





# POSITIVE AFFIRMATIONS

I SEE,

I LISTEN TO MY DEEPEST WISDOM

I SEEK TO UNDERSTAND AND TO LEARN FROM MY LIFE'S EXPERIENCES

I AM WISE, INTUITIVE AND CONNECTED TO MY INNER GUIDE

I NURTURE MY SPIRIT

I LISTEN TO THE WISDOM OF ELDERS

I TRUST MY INTUITION

I FORGIVE THE PAST AND LEARN WHAT WAS THERE FOR ME TO LEARN

I FORGIVE MYSELF

I LOVE AND ACCEPT MYSELF

I KNOW THAT ALL IS WELL IN MY WORLD

I AM CONNECTED WITH THE WISDOM OF THE UNIVERSE

I AM OPEN TO INSPIRATION AND BLISS

MY LIFE MOVES EFFORTLESSLY

I AM THE SOURCE OF MY TRUTH AND MY LOVE

I RECOGNIZE WISDOM COMES FROM WITHIN

I SEE ALL SITUATIONS WITH CLARITY AND OBJECTIVITY

I AM OPEN TO INNER GUIDANCE

THE KNOWLEDGE OF THE UNIVERSE IS WITHIN ME

# THIRD EYE



SANSKRIT – AJNA

PURPOSE – PATTERN RECOGNITION, PERCEPTION

COLOR – INDIGO

LOCATION – CENTER OF THE HEAD SLIGHTLY ABOVE THE EYE

IDENTITY – ARCHETYPAL

ORIENTATION – SELF-REFLECTION

DEMON – ILLUSION

FUNCTION – SEEING, INTUITION

ELEMENT – LIGHT

SENSE – TOUCH

SYMBOL – LOTUS WITH 2 PETALS

ANIMALS – OWL

CELESTIAL PLANET – JUPITER, NEPTUNE

CORRESPONDING VERB – I SEE

YOGA PATH – YANTRA YOGA

GODS + HINDU DEITIES – SHAKTI HAKINI, PARAMASIVA (FORM OF SHIVA), KRISHNA, THEMIS, HECATE, TARA, ISIS, IRIS,

MORPHEUS, BELENOS, AND APOLLO

GLANDS – PINEAL

# THIRD EYE

## Underactive Energy

- No imagination or visualization skills
- Non-assertive
- Bad or repressed memories
- Difficulty changing their minds—they only see one side of a story which is their way
- Generally, they cannot see the outcomes or ramifications of their actions
- They don't learn from their mistakes and are doomed to keep repeating them
- Undisciplined, weak-willed, and afraid of success
- Unable to set goals, or when set, their goals are very low
- Inability to plan or set goals, narrow-mindedness, close mindedness, denial, poor vision or blindness, lack of memory, Alzheimer's, dementia, difficulty seeing future, stuck in the past, monopolized (only way, only ONE GOD), lack of thought process for creating future but still living in the present without expectation, lack of imagination, not being able to remember your dreams
- Amethyst activates it
- Moonstone balances it



# THIRD EYE

## Overactive Energy

- Lack of concentration, the mind flitting here and there
- Obsessiveness
- Nightmares
- Spending far too much time in self-evaluation with no results
- Narrow focus with a lack of flexibility
- Often religious but self-righteously so to the point of becoming tyrannical
- Over analytical but missing main factors
- Delusional or have hallucinations
- Obsession with psychic visions/ spirituality, delusional, paranoia, uncontrolled hallucinations, tendencies to be Spacey, difficulty concentrating/ meditation, nightmares, night terrors, recurring nightmares, night terrors, inability to be in stillness of who we are, ADD, ADHD

Tools to use for balance

Lapis lazuli

- Watermelon tourmaline
- Lavender



# THIRD EYE

## To Bring into Balance

Sleep is another critical component of third eye balance. Be sure you get enough sleep at night which should be seven to eight hours. The time between 1:00 and 4:00 a.m. are important for this chakra; the ancients felt this was when we connected with our higher beings. If you have sleep problems, try breathing exercises or a CD with a guided meditation. Put your “screens” away at least an hour before you go to bed. If you like to read, you’ll need to put the Kindle or Nook away and read an actual paper book! Try not eating for at least two or three hours before bedtime. Art therapy is another way to induce sleep, or self-hypnosis if you are able.

Tuning into insight, understand your behavioral and emotional patterns,

Must connect to your root, work your way up, stay in balance, going outside, lots of light, vitamin d, hydration, sleep, Apple cider vinegar, created vital force forever to activate pineal gland, lemon water, all hotline and chemical levels are balanced, lucid dreaming, higher self work, manifestation tools, connecting with nature, talking to plants and animals, meditation, being able to see the focus/ the space between, reading between the lines, connected to be able to see other dimensions/ realms