



THIRD EYE CHAKRA

THIRD EYE CHAKRA (AJNA)

Location: Centre of Forehead

Element: All five elements

Colour: Violet

Balanced: Calm & Focused

Issues: Closed minded, Anxiety

Body Areas: The senses

Endocrine Gland: Pituitary

Essential Oils: Clary Sage, Lemongrass, Frankincense, Blue Tansy

RITUAL: TRUST YOUR INTUITION

Trust your intuition. Consciously allow yourself to open up to new ideas—even if you have no idea where those ideas came from. Write things down so you can look for patterns in your thoughts and visions.

RITUAL: LEPIDOLITE MANTRA PRACTICE

Sit in seated meditation, holding your Lepidolite in your less dominant hand to receive its energy. Feel the support of the cushion or floor beneath you. You are grounded and supported by the Earth's energies. Imagine yourself surrounded by a soft, warm radiant energy. It is like a light blanket providing comfort. Repeat these words.

"I allow myself to calm, settle and relax.
My inner knowing always knows the way."

CRYSTALS

AMETHYST

Amethyst means 'sincerity' & 'freedom from harm'. Symbolising wisdom, deep love, devotion & peace of mind. It opens your third eye & clarifies spiritual vision. Amethyst can help balance the third eye chakra & bring the power of serenity to the body, mind & soul.

LABRADORITE

A highly protective & spiritual stone, labradorite will enhance & awaken your psychic abilities while protecting your aura & shielding it from negative influences.

LEPIDOLITE

While lepidolite is known to activate all 3 upper chakras we love this stone for the Third Eye. Lepidolite resonates so deeply with the head space, bring calm, peace, releasing fears and worries and connecting you to the magic that resides within. This beautiful stone radiates calm and within the calm, brings focus, allows you to see what truly exists and not what we've worked up or over-worried about in our minds. This beautiful, allows you to see with clarity, releasing blockages & negativity.

AFFIRMATIONS

'I FOLLOW MY TRUTH & COMMUNICATE IT CLEARLY'

'MY SPIRITUAL VISION IS CLEAR.

I ALWAYS FOLLOW & HONOUR MY INTUITION.

I SEE DIVINE LIGHT IN EVERYBODY.

I LOOK AT LOW ENERGY SITUATIONS FROM MY HIGHER SELF BEFORE I CHOOSE HOW I REACT.

I AM SPIRITUALLY AWAKE

'I EMBRACE MY OWN BEAUTIFUL TRANSFORMATION'

THIRD EYE CHAKRA (AJNA)

This month I feel like our journal questions need a lead in Δ

Your third eye chakra is all about connecting to your intuition, your inner guidance system.

We as humans are so freaking good at getting in our own way, at over-thinking a situation or question, we are so good at THINKING we need to get the answer right or perfect.

So for the next few pages, I invite you not to think, but to FEEL, before you answer each question,...

I invite you to draw a deep breath in, and a long slow exhale out

&

then read the question & whatever comes to the forefront of your mind, flow from there.

&

If nothing comes, or the question scares you,

Either

Move on, no judgement from within

Or

Take another deep breath in & long slow exhale

& repeat

ALL I NEED EXISTS WITHIN ME

You are amazing,

&

This is FUN

Play

Flow

Write

Grow

&

Be

Be in your presence, connect to the joy within you & around you.

Love you

Δ

THIRD EYE CHAKRA
JOURNAL

Take a moment to breath, connect, trust, flow and ... journal on the following:

EVERYTIME
I TRUST MY INNER KNOWING
MAGIC HAPPENS

What areas of my life do I have a strong sense of clarity about?

What am I unclear or confused about?

What would help me gain more clarity on the above?

More than anything, today, I am grateful for....., because.....

THIRD EYE CHAKRA
JOURNAL

Take a moment to breath, connect, trust, flow and ... journal on the following:

MY INTUITION GUIDES ME
TO TAKE INSPIRED ACTION
WITH FAITH & TRUST

Do I consider myself intuitive? -

How do I most often experience my intuition? Does it come in the form of a gut feeling, a voice in my head, signs and synchronicities, or something different?

What are some past experiences in which I followed my intuition, and this led me to making the right choice?

