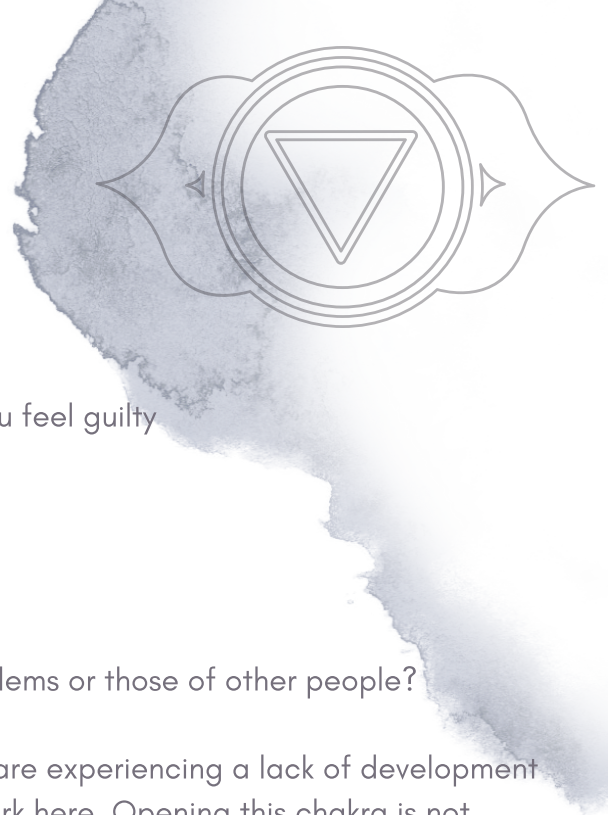


Third Eye Chakra Worksheet



Answer the questions below:

- In spite of all the things you have, do you find that you feel guilty for still being unhappy?
- Do you feel stuck?
- Are you in need of liberation and freedom?
- Do you have difficulty visualizing your future?
- Have you experienced vivid nightmares recently?
- Do you have difficulty with insight into your own problems or those of other people?

A "yes" answer to most of these would indicate that you are experiencing a lack of development or block to your Third Eye Chakra and could use some work here. Opening this chakra is not something you can do quickly. It takes time and is something to do once you have built your foundations in the other lower five chakras.

JOURNAL

Pay attention to your dreams. Dreams can be confusing, disorienting, wonderful, and terrifying—but don't just shrug them off each morning when your alarm goes off. Look to them for help in opening your Third Eye. Write them down, remember them, and listen to them.

MINDFULNESS

If opening the Third Eye is your ultimate goal, it's time to get to work on unblocking and balancing your other chakras. Which chakras do you need to focus on right now?

MEDITATION

Focus your attention on the point between the brows in meditation, and simply observe what images or thoughts arise. Crystals to use include: anything in the purple realm (amethyst, lapis lazuli, blue or purple sapphire, purple violet tourmaline, or rhodonite).