

THIRD EYE CHAKRA

Location: Between your eyebrows

Sanskrit name: *Ajna* (meaning "perception")

Represents: Intuition + perception

Color: Dark blue

Gemstone: Sodalite

Associated with...

- Your connection to the outside world
- Wisdom + insight
- Inspiration + creativity
- Clairvoyance + psychic abilities

When blocked or out of alignment, you might experience:

- Difficulty tapping into your intuition or trusting your instincts
- Memory problems or trouble with learning new skills
- Judgmental + dismissive behavior
- Introversion
- Depression + anxiety
- Headaches + dizziness
- Lack of clarity

How to heal it: Visualization meditation is especially helpful for bringing the Third Eye Chakra back into alignment. Other types of energy healing are also useful, whether it's Reiki, sound therapy or acupuncture. Essential oils like frankincense, juniper, rosemary and sandalwood can help to open up this chakra, as can eating dark blue or purple foods like blueberries, plums and eggplants.

AFFIRMATIONS

1. I am wise, intuitive, and connected to my inner guidance
2. I trust my intuition, always

3. I seek to understand and learn from my life experiences
4. I am connected to my higher power
5. I am connected to the wisdom of the Universe
6. Every situation is an opportunity for growth
7. I am able to see and act in alignment with my divine purpose
8. I open myself to new energy and experience
9. I am a present observer in my life
10. Seeing and understanding the big picture comes naturally to me

FOODS

Chocolate
Blueberry
Wine
Tea
Coffee
Water
Spices

CRYSTALS

Angelite
Fluorite
Lapis lazuli
Sodalite
Moonstone
Labradorite

ESSENTIAL OILS

Lavender
Sage
Juniper