

# **Brow Chakra-Ajna Intuition, Mysticism and Understanding**

## **Associations:**

**Sound:** Notes "A" & "Bb"

**Color:** Indigo

**Meridian:** Triple Warmer

**Location:** Forehead

**Physical Components:** Face, Ears, Eyes, Nose, Sinuses, Nervous system

**Glands:** Pituitary

**Emotional Component:** Illusion

**Basic Rights:** The right to see

## **Harmonious Function:**

Intuitive and perceptive

Imaginative

Insight of the world that we live in

Integrate information on many levels

Think and live holistically with nature

Advanced intellectual skills

## **Insufficient:**

Lack of imagination

Difficulty seeing the future

Easily lose your head under stress

Poor vision

Poor memory

**Excess:**

Difficulty concentrating

Obsessed

Delusions

Hallucinations

Nightmares

**Physical Imbalances:**

Sleeping disturbances

Difficulty concentrating

Sinus/nose congestion

Pain in the eyes

Hard to make decisions

Slow thinking

Headaches

Depression

Hormonal difficulties

**Affirmations:**

I am perfectly attuned to my vision

I move toward my vision with clarity and purpose

I trust whatever comes to me is for my greatest joy and highest good

I think the very best of myself in all situations, at all times

I create clarity of mind and unlimited vision for myself

I am the source of truth and love in my life

I live in the light of my higher mind and allow it to illuminate my life

I am wise, intuitive and aligned with my highest good

I release and forgive the past

I open myself to know my inner guidance and deepest wisdom

**Nature:**

Contemplate a starry night

**To Achieve Balance use Sound Essence Chakra Note "A" & "Bb" Atomizer**

**Sound therapy:** Notes "A" and "Bb"

**Color therapy:** Indigo

**Aromatherapy:** Lavender, Magnolia and Ylang Ylang

**Gemstone Therapy:** Lapis lazuli, Moonstone, Silver