

## Brow Chakra

*Intuition / Mysticism / Understanding*

*I am perfectly attuned to my vision.  
I move towards my vision with clarity  
and insight.*

### SEEK ONLY THE TRUTH

The sixth chakra, located in the middle of the forehead, and sometimes referred to as the third eye, activates the lessons that lead us to wisdom. The Brow Chakra is about intuition, imagination, wisdom, understanding and enlightenment. This chakra is the centre of our higher mental powers, our intellectual capacity to distinguish intuition from will. It is considered the highest center of command for the central nervous system.

It is known that every realization in our lives is preceded by thoughts and projected images, which in turn can be nurtured by the knowledge of reality, therefore by way of this mental power we are connected with the process of manifestation via the third eye. We are then able to create new realities at the physical level and dissolve old ones.

The Brow Chakra enables us to connect with the energy of the world beyond our five senses and teaches us to go beyond superficial appearances, find deeper truths and then cultivate our resources of creativity and wisdom. Through the sixth chakra we are able to open ourselves to universal creative energy, which allows us to direct ourselves towards fulfilling our life's purpose.

Someone with strong Brow Chakra characteristics uses their intuitive abilities and is open to new information about their life's purpose. Their ego and soul spirit are balanced. They are able to create their life and manifest their dreams to the highest good.

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BROW CHAKRA



**COLOUR**  
Indigo

**COMPLIMENTARY COLOUR**  
Yellow

**SOUND**  
Note A and B $\flat$

**SENSE**  
Light/Colour

**LOCATION**  
Forehead

**BASIC PRINCIPLE**  
The right to see

**ASSOCIATED GLANDS**  
Pineal/Pituitary

**ASSOCIATED MERIDIANS**  
Triple Warmer

**EMOTIONAL COMPONENT**  
Illusion

**PHYSICAL COMPONENT**  
Face, ears, eyes, nose, sinus, and nervous system

*“The Essence of Sound”*  
*“Full Spectrum Vibrational Healing for the Meridians, Chakras and Figure Eight Energies”*  
by Evelyn Mulders

**INSUFFICIENT BROW CHAKRA ENERGY:**

Lack of imagination  
Difficulty in seeing the future  
Easily lose your head under stress  
Poor vision and poor memory

**EXCESS BROW CHAKRA ENERGY:**

Difficulty concentrating  
Obsessed  
Delusions  
Hallucinations  
Nightmares

**HARMONIOUS FUNCTION OF THE BROW CHAKRA:**

Intuitive and perceptive  
Imaginative  
Insight about the world we live in  
Integrate information on many different levels  
Live and think holistically with nature  
Advanced intellectual skills

**PHYSICAL IMBALANCES:**

Sleeping disturbances  
Concentration difficulties  
Sinus and nose congestion  
Pain in the eyes and head  
Hard to make decisions  
Slow thinking  
Headaches  
Depression  
Hormonal difficulties

**EMOTIONAL IMBALANCES:**

Worrying  
Fear of the future  
Forgetfulness  
Over-sensitivity to impressions of others  
Undisciplined