

THIRD EYE CHAKRA



THIRD EYE CHAKRA MUDRA

Position your hands in front of the lower part of your chest, below the heart.

Your middle fingers should remain straight and touch at the tops while pointing forward.

Your other fingers are bent at the first knuckle from the hand and pointing towards your body.

Your thumb pads should also be touching and point towards the body.

Third Eye:

If one's third eye chakra were balance one would have: strong intuition, insight, creativity, good memory, good dream recall and visualization.

You might be running too much energy into the third eye if you have: delusions, obsessions, nightmares, difficulty concentrating and/or hallucinations.

Lacking energy in this chakra one would: lack imagination, be unable to visualize, be skeptical, be in denial (can't see what's going on) and unable to see alternatives.

Organs or body systems connected to this chakra and its energies are medulla plexus (nerves at the end of the brain stem just above the beginning of the spinal cord), the eyes and pineal gland. (Some information says the pineal gland is connected to this chakra and other information states it is the pituitary gland. I have asked the "Medical Experts" on my God Team and they affirm it is the pineal gland.)

Health challenges one might have if this chakra is out of balance would be hormonal changes, light sensitivity, SAD (seasonal affective disorder) or depression. Headaches are also high on this list.

Here are some questions to ask yourself to see if your third eye chakra needs balancing.

EXPANDED CHAKRA HEALTH

1. Do you have frequent headaches? If so, is there a pattern to them?
2. Is there something going on in your life that you don't want to see or know about?
3. Is there something you may have witnessed in your past, in this life or in past lives, which may have caused you to "shut" down your third eye because you did not want to see anything like that again?
4. Are you working hard, overworking this chakra, trying to "open" it back up to gain inner vision or clairvoyance?
5. Do you believe what you are seeing?
6. Does the sunlight hurt your eyes?
7. Is your sleeping pattern disrupted or irregular?
8. Do you experience bouts of sadness or even depression?
9. Have you noticed drastic changes in your physical vision or are developing eye symptomatology?
10. Are you able to envision goals that you have set for yourself?
11. Can you see yourself, your life, in one year, two years, five years or maybe even 10 years from now?

Ways to bring this chakra into a new balance would be toning or chanting the sound AYE as in the word say. Wearing or visualizing the color indigo or breathing in indigo colored light focused on the third eye.

Eating foods rich in purple pigment such as eggplant, plums, purple grapes or purple cabbage will not only supply vital energy to the body systems associated with this chakra, but will bring in the light frequency of this color too.

Affirmations:

I am seeing situations clearly as an observer.

I open myself up to the energy of the sun.

I am happy on a daily basis.

I am able to see myself, my life, clearly.

I am willing and open to witnessing my environment, my reality.

My life is fabulous.