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# Third Eye Chakra

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WOUNDED TO WELL: HEALING THROUGH THE CHAKRAS™

**Everything we hear is an opinion, not a fact.  
Everything we see is a perspective, not the truth.**  
*- Marcus Aurelius*

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**We don't see things as they are. We see things as we are.**  
*- Anais Nin*

# Ājñā



Perception, Wisdom  
and Intuition

# Third Eye Chakra

**SANSKRIT:** Ājñā - “*command*“ or “*perceiving*“

**LOCATION:** the forehead above the meeting point of the eyebrows

**COLOR:** Purple or bluish purple/indigo - wisdom, devotion, peace, royalty, power

**ELEMENT:** Light

**REPRESENTATION:** Two-petalled lotus, one represents the moon and the other, the sun. Within the lotus, a round circle symbolizing the void. Within the circle, an inverted triangle representing Shakti and wisdom

**MANTRA SEED SYLLABLE:** OM

**SENSORY:** Mind or the sixth sense (intuition)

**PHYSICAL ASSOCIATION:** Forehead, eyes, ears, brain, Pineal Gland

**PSYCHOLOGICAL ASSOCIATION:** Vision, intuition, perception, psychic abilities, illumination, wisdom, insight, inspiration

**SPIRITUAL FUNCTION:** Doorway to Spiritual Enlightenment - transformation of individual through entering the astral and psychic dimension of consciousness to receive revelation and insight

**CHALLENGE:** The quest for the most reliable source of knowledge and wisdom as one’s source of solid truth - disorientation, confusion, not knowing what is true

# Physical Signs

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- Frequent headaches or migraines
- Vision or eye problems
- Sleep disorders
- Anxiety-related issues
- Delusions/mental illness

**\*NOTE:**

*Those who are in balance (or nearly there) cannot tolerate negative environments or situations where what they see that does not correspond with what they sense*



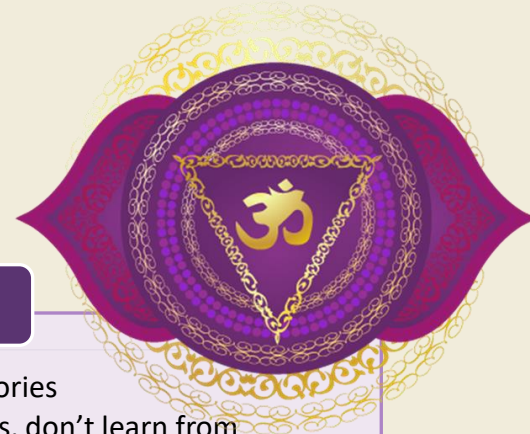
# Psychological Signs

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- Ignore listening to your intuition
- Overly logical or overly emotional
- Absorbed by the details, struggle to see the “big picture”
- Often lost in your thoughts
- Habitually escape into daydreaming to avoid reality
- Egotistically attached to special “powers” (ability to see visions, read people, etc.)
- Emotionally reactive and get upset easily
- Struggle to see reality clearly
- Can’t seem to connect to your deeper self
- Interactions with other people are superficial
- Mistrust or dislike people easily
- Rigid opinions about the world that you are unwilling to change
- Find it hard to be open-minded
- Perceived as arrogant and opinionated
- Perceived as being dreamy and ungrounded



# Understanding Imbalances



If your reality hurts,  
you tend to live  
in your dreams

## BLOCKED

- no imagination or visualization skills, non-assertive, bad or repressed memories
- difficulty changing the mind, cannot see the or ramifications of their actions, don't learn from mistakes and are doomed to keep repeating them
- undisciplined, weak-willed, afraid of success, unable to set goals, or when set, the goals are very low

## OVERACTIVE

- narrow-mindedness, cynicism, and arrogance, lack of concentration, flitting mind
- obsessiveness, nightmares, spending far too much time in self-evaluation with no results, narrow focus with a lack of flexibility
- often religious but self-righteously so to the point of becoming tyrannical, over analytical but missing main factors, delusional or have hallucinations

## BALANCED

- calm, self-aware, and possess foresight, not controlled or limited by the mind, and you find it easy to distinguish truth from illusion
- insightful and understanding of yourself, other people, and life in general, make wise decisions that are grounded in reality, not fantasy

The only way to clear your mind is to stay grounded to reality

# Activities

## CONNECT WITH SUN LIGHT

You might find your mind becoming much clearer if you get outside in sunshine more. Try light therapy if getting natural sunlight isn't an option. On a physical level, light awakens the pineal gland - responsible for regulating our sleep cycles, reproductive hormones and spiritual consciousness (ancient Tibetan, Egyptian, and Chinese cultural beliefs).

