



## Common Issues We Can Address By Participating in Sixth Chakra Healings

- Feeling stuck in the daily grind without being able to look beyond your problems.
- Not being able to establish a vision for yourself and realize it.
- Not being able to meditate.
- Not using your intuition.
- Rejection of everything spiritual or beyond the usual.
- Spiritual arrogance.
- Not being able to see the greater picture and being wrapped up in minuscule details.
- Lack of clarity.
- Being dreamy and ungrounded.
- Overactive sixth chakra without support from the rest of the chakra system may manifest as fantasies that appear more real than reality.
- Indulgence in psychic fantasies and illusions.

At the physical level, it can manifest as:

- Migraines
- Sinusitis
- Seizures
- Poor vision
- Sciatica
- Sleep disorders
- Headaches that seem to occur even when there is no known trigger
- Anxiety
- Paranoia
- Nightmares
- Severe depression
- Stroke
- Blindness

Emotional signs of sixth chakra imbalance include:

- Delusions
- Depression
- Anxiety
- Paranoia

- Vivid dreams
- Nightmares
- Heightened skepticism

The sixth chakra is referred to as the Third Eye chakra or Brow chakra. The most common Sanskrit name for the Third Eye chakra is “Ajna,” which means “command” and “perceiving.” Located on the forehead between the eyebrows, it is the center of intuition and foresight. The color associated with this chakra is Indigo. The image of the Third Eye chakra symbol contains two elements frequently associated with wisdom: the upside-down triangle and the lotus flower. The function of the Third Eye chakra is driven by the principle of openness and imagination. This chakra is related to the “supreme element,” which is the combination of all the elements in their pure form. The Third Eye chakra is associated with the archetypal dimensions, as well as the realm of spirits. The Third Eye chakra is the gateway to higher levels of consciousness, and the integration of the masculine and feminine energies. It allows us to combine knowing, wisdom, acting with feeling, intuition, and connection. It is also the energy of consciousness and spirituality.

The Third Eye, or in biological terms, the pineal gland, is considered the secret center of our senses. This means our intuition and being able to sense specific energies, good or bad, can be accessed through this chakra. The pineal gland is in charge of regulating biorhythms, including sleep and wake time. It’s a gland located in the brain that is a center of attention because of its relationship with the perception and effect of light and altered or “mystical” states of consciousness. It is positioned close to the optical nerves, and as such, sensitive to visual stimulations and changes in lighting.

The Third Eye chakra is an instrument used to perceive the more subtle qualities of reality. It goes beyond the more physical senses into the realm of subtle energies. Awakened your third eye allows you to open up to an intuitive sensibility and inner perception.

Because it connects us with a different way of seeing and perceiving, the Third Eye chakra's images are often hard to describe verbally. They may appear a bit "blurry," ghost-like, cloudy, or dream-like. Sometimes, however, the inner visions might be clear as a movie playing in front of your eyes. Third Eye chakra energy might require focus and the ability to relax into a different way of seeing. When we focus our mind and consciousness, we can see beyond the distractions and illusions that stand before us and have more insight to live and create more deeply aligned with our highest good.

The Third Eye chakra is associated with the following psychological and behavioral characteristics:

- Vision
- Intuition
- Perception of subtle dimensions and movements of energy
- Psychic abilities related to clairvoyance and clairaudience
- Access to mystical states, illumination
- Connection to wisdom, insight
- Motivation
- Inspiration and creativity

When the Third Eye chakra has an imbalance, it can manifest as an unwillingness to look within and unearth our fears. We fear to acknowledge the truth, and our reasoning will become clouded; we fear criticism and other people's thoughts about us, and we fear our shadow side and its attributes. We lose our sense of direction in life and become stagnant. We may start to distrust that inner voice. Our perception about life and where we are headed can become negatively skewed and nearly unrecognizable. Unable to let go of the past and a fear of what the future holds makes us very dogmatic in our beliefs, daily routine, and how we view others. We easily take lies for truth and cannot find the real causes of our problems, being trapped by our own irrational fears that separate us from others and from the world.

A blocked Third Eye can wreak havoc on our physical well-being. Since this energy center governs the pituitary gland and neurological function, our body's ability to fight infection, regulate sleep, and maintain balanced metabolic function is compromised. As a result, we may find we are frequently sick, suffer from insomnia, or develop high blood pressure.

