



A Return to Health & Self-Love

Color: indigo blue

Spiritual Truth: "I am divine wisdom and knowledge."

Location: Between the eyebrows

Organ systems/ physical areas: Brain, eyes, ears, nose, nervous system, pituitary and pineal glands

Possible associated dysfunctions: visual and learning impairments, brain tumors, strokes, seizures, headaches

6th Chakra

(Brow/ 3rd eye)

What secrets did your child of the 6th chakra reveal?

Does she believe the spiritual truth "I am divine wisdom and knowledge"?

Does she trust her intuition?

What fears or emotions came up for you? (Example: I trusted my intuition and things did not turn out how I expected them to.)

Affirmations

- "I trust in my divine intuition."
- "I see myself and others through my divine eyes of love."
- "Whatever I need at any given moment is revealed to me intuitively."
- "I embrace my fear of things going wrong in my life and trust in my intuition. I loving send my child of fear into the light of the Divine."

Take action with self-compassion!

Tips to maintain an open 6th chakra

- Take a few minutes daily to practice stilling your mind in quiet meditation to open your flow of intuition and inspiration
- Focus your sight on a dancing candle flame or the curling smoke of incense
- Close your eyes and listen to meditative music or nature's soundtrack of the wind and birds outside

Essential Oils Checklist

- tulsi
- frankincense
- myrrh