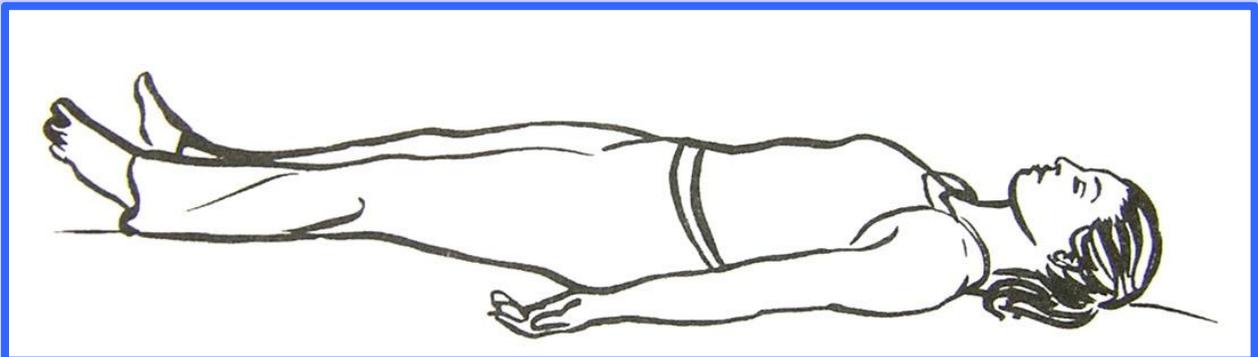
*Health issues related to blocked a 6<sup>th</sup> Chakra are vision problems, headaches and migraines, sinus infections and nasal congestions.*

*Below are 2 yoga poses you may want to consider to ground and focus this chakra – again, be gentle on yourself! Only do as much as is comfortable for you.*

*\*\*As always, please check with your physician before trying any exercise, food, yoga pose or breathing exercise for this and the other chakras. Below is a yoga position if you are comfortable and able to perform – be gentle and easy on yourself, no need to strain and overdo.*

### **Corpse Pose (for focusing on the Third Eye chakra):**

Lay flat on your back, legs slightly apart, palms up, relax and breathe naturally and focus on your Third Eye chakra. Try this for 5 minutes and work yourself up in 5 minute increments as you can.



**Tree Pose (for balancing an enlarged Third Eye chakra):**

Stand straight, legs slightly apart, raise one leg up with foot pointing down, pressing against adjacent leg, first against your calf and move up to inner thigh if you can do it, arms out to your side for balance, into prayer pose, lifting up to above your head...this make take several tries. Do only what you can.



Mudra that can be used during your 3<sup>rd</sup> Eye Chakra clearing.

