



THIRD EYE

Ajna

Intuition, Imagination,
Lucidity, Astral Projection



OM

CHAKRA NUMBER: 6

SANSKRIT: Ajna

MEANING: To Perceive

ELEMENT: Light

COLOR: Indigo

SEED SOUND: OM

AFFIRMATION: I See

LOCATION: Forehead

PLANET: Saturn

GLAND: Pineal

Affirmations

- 1 I am insightful & intuitive
- 2 I see clearly
- 3 I think clearly
- 4 I trust my decisions
- 5 I expand my awareness

Healing Practices

- **Meditation** - concentrate all of your awareness on the third eye
- **Breathing** - it helps you with moving the kundalini energy up
- **Lucid Dreaming** - pay closer attention to your dreams
- **Detox** - decalcify your pineal gland from toxins
- **Sunlight** - get as much natural sunlight as possible
- **Aromatherapy** - patchouli, sandalwood, juniper, vetiver
- **Observe Your Thoughts**
- **Affirmations & Mantras**

Health State

Balanced: Intuitive, Clairvoyant, Imaginative, Clear Thoughts, Clear Vision, Vivid Dreams

Unbalanced: Fearful, Rational, Delusional, Full of Anxiety and Tension, Logical, Psychic Disorders, Brain Fog

Yoga Poses



Thunderbolt Pose
Vajrasana



Forward Bend
Uttanasana



Downward-Facing Dog
Adho Mukha Svanasana



Head-to-Knee Pose
Janu Sirsasana



Lotus Pose
Padmasana



Cow Face Pose
Gomukhasana

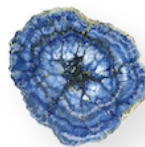


Extended Child's Pose
Utthita Balasana

Crystals & Gemstones



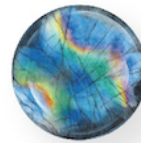
IOLITE



AZURITE



SODALITE



LABRADORITE



FLUORITE



ANGELITE