

The 3rd Eye Chakra is your Sixth chakra and is located at your brow between your eyes.

A balanced 3<sup>rd</sup> Eye Chakra gives you new clarity. A transcendent\* reality. Feeling a part of the larger reality and being a witness to yourself. In your mind's eye, you see yourself doing a task but are able to view it from all angles. Color commonly associated with this chakra: Indigo Blue  
Crystals commonly associated with this chakra: Labradorite, Sodalite, Black Obsidian, Clear Quartz

**How do I know if this chakra is out of balance?** Ask yourself...  
Does fear sometimes run your life choices?  
Do you feel guilty or unworthy on the inside or spiritual unworthiness?  
Feeling lost and without purpose?

**As you balance this chakra,** a clearer sense of understanding awakens. You suddenly have a different outlook on things. That which you visually see you see differently from before, that which you hear you hear differently from before. The way you think about doing things is different from what you normally know. However, it is much better. It feels much better.

\**Transcendent* - exceeding usual limits, stepping outside material existence.