## YOGA

Focus on third eye opening poses:

- Standing Forward Bend (Uttanasana)
- Dolphin Pose (Ardha Pincha Mayurasana)
- Child's Pose (Balasana)
- Head-to-knee Pose (Janu Sirsasana).

## VIPASSANA MEDITATION

Watch your mind and observe your thoughts. The number one reason why the third eye chakra gets blocked is that we believe the thoughts in our head and therefore identify with them. When we learn how to simply observe our thoughts, we can discover that thoughts are very temporary and spontaneous - they don't mean anything about us unless we assign them meaning.

## GROUND YOURSELF WITH MINDFULNESS

Practice being present with whatever you do in your daily life. Focus on your breath.



# Nutrition

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## HERBS

Mugwort, Valerian, Star Anise, Saffron, Basil, Lavender, Mint, Passionflower, Rosemary, Gotu Kola, Ginkgo Biloba

## FOODS

Prunes, Dates, Blackberries, Blueberries, Figs, Raisins, Eggplant, Purple Cabbage, Purple Kale, Purple Carrots, Purple Potatoes

Blue and purple and red foods have antioxidants that help our immune systems among a long list of other attributes

## FOOD FOR THE PINEAL GLAND

- The largest problem with the pineal is that it is prone to calcification, especially as the result of too much sodium fluoride
- Seaweed (rich in iodine) may help, as may kale, spinach, broccoli, almonds, oranges, flax and sesame seeds, and any chlorophyll rich food

## HYDRATE

Drink lots of water and Herbal Tea!





# Essential Oils

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## GROUNDING - MENTAL STIMULATING - BALANCING SCENTS

- Patchouli
- Frankincense
- Sandalwood
- Neroli
- Clary Sage
- Juniper
- Rosemary
- Vetiver
- Jasmine
- Lavender
- Blue Lotus



# Stones

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## HEALING STONES AND CRYSTALS

- Shungite
- Sapphire
- Lapis Lazuli
- Kyanite
- Labradorite
- Amethyst



# Affirmations

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## AFFIRMATIONS FOR THE UNCONSCIOUS MIND

Repeat positive statements to yourself multiple times a day to reprogram thought patterns

- I am intuitive.
- I am insightful.
- I see clearly.
- My mind is open to new vision.
- I am innovative.
- I am open to inspiration.
- I am connected to my own inner vision.



# Mind Work

## EXPLORE ROOT CAUSES

- Ignore listening to your intuition
- Overly logical or overly emotional
- Absorbed by the details but struggle to see the “big picture”
- Habitually escape into daydreaming to avoid reality
- Emotionally reactive and get upset easily
- Struggle to see reality clearly
- Can't seem to connect to your deeper self
- Interactions with other people are superficial
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- Rigid opinions about the world that you are unwilling to change
- Hard to be open-minded
- Perceived as arrogant and opinionated
- Perceived as being dreamy and ungrounded



# Growth and Development

## The Chakras Align to Life Stages



### ROOT CHAKRA - Mūlādhāra

Survival, fight or flight, self-preservation, safety, basic needs, physicality, aspects of self, family values

Ages 1-7



### SACRAL CHAKRA - Svādhiṣṭhāna

Joy, creativity, sexuality, emotional balance, relationships, fluidity, freedom - sexual, emotional, creative

Ages 7-14



### SOLAR PLEXUS CHAKRA - Maṇipūra

Expression of will, intellectual abilities, forming opinions and beliefs, making decisions, setting course of direction, clarity, personal identity, confidence, self-discipline, will, personal power

Ages 14-21



### HEART CHAKRA - Anāhata

Love, generosity, dedication, empathy, compassion, trust, acceptance, forgiveness

Ages 21-28



### THROAT CHAKRA - Viśuddha

Listening, authenticity, purity, truthfulness, alignment, clarity, influence, idealism, receptivity, peace

