



THIRD EYE CHAKRA

Ajna

Intuition, Imagination, Perception

- **Location:** Forehead
- **Color:** Indigo
- **Element:** Light
- **Seed Sound:** OM
- **Gland:** Pineal
- **Affirmation:** *I see*

Balanced:

Intuitive, Open To Changes,
Imaginative

Unbalanced:

Fearful, Uncertain, Indecisive,
Having Memory Problems

Essential Oils:

Almond, Bay Laurel, Clary Sage, Sweet Marjoram, Rosemary

Crystals & Stones:



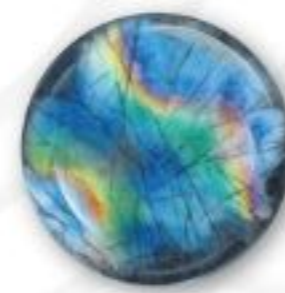
Azurite



Lapis Lazuli



Sodalite



Labradorite



Celestite

Yoga Poses:



Downward-Facing Dog
Adho Mukha Svanasana



Extended Child's Pose
Uthita Balasana



Cow Face Pose
Gomukhasana



Legs Up The Wall
Viparita Karani



Lotus Pose
Padmasana