



## CRYSTALS FOR THE THIRD EYE/BROW CHAKRA

By: Rachel Niemczyk

The Third Eye Chakra is one of seven major energy centers in our body. Located on your forehead between both eyes, it is also commonly referred to as the Brow Chakra. This chakra tends to receive more attention than most because it is where the third eye, or psychic eye, resides in the body. Often people work on this chakra hoping to almost magically become a psychic, medium, or tarot reader. At the risk of giving false hope to viewers I have to inform you that opening up your Third Eye Chakra does not guarantee you will become a psychic, medium, or tarot reader. It may not bring about any overt or obvious change at all.

What opening up your Brow Chakra will do is broaden your perceptions so you can more easily see the truth. Suddenly an association with a family member, friend, business associate, or new person in your life will seem “off” for seemingly no explanation. Or, you could be traveling on a highway towards your house and have a strange “feeling” that you should get off sooner and take the backroads home. What is actually happening in these types of situations is that your third eye is perceiving what the five human senses of touch, taste, smell, sight, and sound cannot; that you are not receiving the full truth of the situation. Perhaps that person is hiding something from you, or you will be caught in traffic if you continue to take the highway home. Your Third Eye can act as an alarm and warn you of these situations and more if you tune into it and exercise it regularly. This is what using your intuition is all about: using not medically recognized senses to help you throughout your daily life.

For those more psychically and spiritually inclined, working on the Brow Chakra opens up your third eye to sights beyond this realm to recognizing the sight of energy in our world, higher dimensions, spiritual beings, past lives, guided meditations, and more. When you broaden your third eye with psychic or spiritual intent you are opening yourself up to learning more about the universe and your place in it. Sometimes this means helping others as a psychic,



medium, tarot reader, etc. More often, it is a means to help yourself with your soul's own spiritual growth. This path should not be traveled lightly because it will change your understanding of the world and bring up truths you may not want to face.

### **APOPHYLLITE**

For those with a serious interest in psychic and spiritual work this Apophyllite is a must have. It strengthens the connection between the physical and spiritual allowing you to access clairvoyance, astral travel, even the Akashic Records, with more ease.

### **COVELLITE**

Another crystal for spiritual work, Covellite aids your journey for spiritual progress. It opens you up to your higher self, which in turn enables you to further your soul's progress by recognizing past lives, understanding karmic challenges, and integrating shadow work into this life time.

### **DUMORTIERITE**

This crystal is excellent for aligning your conscious thoughts and actions with your higher self's. This connection to your innate wisdom and inner truth supports you, leaving you feeling more confident and patient with the human world and more receptive to the spiritual world.

### **INDICOLITE**

Also known as Blue Tourmaline, this crystal is wonderful for using psychic abilities to better understand the universe. It can help you access past life memories, even your soul plan, with some time, patience, and effort.

### **IOLITE**

Iolite is fantastic for opening up your third eye. Not only does it strengthen the connection to your intuition and inner knowing, but it is a powerful tool for astral travel, shamanic visions, guided meditations, essentially any form of visualization.

### **LAPIS LAZULI**



A very calming stone, Lapis enables you to relax because it harmonizes the bond between the physical, mental, emotional, and spiritual. Its balancing effect on yin/yang energies only emphasizes the soothing effect of acting in agreement with your inner truth.

### **PIETERSITE**

Often confused with Hawk's Eye/Blue Tiger's Eye, this stone processes spiritual concepts into lessons understood on physical and mental levels. A wonderful crystal for recognizing inner guidance and the truth of situations, it is also excellent for all visualization work.

### **PREHNITE**

Typically considered a crystal for the heart chakra, Prehnite can also enhance your intuitive senses. It works best in this sense while you sleep for it integrates intuitive knowledge on a subconscious level. Increased dreams and dream recall are often a byproduct of this type of third eye work.

### **SAPPHIRE**

Sapphire is a wonderful crystal for strengthening intuition and access to inner wisdom. Aside from this connection to spiritual guidance Sapphire is also excellent at balancing emotional upheavals caused by integrating physical, mental, emotional, and spiritual energies.

### **SODALITE**

One of the best stones for mental clarity, Sodalite calms the mind so rational thought and objectivity, not stress or panic, guides all thoughts and actions. As a result of this communication and perception are clearer and more reliable.

### **TANZANITE**

A gentle crystal with strong potential Tanzanite gives users the hope that magic is possible. This usually subconscious effect can produce stronger visualizations and spiritual connections.



## BIBLIOGRAPHY

Hall, Judy. *The Crystal Bible: A Definitive Guide to Crystals*. Vol. 1 Cincinnati: Walking Stick Press, 2003. Print.

Hall, Judy. *The Crystal Bible 2: Over 200 Additional Healing Stones*. Vol. 2. Cincinnati: Walking Stick Press, 2009. Print.

Mercier, Patricia. *The Chakra Bible: The Definitive Guide to Working with Chakras*. New York: Sterling Publishing, 2007. Print.

Permutt, Philip. *The Complete Guide to Crystal Chakra Healing: Energy Medicine for Mind, Body, and Spirit*. New York: CICO Books, 2009. Print.

Permutt, Philip. *The Crystal Healer: Crystal Prescriptions that will Change your Life Forever*. New York: CICO Books, 2007. Print.