

The Sound Within Us

Awaken the sound within to restore harmony and balance in your life

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THIRD-EYE CHAKRA

The third-eye chakra is located in the middle of your brain and in between your eyebrows. It resonates with the color purple and is a gateway through which new levels of perception are obtained and awareness can be projected into higher dimensional planes. The energy of this chakra transcends time and allows us to experience clear thought as well as gifts of spiritual contemplation and self-reflection. Once the third-eye chakra is in harmony with the rest of the chakras, it is said that a doorway towards spiritual enlightenment is opened and both hemispheres of the brain function in synchrony. The third-eye experiences can be described as moments when our eyes are truly opened. It is not only the seat of wisdom, but also consciousness. This is where you not only see what's going on, but you also know what it means. When our third-eye chakra is open and balanced, we see life with clarity and possess strong intuition, clear insight, self-awareness, creative imagination, and emotional balance.

Third-eye Chakra Affirmations

- I see all things with clarity.*
- I seek wisdom and guidance in all situations.*
- I honor the Divine nature within me.*
- I am able to see the big picture.*
- I live in the present moment.*
- I see beyond the illusions.*
- I know that there is good in all things.*
- I seek to understand and learn from all my life experiences.*
- My life moves with grace.*
- My psychic senses are awakening.*
- My imagination is open to all possibilities.*
- I go beyond my limitations.*