### **What does a balanced Third Eye chakra look like?**

A balanced sixth chakra means having a spiritual awareness of movement and change, knowing that there is an appropriate time for endings as well as beginnings. It is having the ability to release old thought patterns and embrace the new. We cannot continue to fear the unknown and therefore fear living life. We can realize the highest levels of our existence and get rid of the illusion of social standards and limited ways of thinking. The sixth chakra helps us realize that not one person or social group can determine our life's path. When change is apparent, it is because of a larger karmic dynamic or chain of events that has led us up to this point and is moving us along towards the next stage of our life. The Third Eye chakra teaches us that death is nothing to fear – it is important to embrace your time on this earth, and then all we do is leave our body. Death is but a gateway into the next lesson of existence.

With a balanced sixth chakra, we have a beautiful ability to see deeply into our own heart and soul and are easily able to connect to our innate, intuitive wisdom. We can see how we are all intrinsically connected, and this knowing helps us navigate through life. We trust our intuition, and this helps us reap tremendous benefits for tuning in. We have an awareness and understanding that sets the stage for a rich and powerful spiritual foundation. We are able to tap into our intuitive body, and we serve our self from that place. It is said that awakening this Third Eye is the first step to developing psychic sight in all its forms. We also get the ability to communicate with spirit guides and overcome the limitations of time and space. A balanced sixth chakra allows us to find beauty in all things.

When our Third Eye chakra is balanced, we feel clear, inspired and innovative. Balancing this chakra allows us to follow our dreams and enhances our spirituality. It also enhances our intuition, allowing for a deeper connection with your universal plan.

## Simple Ideas to Balance the Third Eye Chakra

- Use a daily affirmation designed to activate your third eye. Try, 'I am a wise decision-maker,' 'I am open to the wisdom within,' 'I trust my intuition.'
- Practice dialoguing with the Divine. Ask a question and then relax into waiting for a response. Remember, the Divine speaks to us in messages, signs, and symbols. Be prepared to wait and be open to receiving information in any form.
- Keep a dream journal. Write down whatever fragments you remember first thing each morning, before putting your feet to the floor.
- Go stargazing.
- Detoxify your pineal gland by eliminating chemicals like fluoride, alcohol, and pesticides. Make sure you are drinking plenty of water. Eat an abundance of dark leafy greens like spinach, chard, Spirulina, and kale.
- Consider both acupuncture and acupressure as additions to your physical health regimens.
- Drop down into your body. If you feel that your mind is racing, an indication of an overactive third eye, do some grounding work and body awareness work to help calm you down.
- Connect with the element of light by finding the broadest expanse of blue sky, lying down, and then just relaxing.
- Find a non-competitive exercise to practice regularly.
- Practice opening up to your intuition by setting an intention each morning to pay attention and act on intuitive signals.
- Make time to be in silence and solitude on a regular, if not daily basis. Five to ten minutes a day are all that is required. Put away all electronic devices and sit or lie in silence, paying attention to internal sensations and cues.
- Let go of competition. Take a look at your life and assess for competitive areas or relationships, then work on releasing that competitive energy and striving for presence, collaboration, and authentic connections instead.

## Aromatherapy for the Sixth Chakra

Aromatherapy is another useful tool for sixth chakra balancing. Supporting the Third Eye chakra's visionary awareness can be done by an essential oil applied to the forehead or through simple diffusion and inhala-

tion. The following oils can be used for specific areas:

- Rosemary will open a sleeping Third Eye chakra.
- German chamomile will stabilize and focus this visionary chakra.
- Frankincense will maintain a clear and balanced Third Eye chakra.
- Sandalwood maintains a clear and balanced Third Eye chakra.
- Basil.
- Almond Blossom.

## Sixth Chakra Healing Foods

Just as each chakra has its own vibrational frequency, color, and function, so too are their foods that help bolster individual chakra function. When concentrating on the sixth chakra, remember the Third Eye chakra governs MINDFUL and INTUITIVE eating. Any steps that you can take to tune in to what your body needs in a particular moment will also activate the Third Eye chakra. Cacao contains antioxidants that release serotonin, which improves blood flow to the brain. Omega 3 rich foods like salmon, walnuts, and avocados can also assist as they give the brain a much-needed boost. Ample water intake will help to move stagnancy in the body, both physical and energetic. As the color for the Third Eye chakra is Indigo, the following purple foods can be beneficial:

- Blueberries
- Blackberries
- Grapes
- Eggplant
- Purple kale
- Purple sweet potatoes

## Using the following herbs can also be very beneficial:

- Licorice Root
- Dill
- Thyme
- Rosemary
- Juniper
- Poppy seed
- Valerian
- Mint

## Sixth chakra healing stones helpful in opening the sixth chakra:

- Amethyst
- Fluorite
- Iolite
- Angelite
- Lepidolite
- Lapis Lazuli
- Labradorite
- Opal