

Third Eye Chakra - Anja

- Crystal:** Amethyst, Labradorite, Fluorite
- Sound:** SHAM, (pronounced “shahm”)
- Emotions:** Intuitive, Insightful, Wise
- Language:** “I see and trust my intuition and inner wisdom.”
- Movement:** Eye Exercises, Meditation.
- Foods:** Dark purple of indigo foods (e.g., blueberries, grapes, eggplant), nuts and seeds.
- Day:** Saturday
- Color:** Indigo or Deep Purple
- Herbs:** Lavender, Mugwort, Gotu Kola
- Blockers:** Overanalyzing, Disconnection from intuition, Lack of clarity.

