

The Third Eye Chakra



Ajna

The Third Eye Chakra



Ajna

Other Names:	Ajna
Rank:	Sixth Chakra
Color:	Indigo
Location:	Forehead
Main Theme:	Intuition

“I have the right to SEE”



The Third Eye Chakra – on a physical level



Ajna

Body

Head: Eyes, Sinuses, Nose, Brain,
Face, Occiput

Gland

Pineal gland

Health

Troubles with vision, Headaches, Insomnia,
Memory loss, Dementia, Schizophrenia,

Food

Foods with omega 3 fatty acids &
antioxidants.

The Third Eye Chakra – on a psychological level



Ajna

Key Themes

Intuition, Clarity, Vision, Imagination,
Clairvoyance, Wisdom, Seeing Truth,
Dreams,

Subthemes

Ability to perceive the subtle,
inventiveness, visionary

Key Emotion

Clarity/Confusion

Unbalanced Thoughts

"I don't get it", "I'm confused", "Everything
feels foggy", "No, never mind reality, THIS is
the truth"

Balanced Thoughts

"I see"

The Third Eye Chakra – on an archetypal level



Ajna

Astrology

Planets: Moon, Neptune

Signs: Cancer, Leo

Element

Light (not really an element ;)).

Animals

Hawk, Eagle Cat, Raven, Mountain
Lion, Antelope

Archetypes

Visionary, Meditator, Prophet, Intuitive,
Intellectual,

The Third Eye Chakra – on a vibrational level



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Sounds

Crystals

Amethyst, Purple Fluorite, Black Obsidian...

Tones

A, 448Hz

Essential Oils

Angelica Root, Palo Santo, Clary Sage, Vetiver, Frankincense,...

Colors

Indigo

Yoga Poses

Child Pose, Half standing forward bend, Seated meditation,

The Third Eye Chakra – In Sum



Ajna



“I see”

“All is clear”

“I connect with my
intuition”

**Listen to the Imprint
Meditation.**