

Third Eye Chakra

The **Third Eye Chakra** is the sixth chakra, located above and between the eyebrows. Its Sanskrit name is **Ajna** or “to perceive”, “to know” or “to control”. This chakra is concerned with intuition and wisdom; it is about inner knowing of things we cannot rationalize.



The **Third Eye symbol** is a two-petalled lotus, which looks like wings either side of a circle. Inside the circle is a down-ward-pointing triangle. This chakra resonates with the colour **indigo**.

The **Colour Indigo** calms and soothes the mind, reflects dignity, nobility and self-respect. This colour normalizes all hormonal or glandular activity, as it is connected to the function of the pituitary gland. It works well with all mental and nervous, including epilepsy, neuralgia and problems with the ears, eyes and nose.

The **Third Eye Chakra**, when functioning normally, aids sleep and purifies the body. It also allows connection with one's spiritual/psychic abilities, including clairvoyance and telepathy. If operating negatively, feeling unappreciated by others and low self-esteem may be felt. A person with a highly developed Third Eye may be a visionary, with ideas well ahead of their time. In the negative, one may have fears and phobias, plus doubting one's self.

The corresponding gland is the **Pituitary** and this chakra is associated with the sixth sense. It energizes the **eyes, ears, nose and base of the skull**.

Physical imbalances of the **Third Eye Chakra**:

- Headaches
- Poor vision
- Neurological disturbances
- Glaucoma
- Nightmares
- Learning difficulties
- Hallucinations
- Schizophrenia
- High blood pressure

Emotional imbalances of the **Third Eye Chakra**:

- Dogmatic and arrogance
- Undisciplined
- Fear of success
- Sets sights too low

Balanced Third Eye Chakra expresses itself as:

- Charismatic,
- Highly intuitive
- Not attached to material things

Essential Oils for the Third Eye Chakra:

The **Third Eye Chakra** is about the intellect and mind. Rosemary oil is on top of the list when it comes to stimulating the mind, bringing clarity and understanding to spiritual truths. Juniper with its colour indigo stimulates clairvoyance. Essential oils that help balance the **Third Eye Chakra** are:

- Rosemary, Juniper, Everlasting, Thyme, Violet, Cedarwood, Cistus, Clary Sage, Elemi, Frankincense, Myrrh, Sandalwood, Spruce

Crystals for balancing the Third Eye Chakra:

- Amethyst, Purple apatite, Azurite, Calcite, Sapphire, Fluorite, Lapis lazuli

Bush Essences to heal Third Eye Chakra issues:

Angelsword allows one to discern spiritual truths and access past life gifts; releases negative energies;

Boab offers psychic protection and clears negative karmic patterns;

Bush Fuchsia is the remedy to enhancing and trusting your intuition;

Bush Iris opens the Third Eye Chakra and helps you trust your sixth sense;

Green Spider Orchid attunes you to be more receptive to intuitive thoughts;

Yellow Cowslip Orchid balances the Pituitary Gland

Meditation Essence has these three essences and more, to help awaken spirituality, enhance intuition, inner guidance, deepen meditation and improve telepathic thought.

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