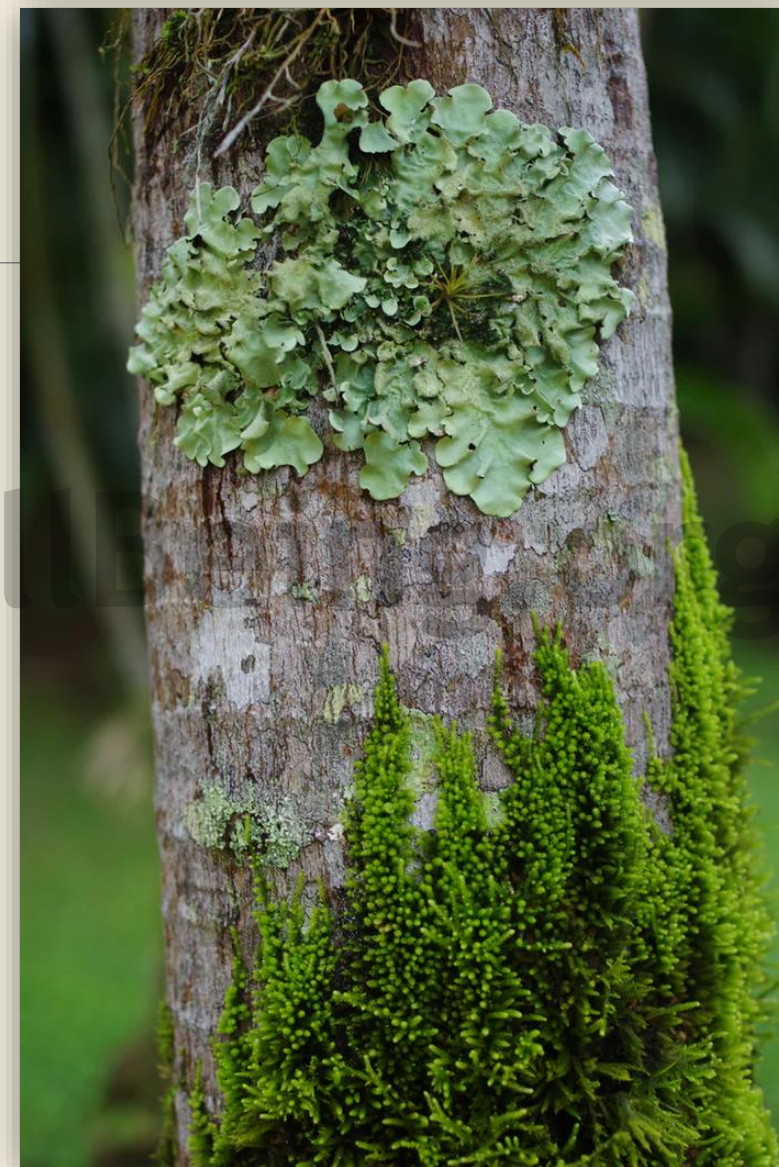
Ages 28-35



### THIRD EYE - Ājñā

Vision, intuition, perception, psychic abilities, illumination, wisdom, insight, inspiration, creativity

