

## The Brow Chakra and Indigo



**Indigo :** The color of the Brow or Third-Eye chakra, also known as Ajna. This chakra is located at the top of the head.

This chakra is our link to the universal unconsciousness. Opening this chakra can aid in clear sight, intuition, integrity, and lessens feelings of despair.

Gemstones amethyst, moonstone and augilite

## The Brow Chakra and Indigo

The Brow Chakra acts within your forehead, with influence on the eyes, sinuses and the pituitary gland. Indigo being associated with self-responsibility, self-enhancement and intuitive ability, it is vital for the brow chakra to remain in good health. Some of the problems that may be traced back to this chakra are problems with the eyes (e.g. cataracts, myopia, color blindness), ears, sinuses and tension or stress. When the indigo energy turns malicious, it hinders vision—both intuitive vision and physical vision. It muddles the understanding and the connection between the inner soul and your path in life. But when in complete balance, indigo energy spreads orderliness and clarity; with some of the qualities being loyalty, integrity and intuitive understanding.

## Indigo chakra color meanings:



The sixth, third eye chakra. We know more fully all the depth of chakra connectivity. In indigo pools of depth and contemplation we see more clearly how energy runs together. Indigo is an oceanic orifice - always present - just waiting for us to dive in to discover the behavior and rhythms of energy itself.

When we swim round its ripples, we see all energy is interrelated, each nuance a partner, each ringlet interlinking depth and texture to the story of our existence. When we see with indigo vision we **don our x-ray glasses to peer past the veil of illusion**. All is revealed. Awareness is found in the deep purple folds of our innermost selves. It's like we've returned to our red chakra roots, come up through ourselves by way of the chakra spine only to meet ourselves again with new understanding.

### 6 - Third Eye chakra

The Third Eye chakra is about insight and visualization. When it is open, you have a good intuition. You may tend to fantasize.

If it is under-active, you're not very good at thinking for yourself, and you may tend to rely on authorities. You may be rigid in your thinking, relying on beliefs too much. You might even get confused easily.

If this chakra is over-active, you may live in a world of fantasy too much. In excessive cases hallucinations are possible.

## Third Eye Chakra



The third eye chakra is the seat of mystical, intuitive knowing that spirals forth the awareness that we are **spiritual** beings connected to universal wisdom and truth. A healthy third eye chakra will encourage the path of internal visions and dreams, with the realization that they are Divinely guided and inspired.

**Chakra Colors:** **Indigo, violet**

**Health Associations:** Responsible for hormone function and secretion, sleep/wake cycles, and dreaming. Oversees the "perception" functions of the body through the brain, eyes, and neurotransmitters.

**Third Eye Chakra Healing Foods:** purple-red foods (purple potatoes, blackberries, blueberries, purple grapes, phalsa, jamun, etc.)

## Open the Third Eye Chakra

Put your hands before the lower part of your breast. The middle fingers are straight and touch at the tops, pointing forward. The other fingers are bent and touch at the upper two phalanges. The thumbs point towards you and touch at the tops.

Concentrate on the Third Eye chakra slightly above the point between the eyebrows.

Chant the sound OM or AUM.



Meditation Commentary: The indigo photon rays of Truth and Knowledge, from the Supreme Teacher Shiv Baba fill my indigo-field of Truth...of Knowledge...I know the beginning, the middle and the end of the cycle... My third eye of Knowledge has opened, I know the three aspects of time, and I have knowledge of the three worlds...These rays of Truth and Knowledge spread to the corporeal world, filling the intellects and the indigo fields of millions of souls...These souls now see the Truth and have the same Knowledge as I...they all turn to Shiv Baba to learn more...



मैं ज्ञान के सागर का सन्तान ज्ञान स्वरूप हूँ ।  
सारे विश्व में ज्ञान की गहरी निली रोशनी फैला रहा हूँ ।

I am the child of the Ocean of Knowledge; I am an embodiment of knowledge; I spread the Indigo light of knowledge in the whole world