



HEALING JOURNEY THROUGH THE CHAKRAS

with Tina Walsh

THIRD EYE CHAKRA - CLEAR VISION

Color: Indigo

Element: Ether/Light

Essential Oils: Eucalyptus, Blue Chamomile, Elemi, Camphor Melissa

Location: Brow Point (Pituitary Gland – Master Gland)

Developmental Formation: Adolescence

The Third Eye is also known as our center for intuition or the place of spiritual vision. From this center, we are able to look beyond our physical reality. This is the chakra for insight, intuition, perception, clairvoyance, visions, goals, dreams, our 6th sense, and raising of our consciousness. The purpose of this chakra is to see the path and bring the light of consciousness to all that exists within and around me.

The ability to visualize, which occurs in our 6th chakra, is what helps us to see our patterns, manifest our goals and dreams, get messages from our dreams and hold the visionary sense of our past, present and future life. The more we are rooted in our lower chakras, the lower triangle (chakras 1, 2 & 3), the more open our 6th chakra becomes. The chakras work in tandem. The more clearing we do in the lower chakras, the more opening in the higher chakras. Manifestation requires grounding our visions, goals and dreams down through our Root Chakra. When not grounded, there is not a solid foundation for them to blossom, hence why we sometimes can't believe we are in the same situation again around finances, relationships or goals. It is an indication or sign that more lower chakra work needs to happen. Third eye opening is a process that occurs when the chakras below it are in alignment and balance. At its purest and most fully functional, the Third Eye reflects Divine Wisdom.

When partially developed, it reflects intellectual ideas, theories and ideologies. At a deep level it links ego mind to greater consciousness. This is sensed as an experience of oneness with the Divine. At this level of awareness there is no duality, only a sense of unity and communion.

Through the development of the Third Eye, we are able to open to universal, creative energy which is limitless!! This helps us to consciously direct our energy towards the fulfillment of our life's purpose. The secret of manifestation is to focus your attention in this center in order to channel your visions into physical reality, through grounding! The work is always moving back down to that Root Chakra and clearing out those blocks to manifestation. We tap into our fullest creative potential when our mind, emotions and physical body are in harmony/alignment with one another.

The Third Eye is also our center for perception. We can utilize this chakra to interpret a situation in either a positive or negative light. We use this chakra or our insight to shift our perspective. The ability to obtain wisdom from our life is one of the major functions of our inner sight. Such shifts of perception occur when we allow love to flow through our hearts. When we are able to move from "this is terrible" to "what can I learn from this experience" is a reframing which we accomplish through our minds and practice of detachment which leads to understanding. We must be honest with ourselves in looking at our negative behaviors and/or patterns so as not to bypass the opportunity to heal. As we are learning, this can be tricky territory.

On the matter of clairvoyance, the word itself means "clear vision." We are all born with this sense. When we were children, we were probably using more of our sixth sense innately – it's our imagination! Imagination is part of clairvoyance. We created imaginary friends, pretended to be super heroes, princesses or princes. It felt great, right? It was so real, we could harness our power, play with abandon and be anything we wanted to be. Guess what? We still have those abilities within us. They got covered by our limiting beliefs, old wounds, cultural norms, other people's projections, etc.

Developing our Sixth Chakra will help us control our emotions, trust ourselves more, appreciate the signs along our path, and look inward for our answers, rather than turning our power over to another. Oftentimes we trust someone else's intuition more than our own. The work is to learn to trust your own intuition; to become so clear in yourself and your perception.



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Third Eye Chakra – Affirmations

1. I rethink all negative thoughts about myself, others and my life and change them to positive energy by clearing my blocks.
2. I am open to new ideas, people, situations which will enhance my joy and happiness.
3. I create clarity and unlimited vision for myself about my life.
4. There is room for my perception in any situation.
5. I see clearly what is in my highest good.
6. I accept that I am an unlimited being and that I can create and manifest anything I want.
7. I open myself to my intuition and my deepest knowing.



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Third Eye Chakra - Journal Questions

1. List ten things you would like to change in your life.

Replace these ten things with a vision of how you would like things to be. Visualize the outcome and feel it as if it already is. . Ask to release, heal and clear your blocks to manifestation.

2. Are you willing to alter your thoughts and perceptions of people and situations to be more loving and accepting of them.? As you do for other, so you do for SELF.
3. Do you create time to reflect on your life and situations in it? So as to learn and grow from your experiences.
4. Are you willing to take responsibility for your life and create what you want for health and happiness?
5. Do you feel your life has meaning?
6. Do you feel your difficulties and struggles have meaning and purpose?
7. Do you value your perceptions and insights?



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Third Eye Chakra - Healing Suggestions

1. Meditate, Meditate, Meditate.
2. Breathe into the energies and belief systems that create blocks in this chakra.
3. Visualize your Third Eye as a glowing indigo ball of light. Ask the light to clear any energies that no longer serve you.
4. Work with energetic blindfolds that prevent you from seeing the truth.
5. Gently tap the Third Eye to help open it.
6. When you don't trust your intuition, do the work to clear those blocks, usually in the lower chakras.
7. Bring in one of the following elements that resonates with you to clear and balance your pituitary gland: earth, water, air, fire, metal, wood, stone, light, sound, stars or the I Am presence.

Sacred Seven: A Healing Journey Through the Chakras

CHAKRA SIX

THIRD EYE/AJNA

Third Eye Chakra – Yoga Poses

Bowing Exercise:

This is a Kundalini Yoga exercise for alleviating depression and enhancing intuition. Begin doing for 3 minutes and make it longer as you become more comfortable.

1. Sit comfortably, preferably on your heels in a kneeling position. You can also do it sitting in easy pose or any version that is comfortable for you. (remember: yoga meets you where you are).
2. Place your palms on the floor and bow your head until your third eye point touches the floor.
3. Raise back up to the original position.
4. Continue the bowing motion, lightly touching your forehead to the floor each time. Keep your neck and spine relaxed and fluid.
5. Your buttocks stay on your heels, both while bowing and coming back up.
6. Chant silently or aloud “Sat” as you come up, and Nam as you bow down. Eyes are closed and rolled up to the Third Eye. The breath is long and slow through your nose. If you chant silently, inhale up, exhale down.

Effects: Bowing is part of almost every culture on earth. It awakens the subtlety in us. This exercise is relaxing and elevating.

Alternate Nostril Breathing:

1. Block your right nostril off with your right thumb, rest your index and middle finger on your Third Eye.
2. Inhale up the left nostril, pause at the top, block it with your ring finger and exhale down the right nostril.
3. Let your breaths be equal in duration.
4. Repeat on other side.