

6TH CHAKRA – 3RD EYE or BROW

INDIGO - 36 - 42 years

Ajna translates as "authority" or "command", or "perceive" and is considered the eye of intuition and intellect.



Third Eye - Located above and between the eyebrows.

Sense - Sixth sense of intuition.

Life Lesson - To perceive the truth.

Endocrine gland - The Pineal Gland

Description - An open third eye connects us to other dimensions where we receive inspiration and guidance. With a clear and open third eye, we can receive the flow of new ideas and be able to see the opportunities all around us. It is our avenue to wisdom - learning from our experiences and putting them in perspective. A healthy third eye gives us the ability to separate reality from fantasy or delusions.

Psychological Functions - Intuition, Invention, Psychic Abilities, Self-Realization, Perception, Release, Understanding, Memory, Fearlessness.

Associated Body Parts - Eyes, Nose, Sinuses, Cerebellum, Pineal, Forebrain, Autonomic Nervous System.

Physical Dysfunction - Blindness, Vision, Headaches, Migraines, Earaches, Nightmares, Sleep Disorders, Fear, Manic Depression, Anxiety, Schizophrenia, Paranoia, Equilibrium Imbalances.

When this chakra is imbalanced, the capacity for clear thought and insight is diminished. ADD, scattered thinking and mental disorders can manifest as well as confusion, delusion and mental illness. Life seems meaningless and purposeless. One must learn to build concentration slowly over time by devoting themselves to learning something new, such as reading music, learning a language or embark on a course of study.

Depleted (chakra spins too fast) - Highly logical, authoritarian, arrogant. Does not access their intuition. Goes by the rules and by the book.

Blocked (chakra spins too slowly or not at all) – Undisciplined, fears success, tendency toward schizophrenia, sets sights too low. A blocked third eye inhibits our imagination and ability to see alternatives. We could be drawn to fantasies, illusions or obsessions rather than intuition and inspiration.

Balanced – Charismatic, highly intuitive, not attached to material things, receives guidance and goes with the flow, may experience unusual phenomena.