



Brow Chakra – Ajna

| trust my intuition and follow its wisdom.

| understand the true meaning of life's situations.

| move towards my vision with clarity and insight. | am perfectly attuned to my vision.

The Brow Chakra, is located between the eyebrows, which is why it is commonly referred to as the Third Eye. It encompasses the pituitary gland, eyes, head, and lower part of the brain. The sixth chakra is about intuition, imagination, wisdom, understanding and enlightenment. This chakra is the center of our mental powers, our intellectual capacity to distinguish intuition from will.

Your intuition is like a “sixth sense” that grows stronger as you open your third eye, something you can look to for guidance in making the right decision. The brow chakra enables us to connect with the energy of the world beyond our five senses and teaches us to go beyond superficial appearances, find deeper truths and then cultivate our resources of creativity and wisdom. Through this chakra we are able to open ourselves to universal energy which allows us to direct ourselves towards fulfilling our life's purpose.

The sixth chakra is a spiritual chakra which means “beyond wisdom.” It is the center of your intuition. Ajna leads you to an inner knowledge that will guide you if you let it. An open sixth chakra can enable expanded imagination, visualization, clairvoyance, telepathy and lucid dreaming. When the third eye is healthy the soul becomes involved. Pay attention to a hunch or a subtle feeling of moving forward or holding back. If you are conflicted, ask for your sense of intuition to be opened in order to help you make the right choices.

Basic Principle: The right to see

Color: Indigo (Complimentary Color: Yellow) / **Sense:** Light/Color / **Element:** Light / **Planet:** Jupiter

Season: All / **Astrology Signs:** Cancer / **Metal:** Silver / **Sound:** Note A and B / **Mantra:** Sham

Emotional Component: Illusion / **Physical Component:** Face, ears, eyes, nose, sinus, and nervous system

Associated Glands: Pineal/Pituitary / **Associated Meridians:** Triple Warmer

Nutrition: Blackberries, purple kale, cabbage, grapes, raisins, fermented foods, and wines

Crystals: Lapis, Labradorite, Blue Sapphire, Amethyst, Clear Quartz, Herkimar Diamond, Lepidolite, Fluorite

Oils: Lavender, Palo Santo, Peppermint, Patchouli, Ylang Ylang, Rosemary, Blue Lotus Flower

Karmic Lesson: See beyond appearances and illusions.

Yoga Poses: Childs pose, Laying Flat (face-down) with Forehead on the mat and chin tucked to chest,

Seated Forward Bend, Downward Dog

Harmonious Function of the Brow Chakra

Intuitive and perceptive – Imaginative – Able to integrate information on many different levels
Insight about the world we live in – Open-minded – Ego and soul spirit are balanced –
Advanced intellectual skills – Live and think holistically with nature –
Able to Create life and manifest dreams for the highest good

Underactive Brow Chakra Energy

Lack of imagination
Difficulty in seeing the future
Easily lose your head under stress
Poor vision and poor memory

Physical Brow Chakra Imbalances

Sleeping disturbances
Concentration difficulties
Sinus and nose congestion
Pain in the eyes and head
Hard to make decisions
Slow thinking
Headaches
Depression
Hormonal difficulties

Emotional Sixth Chakra Imbalances

Worrying
Fear of the future
Forgetfulness
Over-sensitivity to impressions of others
Undisciplined

Overactive Sixth Chakra Energy

Difficulty concentrating
Obsessed
Delusions
Hallucinations
Nightmares

How to maintain a healthy Brow Chakra.

The maintenance of your third eye starts with some important questions. How willing are you to become more open-minded? Are you willing to change your thought patterns? Do you have an open, loving, compassionate, forgiving heart? What is your sleep cycle like? Do you remember your dreams? Do you trust your intuition? Do you meditate? Do you eat organic, non-GMO and hormone-free foods? Is there fluoride in your water and toothpaste? Do you drink and/or smoke excessively? Do you get headaches a lot?

The element for the sixth chakra is light. Are you willing to see the light? Are you willing to make the necessary changes in your life so that your ego and your spirit can live in harmony with one another? Don't just be willing to see through your physical eyes, but your spiritual eyes, your hearts eyes, and the eyes of others.

The emotional component for this chakra is illusion. Are you stuck between reality and fantasy? Another words, are you stuck in your head? It's time for some self-reflection. It's time to explore any limiting belief or old belief systems you still have. It's time to explore different perspectives and viewpoints. Whether this be with a counselor, therapist, through self-help book, acupuncture, reiki, or other alternative healing modalities, allow yourself the opportunity to open up to new perspectives.

Change your meditation practice (or start one!) with some color or light therapy. Or, while your meditating, you can envision the color indigo glowing around your brow/face. Imagine it absorbing into your third eye, then into your pineal gland, healing it. Holding a crystal while doing this can increase your imagination and make this experience stronger.

Other ways to create a healthy brow chakra - Get on a regular sleep schedule, start a dream journal, stop the use of all fluoride products, drink only filtered water, eat only organic/hormone free foods, eat dark fruits such as blackberries and grapes, along with adding foods such as purple kale, cabbage, raisins, fermented foods and limited wine consumption to your diet. Another recommendation is researching ways to decalcify our pineal gland, doing a body detox and actively reducing your electronic usage to reduce EMFs.