

## More on Chakra Six

The Brow Chakra is about insight and visualization. When it is open, one has good intuitive faculties and a healthy ability to fantasize.

If this chakra is under-active, a person is not very good at thinking for his or herself, and may tend to rely on authority figures. One may have rigid thinking or beliefs, or might get confused easily.

If this chakra is over-active, a person may not be able to clearly distinguish fantasy from reality. In excessive cases, hallucinations are possible.

## Opening the Brow Chakra

Put your hands together, just below your breastbone. The middle fingers are straight and touch at the tops, pointing forward. The other fingers are bended and touch at the upper two phalanges. The thumbs point towards you and touch at the tops.

Concentrate on the Third Eye chakra slightly above the point between the eyebrows.

Chant the sound OM or AUM.