Have I ever not followed my intuition and wished I had? What can I learn from these experiences?

More than anything, today, I am grateful for....., because.....

THIRD EYE CHAKRA
JOURNAL

Take a moment to breath, connect, trust, flow and ... journal on the following:

I TRUST
THAT ALL CHANGES WITHIN
MY INNER WORLD & MY OUTER WORLD
ARE FOR MY HIGHEST GOOD

Do I trust myself to make good decisions?

Do I make decisions based on what's logical or what feels right?

Is there a healthy balance between the two?

More than anything, today, I am grateful for....., because.....

THIRD EYE CHAKRA
JOURNAL

Take a moment to breath, connect, trust, flow and ... journal on the following:

MY MIND IS FREE OF RESISTANCE
AND OPEN TO ALL POSSIBILITIES

Describe what your inner knowing is telling you about your life right now.

Are there any next steps you feel you should take?

How does it feel when you think about taking these steps?-

More than anything, today, I am grateful for....., because.....

THIRD EYE CHAKRA
JOURNAL

Take a moment to breath, connect, trust, flow and ... journal on the following:

I KNOW
EVEN MORE THAN I REALISE
IN THIS MOMENT
MAGIC IS HAPPENING

If I could take a single step this week that leads me closer to my dreams, what does that step look like?

What is my intuition telling me? Am I able to take that step?

What are some daily practices I can do to cultivate my relationship with my intuition? How will I make space for these practices in my life? (I.e. yoga, meditation, breath work, daily affirmations, EFT, etc.)

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THIRD EYE CHAKRA
JOURNAL

Fear is a normal experience when we take a leap and follow our inner knowing.

Write at least ten affirmations (statements of believe) about your strength, power, and courage to feel the fear and move forward anyway.



A large, faint, light purple chakra diagram is centered in the background. It features a central white '3' (bindu) surrounded by two white circles, all enclosed within a white inverted triangle. This triangle is itself inside a larger white circle. The entire diagram is set against a textured, light purple circular background. The central area is overlaid with horizontal grey lines for writing.

I EMBRACE MY OWN BEAUTIFUL TRANSFORMATION
ALL I NEED ALREADY EXISTS WITHIN ME

THIRD EYE CHAKRA
JOURNAL

Take a moment to breath, connect, trust, flow and ... journal on the following:

MY IMAGINATION IS
VAST,
EXPANSIVE &
CREATIVE

Do I consider myself imaginative? -

Do I use my imagination more or less now than I did when I was a child? How can I embrace using my imagination more?

Using your imagination, write a detailed account of the most beautiful life you can imagine for yourself. Think big and don't hold back!

More than anything, today, I am grateful for....., because.....

THIRD EYE CHAKRA
JOURNAL

Take a moment to breath, connect, trust, flow and ... journal on the following:

I HONOUR MY INNER KNOWING
&
TRUST MY PATH

How do I react to major life changes? Do I embrace change, or do I resist change?

What was the last major change in my life, and how did I react to this change?

What positive lessons, opportunities, and experiences came from this change?

More than anything, today, I am grateful for....., because.....

THIRD EYE CHAKRA
JOURNAL

Take a moment to breath, connect, trust, flow and ... journal on the following:

I TRUST THE SIGNS
&
SYNCHRONICITIES THAT SHOW UP IN MY DAILY LIFE

Do I feel safe surrendering, or do I have a difficult time letting go of control?

Describe the ways in which letting go of control can be a really good thing for my overall wellbeing.

How has trusting my path led me to where I am right now, and why is my present-day experience a beautiful place to be?

More than anything, today, I am grateful for....., because.....

THIRD EYE CHAKRA

JOURNAL

What does an ordinary day as my most intuitive, imaginative, mentally strong self look like?
How do I carry myself throughout the day?
How do I treat others and myself?
Write about this day in detail.

A large, faint white illustration of the Third Eye Chakra (Ajna) is centered on the page. It features a blue triangle with a white '3' inside, a white crescent moon with a white dot (bindu) above it, and two white lotus petals above the triangle. The background is a light purple wash with horizontal lines for writing.

I ALLOW MYSELF TO DREAM
TO DREAM BIG & EXPANSIVELY
BEYOND THE CONFINES OF MY PHYSICAL REALITY