

The Chemistry Code Chakra Correlation: Third Eye Chakra

NAME(S)	Sixth chakra, <i>ājñā chakra</i>
LOCATION	Inward from the center of forehead toward the middle of the brain, above and between the eyebrows
COLOR	Indigo
MUSICAL NOTE	A
BODY AREAS AFFECTED	Eyes, base of skull, ears, nose, left eye, left brain, sinuses, <i>pituitary gland</i> , and <i>pineal gland</i>
“BACK SIDE” SYMPTOMS	Nightmares, hallucinations, headaches, learning difficulties, poor vision, neurological issues, glaucoma
“FRONT SIDE” CHARACTERISTICS	Charisma, high intuition, healthy perspective, freedom from attachment, generating insightful creations, perceiving beyond the five senses, seeing the meaning “behind the scenes.” “I am the one behind the eyes.”
PRACTICES	• Alkaline Ash Nutrition Program • Conscious Exercise • Chemistry Through Thought • Energy Codes Brain Yoga
BREATHWORK (as explained in Chapter 8)	Visionary Breath
YOGA POSES FOR GREATER INTEGRATION	• Downward Dog (<i>adho mukha śvānāsana</i>) • Shoulderstand (<i>salamba sarvāṅgāsana</i>) • Child’s Pose (<i>bālāsana</i>) • Exalted Warrior (<i>viparīta vīrabhadrāsana</i>), also called Warrior 4 • Balancing Poses