crystal musings

Third Eye Chakra



Color

Indigo, Purple

Mantra/Affirmation

I trust and honor my intuition. I am inspired. I am a powerful co- creator with the universe.

Essential Oil Recommendation

Angelica, Helichrysum, Sage, Blue Spruce, Frankincense

Crystals

Lapis Lazuli, Amethyst, Labradorite, Tanzanite, Moldavite

Emotional/Spiritual

When in balance you feel clear, focused, and know truth from illusion. You are open to receiving knowledge and intuitive insight. You have an awareness of a spiritual realm.

When out of balance you may lack spirituality, be fearful of self and others, exaggerate truths, feel moody and have an inability to self-reflect.