

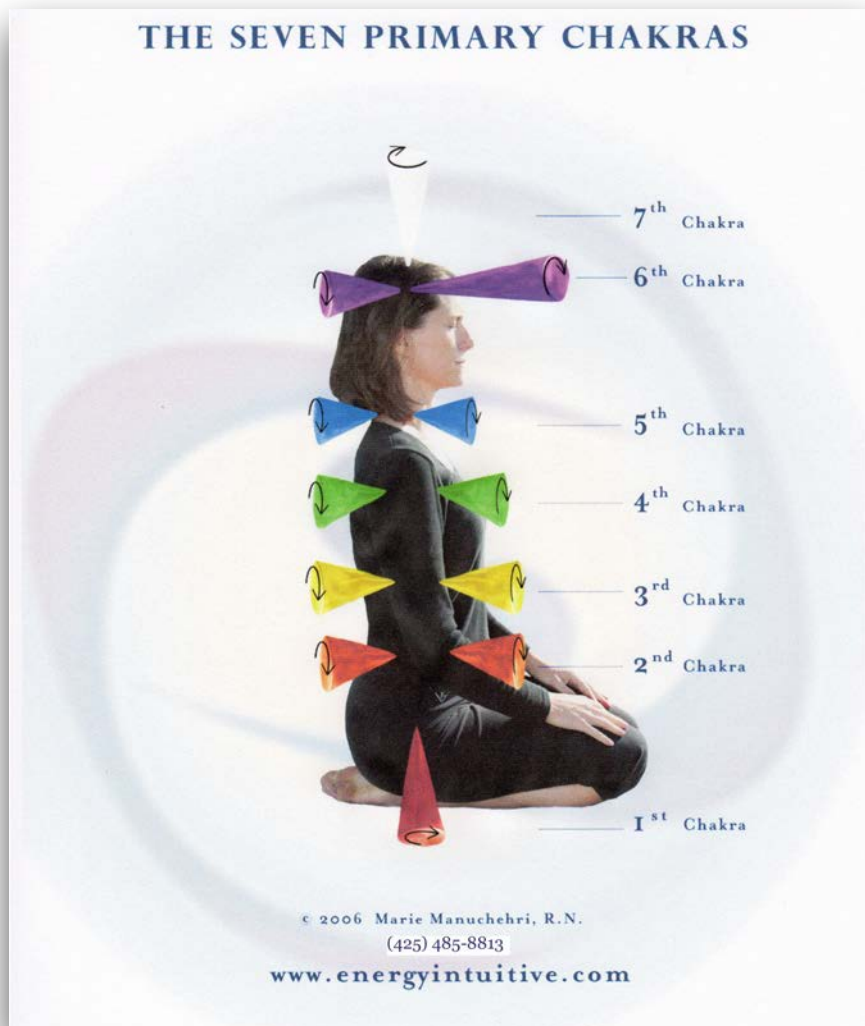
Vibrational
MASTERY

6



Module 6 Sixth chakra

Sixth Chakra-The Third Eye



- Color: Indigo
- Location: Center of your brain, ‘third eye’
- Emotional Health: Your capacity to trust your intuition.
- Mantra: *Embracing my intuition is one of my greatest joys.*
- Back of 6th chakra receives psychic info from the 4th dimension.
- Info goes into the back of the chakra to the front of the third eye.
- Here the information is translated.

Intuition verse your ego

- The sixth chakra is so fun and so helpful when you are living your life consciously.
- Intuition is subtle our ego is not.
- The ego makes decisions based on fear, intuition makes decisions based on joy.
- Fear is not intuition. The ego is drenched in fear. Intuition is more accurate than the mind.
- Everyone is intuitive.
- Being happy strengthens intuition.



Embracing your intuition



- To hear your intuition, you must pay attention to your body and all the subtle signs.
- When you are beginning to listen to your intuition start with simple questions.
- Take a breath, ground your feet to the floor
- Follow the intuitive thought and then ACT!
- Intuition is like a muscle, the more you practice the stronger it will get.
- You need stabilized and functioning lower chakras to be able to get into the higher ones.
- Playfully and joyfully practice intuition.
- Ask questions: Will I have fun tonight?
What will I learn in class?
- Use automatic writing to get intuitive information.

Neutrality

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- Humans get caught up in logic and the ego wanting life to be a certain way, we need to be unconcerned with this 3rd dimension.
- If you are trapped in logic you are smothering consciousness.
- Consciousness needs to expand and morph.
- Relax about life.
- Normal life needs to be questioned.
- Don't just believe reality.
- You get stuck and then there is no magic.



