

6th Chakra

"I SEE"

Blocked Chakra

Poor Vision
Forgetfulness
Can't see the Future
Not Imaginative

Too Open

Nightmares and/or
Illusions
Delusions
Can't Concentrate

Balanced

Intuitive
Great Memory
Good Vision
Ability to Remember
Dreams
Imaginative

Physical Problems In

Lower Brain
Left Eye (eg. Visions
problem)
Headaches
Ears
Nose
Nervous System
Pituitary Gland

Issues

Intuition
Vision
Imagination
Freedom
Denial
Perception

Traumas

Denial of Intuition
Unsafe Environment

Told one thing saw
another (mixed
messages)
Not allowed to
establish own identity

FOREHEAD (LIGHT)

Balanced Healing Strategies

Meditation to connect
to spiritual body
Past life work,
hypnosis-memory
(braingym) exercises
Practice creativity (eg.
Take art classes)
Identify patterns that
are hindering and learn
how to change them
Psychotherapy

Develops in adolescence +
new cycle 71-75+ years old

Aromatherapy Oils

Eucalyptus
Lemon
Rosemary

Flower Essences

Clematis
Honey suckle
Wild Rose
Olive
White Chestnut
Chestnut Bud

Affirmations

I recognize pattern
I see things clearly
I am open to my intuition
I can see my dreams

Crystals

Flourite

Non-Crystals

Cats Claw

Angelic Assistance

Jophiel and Constance