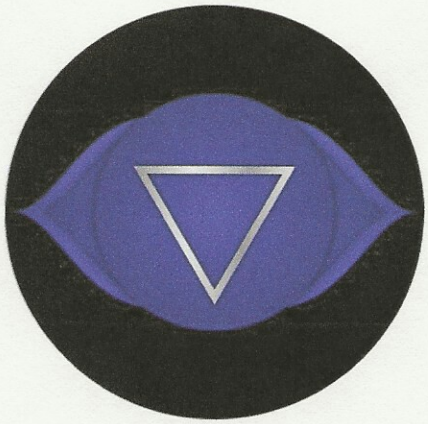


CHAKRA NUMBER SIX: THE BROW CHAKRA

FUNCTION ASSOCIATED WITH THIS CHAKRA:

VISION

IMAGINATION

SEEING

CLAIRVOYANCE

CORRELATION

Meaning	To perceive
Location	Slightly above eye level at center
Inner State	Seeing, intuition
Glands Associated	Pineal
Malfunction	Headaches, nightmares, eyestrain, blurred vision

CHAKRA 6 EXERCISE

THIRD EYE EXERCISE

To do this exercise you can sit with back straight or stand with feet shoulder length apart and back straight.

Begin by closing your eyes and rest for a few seconds. Then with your eyes kept closed on the inhale, position your eyes upward as if you were pointing them toward your brow chakra.



On the exhale bring them straight down.



On the inhale bring them to your left



and exhale to the right horizontally.



Then from the right side, make a half circle to the left as you inhale and then to the right on the exhale. Repeat for 5X.

CHAKRA 6 EXERCISE

PALMING THE EYES WITH GENTLENESS AND LOVE

Standing up with your back straight and feet shoulder length apart, extend your arms out in front of you with your left palm up and right one down. Take long conscious deep breaths and open and close your hands quickly 10x. You then position your left palm down and your right one up and open and close them rapidly 10x while taking deep breaths.
Close your eyes and place the palm of your hands over them and take 5 conscious deep breaths. Feel the warmth of your hands as you do this.





CHAKRA 6 EXERCISE

HEALING AND CLEANSING MEDITATION

Sitting in a lotus pose with back straight and shoulders relaxed, begin by being gently aware of the breath in the space between the nostrils and upper lip, both in the inhalation and exhalation. Follow the instructions on the module 6 video.