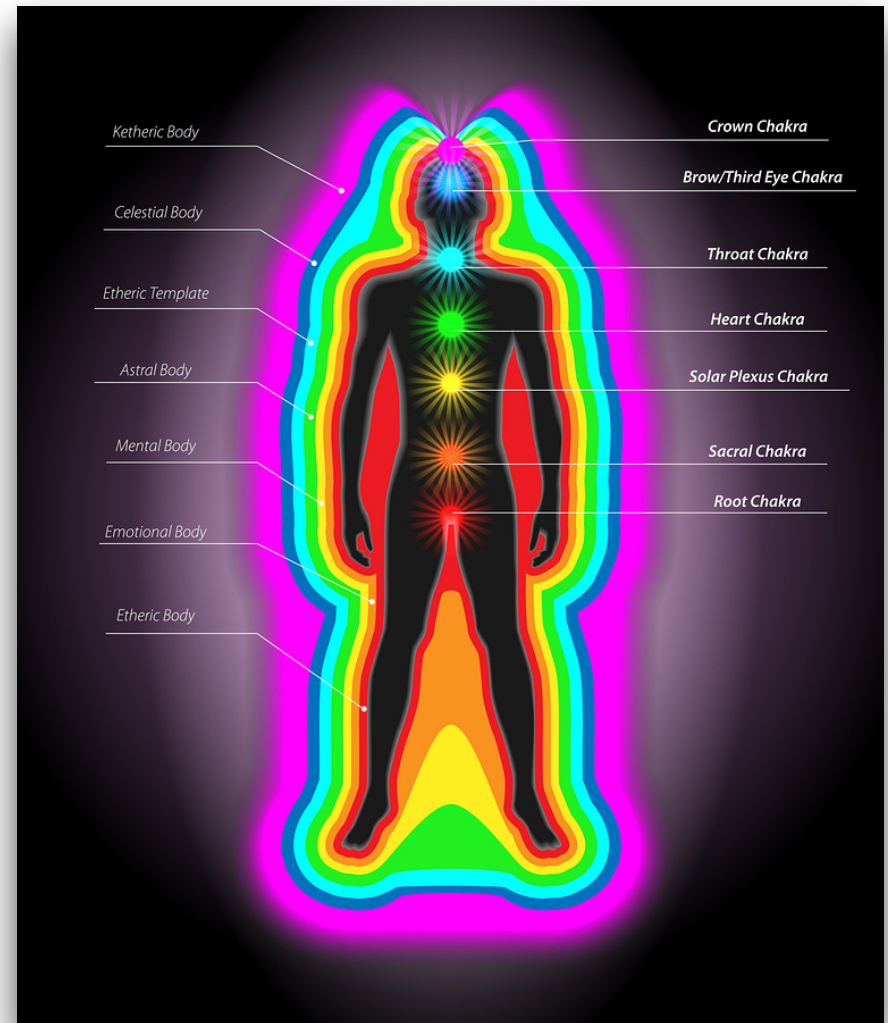
Self-love



- Self-love and happiness strengthens intuition.
- Nothing in the universe ever tells us we are bad.
- Self love is a glue that holds the magic.
- Everything you are trying to create and explore exists in high frequency,
- Self-love is high frequency.
- Meditation helps us get out of the stuck, critical, self loathing mind.
- The mind needs to be calm.
- Be in the present moment, ie. walking, mowing the lawn, looking at nature.

6th Layer of the aura

- We are all one.
- Be compassionate. This is not giving your energy away compassion, but neutral compassion for the human condition.
- Unstructured-silver /purple sky with clouds the color of the chakras floating around.
- When you can understand why people do things and not take it personally this is when you activate the 6th layer.
- When someone is sick, see them as healthy. Hold the healthy energy for them-We are all one.



Parts of the body associated with the 6th Chakra

- Brain- not seeing oneself accurately, in denial, ignoring intuition, - get curious, do things different, don't follow the mind.
- Ears- not listening your intuition
- Eyes-not seeing your truth
- Nose, sinuses-frustration
- Hypothalamus
- Pituitary gland
- Penile gland

Sixth Chakra: Third Eye, Trusting your Intuition



The sixth chakra also governs the hypothalamus, pituitary and pineal gland

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Reframing

- Embracing my intuition is one of my greatest joys.
- What if I naturally trust my intuition?
- Every day my intuition increases.
- What would it feel like if I trusted my intuition?





- Self reflection questions
- Autonomic Writing
- Reframing