

# Third Eye Chakra - Ajna



Your third eye chakra is linked with the pineal gland and is located in between your eyebrows in the centre of your forehead. It is an indigo/ purple colour and is associated with the ages between 36-42 years of age. However, your third eye can open at any age.

It governs your ability to see beyond what you can see with your physical eyes. Your wisdom, perception, intuition and spiritual awareness.

Some of the issues that could affect your third eye chakra from being open and balanced are impatience, expectations, haunted by or reliving memories of the past, narrow mindedness. If, you were made to doubt or suppress your psychic abilities and ridiculed for having them this could make you feel you couldn't trust your intuition. Or if you didn't understand the visions and messages you were receiving as you were growing up leading you to become scared, you could have unconsciously or consciously restricted or shut off your psychic abilities.

When your third eye chakra is open and balanced, you have heightened insight and intuition an increase in psychic awareness and abilities. It helps you to receive visions and messages from your higher self and your angelic and spirit teams to guide you through your life. Enabling you to have enhanced spiritual awareness.

When your third eye is unaligned or blocked you could lack focus/clarity and purpose and feel disconnected from your intuition, feel lost and unable to see beyond any problems. Feel a lack of certainty and suffer from depression, anxiety. This could prevent you from self-growth and expanding your spiritual awareness and cause you to become stuck.



# Here are some ways of healing your third eye chakra

Doing guided or unguided meditations that helps you to visualize your third eye opening.

Visualizing an indigo/ deep purple orb or disc in the centre of your forehead, between your eyes, and with every breath, imagining it becoming brighter and stronger, pulsating or spinning. Then with every breath out imagine any blockages clearing and disappearing. Seeing your third eye chakra aligning with your whole energy system.

Imaging you have an actual third eye opening to see beyond your normal vision. Then maybe ask your higher self or angels a question for instance, to please help and give you guidance for the highest good, with a particular situation or for help and guidance on your spiritual journey. Saying you are open to receiving any messages and willing to listen. Then always thanking your higher self or your angels afterwards.

You may find an answer comes during the meditation or at some point after during that day or a few days after. Always be open to how your higher self or angels communicates your message to you and try not to be impatient with the length of time before you receive an answer. Remember your spirit team does not work to human/earth time.

If you feel you have overactive third eye then imagine it coming back to the size and flow of the other chakras and being in alignment.

Doing Inner and Shadow work can be extremely beneficial in healing your Chakras.

## Mantras and Affirmations

- I listen to my intuition.
- I trust my intuition.
- I believe in what my intuition tells me.
- I am calm and have clarity.
- I am open to receiving any messages.
- from my higher self.

## Crystals to use

You can work with or wear purple/ indigo crystals during meditations or just throughout your day as an effective way of helping your third eye to be open and balanced. Try holding one whilst meditating or visualizing.

- Amethyst.
- Chevron Amethyst.
- Clear Quartz.
- Sodalite.
- Labradorite.
- Lapis Lazuli.

You could say any of these mantras and affirmations whilst doing a visualization/ meditation or holding one of the crystals mentioned above.

Getting out into nature and if you can, walking bare foot on the earth/ sand. Taking your time to appreciate mother earth and all that you see. Any exercise or movement is good.

## Essential Oils and incense

- Frankincense.
- Lavender.
- Clary Sage.
- Marjoram.
- Sandalwood.
- Patchouli.
- Wear Purple clothes.

Try eating foods such as Aubergine, Purple grapes, Purple sprouting broccoli, Beetroots. Getting out into nature by walking or just sitting and being around nature and wildlife doing meditations or just being still and peaceful, focusing on your breath and connecting with your inner self.

## Physical signs your third eye chakra could be unaligned

- Headaches.
- Sinusitis.
- Seizures.
- Poor vision.
- Poor sleep.
- Nightmares.

As with any physical symptoms always get advice from a medical professional for any of the above ailments.

Your chakras energy system plays an important part in your over-all wellbeing and spiritual growth. By recognising this and which ones needs attention, means you can work with your chakras to balance, align and heal any imbalances you may have in them. Helping and supporting you in your daily life, spiritual journey and growth.



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