

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