

Chakra Six: Brow Chakra

Awakening Third Eye Senses

The Brow Chakra is associated with the color indigo. It is also often referred to as the "third eye" or the "mind center." It is our avenue to wisdom - learning from our experiences and putting them in perspective. Our ability to separate reality from fantasy or delusions is in connection with the healthfulness of this chakra. Achieving the art of detachment beyond "small mindedness" is accomplished through developing impersonal intuitive reasoning. It is through an open brow chakra that visual images are received.

Chakra Six - Associations

- **Color** - indigo
- **Sanskrit Name** - ajna
- **Physical Location** - center of the forehead
- **Purposes** - action of ideas, insight, mind development
- **Spiritual Lesson** - understanding, reality check point, detachment, open mind
- **Physical Dysfunctions**- brain tumors, strokes, blindness, deafness, seizures, learning disabilities, spinal dysfunctions, panic, depression
- **Mental and Emotional Issues** - fear of truth, discipline, judgment, evaluation, emotional intelligence, concept of reality, confusion
- **Information Stored Inside Sacral Chakra** - seeing clear picture (symbolic or literal), wisdom, intuition, mental facilities, intellect
- **Area of Body Governed** - brain, neurological system, eyes, ears, nose, pituitary, pineal glands

Brow Chakra Exercises

Chakracise your brow chakra with visualization, remote viewing, and lucid dreaming.

Feeding Your Brow Chakra

- **Dark bluish colored fruits:** blueberries, red grapes, black berries, raspberries, etc.
- **Liquids:** red wines and grape juice
- **Spices:** lavender, poppy seed, mugwort