

Third Eye

Principle Element: All five elements

Associated Sense: Sixth sense

Structural Representation: Two petals

Seed syllable: Ohm

Color: Indigo/white

Site: Between the brows, at the end of the nasal tract

Gland: Pituitary

Sense organ: Mind

Auric Layer: Celestial body

Main Issues: Wisdom, intuition, telepathy

Developing Age: Not applicable

Planet: Jupiter/Moon

Zodiac Sign: Sagittarius, Pisces

Essential oils: Frankincense, sandalwood, camphor, rosemary, holy basil

Stone Associated: Amethyst, sodalite, and lapis lazuli

Emotions: Illusion, the right to see

Connected to: Spiritual self

Affirmation: I see

Personality trait: Wise, truth seeker

Qualities: Intuition, understanding, fearless, idealist, fulfillment

Complementary color: Orange

Day of the week: Saturday

Element: Light

Senses: Intuition

Note: A note

Solfeggio Frequencies: 852 Hz

Third Eye (indigo) Governs Intellect

The third eye chakra is about insight and visualization. When it is open, you have a good intuition. You may tend to fantasize.

Often you will see people rub or tap the third eye area as if trying to literally grab hold of a thought they somehow know is there but they just can't quite get hold of. This is the intuitive chakra center of the mind and it can easily be pulled 'out of sync' by the logical, rational, conscious mind we use for a large part of the day. As you may have noticed, when you let go of chasing that illusive thought and get on with an unrelated task, the inspiration or information seems to magically come from nowhere!

When this chakra is balanced and open you are your own master with no fear of death, are not attached to material things, may experience telepathy, astral travel, and past lives. Sixth chakra body parts include the eyes, face, brain, lymphatic and endocrine system.

Symptoms of overdevelopment: racing thoughts, hung up on logic, too abstract in thinking, living in your head, endlessly planning but not doing, hallucinations, headaches/migraines. You may live in a world of fantasy too much. In excessive cases hallucinations are possible.

Symptoms of underdevelopment: unconscious, illogical, unable to think abstractly, acting without thinking, forgetfulness, inability to remember dreams, vision/eye problems. You're not very good at thinking for yourself, and you may tend to rely on authorities. You may be rigid in your thinking, relying on beliefs too much. You might even get confused easily.

Someone with good balance: will be intelligent, clear-headed, alert, thoughtful, have a good memory, have good eyesight and be generally insightful.

Third Eye Chakra Healing Foods: Caffeine, tea, chocolate, spices, wine, purple-red foods (purple potatoes, red onions, blackberries, blueberries, purple grapes, etc.)

	Increased Flow	Decreased Flow	Heightened Flow
Physical	Increased function of pituitary and hypothalamus gland stimulation of automatic functions	Decreased function of pituitary and hypothalamus gland relaxation of automatic functions	
Psychological	Lower self (ego) perceptions increases	Lower self (ego) perceptions decreases	
Spiritual			Expanded perception of reality and of the higher self or soul

Mudra



Put your hands before the lower part of your breast. The middle fingers are straight and touch at the tops, pointing forward. The other fingers are bended and touch at the upper two phalanges. The thumbs point towards you and touch at the tops. Concentrate on the third eye chakra slightly above the point between the eyebrows. Chant the sound OM or AUM.

Chakra Meditation

This is a meditation that you can do to clear your chakra. Feel free to start in from the root up or crown down.

- 1.) Find a quiet space for yourself and take a few moments to get comfortable
- 2.) Sit up straight, gently stretch and lengthen your spine
- 3.) Place both feet firmly on the ground and visualize roots growing out of your feet deep into the earth, grounding you
- 4.) Relax your hands allowing them to rest on your lap
- 5.) Calmly inhale and exhale through your nostrils
- 6.) Allow your attention to focus on your breathing and increasing oxygen intake throughout every tissue and cell in your body
- 7.) Envision a string attached to the top of your head, gently pulling your spine erect
- 8.) BASE CHAKRA (aka Root Chakra)

Direct your attention to your Root Chakra located at the base of your spine. Visualize a spinning Red disk about the size of your hand. This chakra contains the energy of stability and strength. Envision a spiral vortex of energy coming up through the base of the spine, dissipating the energy of any worries or anxiety you have. Take a few moments to visualize and feel this energy.

9.) SACRAL CHAKRA

Moving up the spine, you will now focus your mind on the sacral chakra, the second chakra located about 2 fingers below your belly button. Visualize a spinning Orange disk about the size of your hand. Envision a spiral vortex of orange energy flowing up from the base chakra into the sacral chakra with ease and synchronicity. Take a few moments to visualize and feel the energy being drawn up through the earth, into your base chakra and effortlessly flowing into your sacral chakra. Move on to the next chakra when you feel confident these two lower chakras are free flowing, open and aligned.

10.) SOLAR PLEXUS CHAKRA

We now reach the solar plexus chakra located about 2 fingers above your belly button. Visualize a brilliant yellow spinning disk about the size of your hand. Further envision the spiral vortex of healing energy flowing up from the earth through the (red) root chakra, through the (orange) sacral chakra and into the (yellow) solar plexus chakra. Take a few moments to focus on how these chakras are delivering healing energy to entire lower half of your body. When you feel balance, proceed.

11.) HEART CHAKRA

Moving on to the heart chakra, we now visualize a spinning emerald green disk, the size of your hand, located in the center of your chest. The heart chakra is particularly important because it is the gateway from the lower chakras (or earthly energies) into the higher self or higher state of consciousness and being. Visualize the spiral vortex of energy feeding and spinning your heart chakra. Be mindful not to allow the heart chakra to be too large or too small, it should be about the size of your hand. This is important as all your chakras should be the same size and be synchronized to work together. If your heart chakra is too open or completely closed, this will create a great disturbance in your physical, mental/emotional and spiritual well-being. That said, spend a few minutes visualizing all 4 chakras working together with the vortex of healing energy.

12.) THROAT CHAKRA

We now reach the throat chakra (the location is self explanatory ;)). Throat chakra healing is particularly important in those too scared to communicate, or talk too much and never listen. Visualize a brilliant blue disk about the size of your hand spinning in the center of the throat area. Allow the spiral vortex to move upward from the heart and now feeding the movement of the spinning chakra. You know the drill by now! ;) Take a moment to visualize all chakras working together in harmony.

13.) 3RD EYE CHAKRA (aka Brow Chakra)

The 3rd eye chakra is located between your eyebrows in the center of the forehead. Visualize a spinning indigo disk about the size of your hand rotating in the center of your forehead. The health of the 3rd eye chakra is critical in spiritual development and it is considered the center of all psychic capabilities, intuition and is said to be the window to the soul. Take a few minutes to visualize a healthy 3rd eye chakra and allow the spiral vortex of healing energy to flow through your brow chakra. When you feel comfortable, move on to the Crown Chakra

14.) CROWN CHAKRA

The crown chakra is located at the top of your head and is associated with the color violet. Just as our root chakra connects and grounds us to the earth, the crown chakra connects us to the divine, or heavens (whatever your reference may be). Now envision a spinning violet disk at the top of your head and allow the vortex energy to fill the crown chakra with healing light and clearing away any negative or dark energies. From there allow the energy to flow out the crown, creating a continuous flow of energy from the earth connecting to the divine. As you can see by now, the energy vortex has no beginning and no end. You are allowing continuous flow to travel through your chakras and body, creating peace and balance. Spend as much time as you feel necessary to complete this final step.

15.) Now that you have cleared your chakras now pull in clean fresh energy and fill each of your chakras with that energy

16.) Slowly bring down that energy and re ground yourself and slowly open your eyes