Ages 35-42



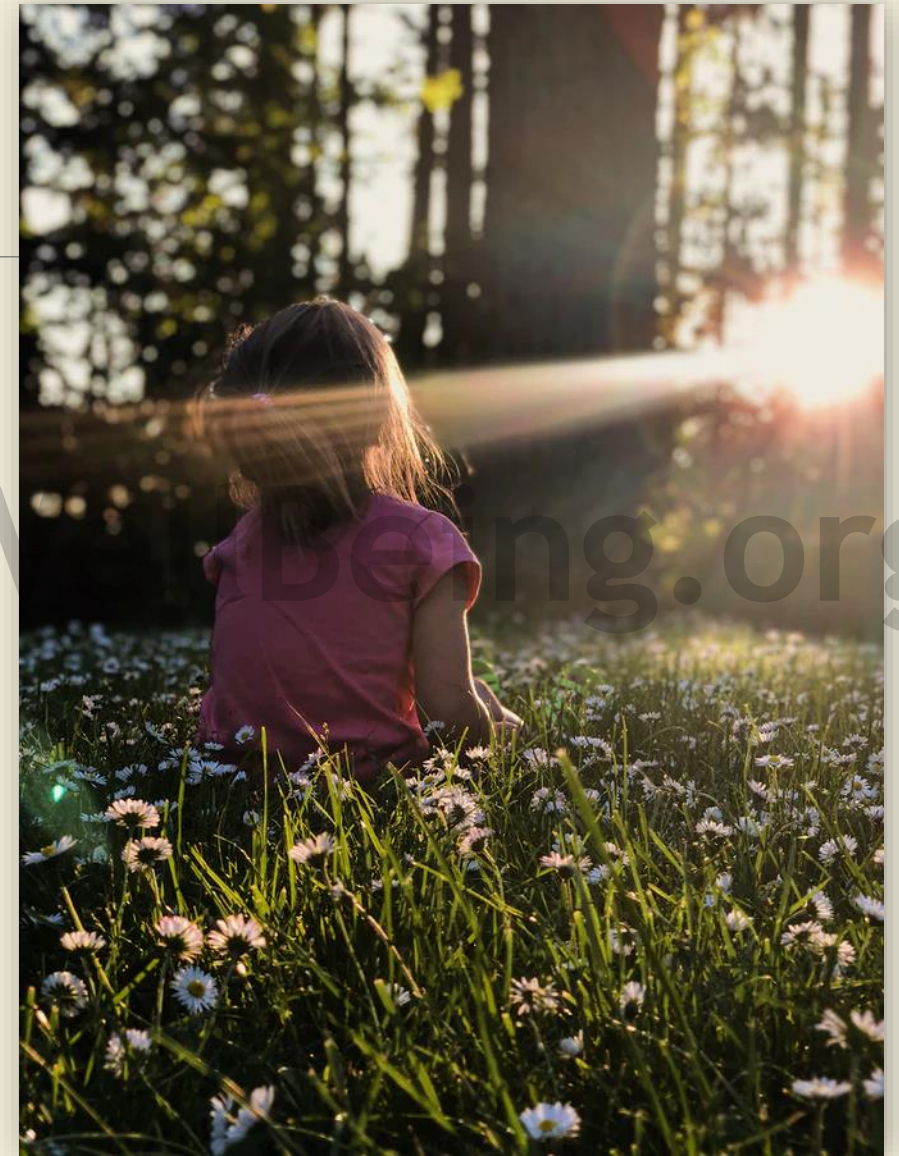
# Perception of Truth

## Seeing from the Soul

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### PROCESS EMOTIONAL WOUNDEDNESS

- Unhealthy learned behaviors
- Trauma
- Family of origin issues
- Connection to Self



# A Spiritual Connection

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## OPENING TO YOUR SPIRITUAL NATURE

- The healing of the Third Eye Chakra is similar to opening up to one's deepest spiritual nature
- Allow yourself to see past your own perceptions
- Connect to the power within you and to the creative force



# Doorway to Spiritual Enlightenment

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## OPEN THE DOOR

Connect with and begin to heal the Third Eye Chakra energy to clear the path for the healing of the last in the chakra system...

The Crown Chakra





Kundalini is the great power that creates and sustains the universe



The movement of Kundalini brings a state of bliss that is momentarily experienced and a prolonged, life-changing spiritual experience

# Kundalini

**KUNDALINI** is depicted as a snake or as the Hindu goddess *Shakti*, who lies dormant, slumbering at the root chakra

*Shakti* ascends ecstatically through the chakras to couple with the Hindu god *Shiva* and eventually, upon reaching the crown chakra, brings enlightenment

## HOW TO ACTIVATE KUNDALINI

### YOGA

Shakti • Kundalini • Tantric

### KEY

Right Intention • Correct Breathing • Yoga Asanas • Meditation



## HOW KUNDALINI WORKS IN EACH CHAKRA

**ROOT** - connects us to Nature

**SACRAL** - increases our understanding of other people

**SOLAR PLEXUS** - connects us deeper to who we are

**HEART** - helps us to feel intense love

**THROAT** - boosts the way we express ourselves

**THIRD EYE** - enhances inner perceptions

**CROWN** - takes us into altered states of consciousness



नाग

*Naga*, the cobra, is a symbol of *kundalini* power, cosmic energy coiled and slumbering within man. It inspires seekers to overcome misdeeds and suffering by lifting the serpent power up the spine into God Realization. Aum.



**THANK YOU FOR COMING**

**JOIN US NEXT MONTH**

## **Crown Chakra**



**WE APPRECIATE YOUR  
DONATIONS!**

They help us continue to deliver  
these workshops and charitable services  
to the community