

# Magical Mothering Method

## Third Eye Chakra Initiation

Month 6: Third Eye Chakra

Week 21: Initiating and Activating the Third Eye

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## Seeing beyond the Physical

Mental Health, Psychic Abilities, and having a clear vision is all a part of the Third Eye Chakra.

What direction is your life going in?

What does your future look like?

What is your mental health right now?

## Third Eye Chakra

Sanskrit name: Anya

Location in the body: Forehead, Brain, Vision (both inner and physical)

Color: Purple

Symptoms of Closed, blocked or injured chakra: confusion, mental health issues, brain fog, not having a vision, migraines/headaches, lacking direction or goals, pressure in your head or spinning, sensitivity to light, narrow-minded, poor vision, poor memory, denial, lack of imagination, obsessed with obtaining psychic vision, paranoid, hallucinations, tendency to space out, difficulty concentrating, nightmares

Stones: Amethyst, Chevron Amethyst, Purple Wrapped Selenite Wand, Labradorite, Ulexite, Purple Flourite

Foods: eggplant, grapes, purple potatoes, purple cauliflower, purple carrots, purple cabbage, passion fruit, Acai Berries, elderberries, red dragon fruit

## Third Eye Chakra Initiation

As we create a beautiful purple light that encompasses the entire globe. It then flows out into the universe allowing our third eye to get IN-sight or knowledge from beyond just our own physical surroundings. This is a powerful activation to create a knowing within you that allows for you to access knowledge to create the most magical life and vision for not just yourself but for the globe. There is a need for wisdom, insight and knowing right now. Not to follow blindly what we are told from either side, but a truly powerful ability to see beyond what is happening in the physical right now.

## Third Eye Chakra Ritual

This week we have a powerful visual. This ritual was created by Rudolf Steiner back in the late 1800's. I want you to look at the palm of your hand. Image that there is a seed in the palm of your hand. Begin to really see the seed as if it were in your hand. Begin to see it sprouting. Then turn into its full grown plant through every stage. Imagine it seeding, and then dying. And one remaining seed from the full life of that plant is in your hand. Do this regularly with all different types of plants. This is a powerful connection to our psychic abilities as well as activating fully our third eye to do powerful work on this planet.

