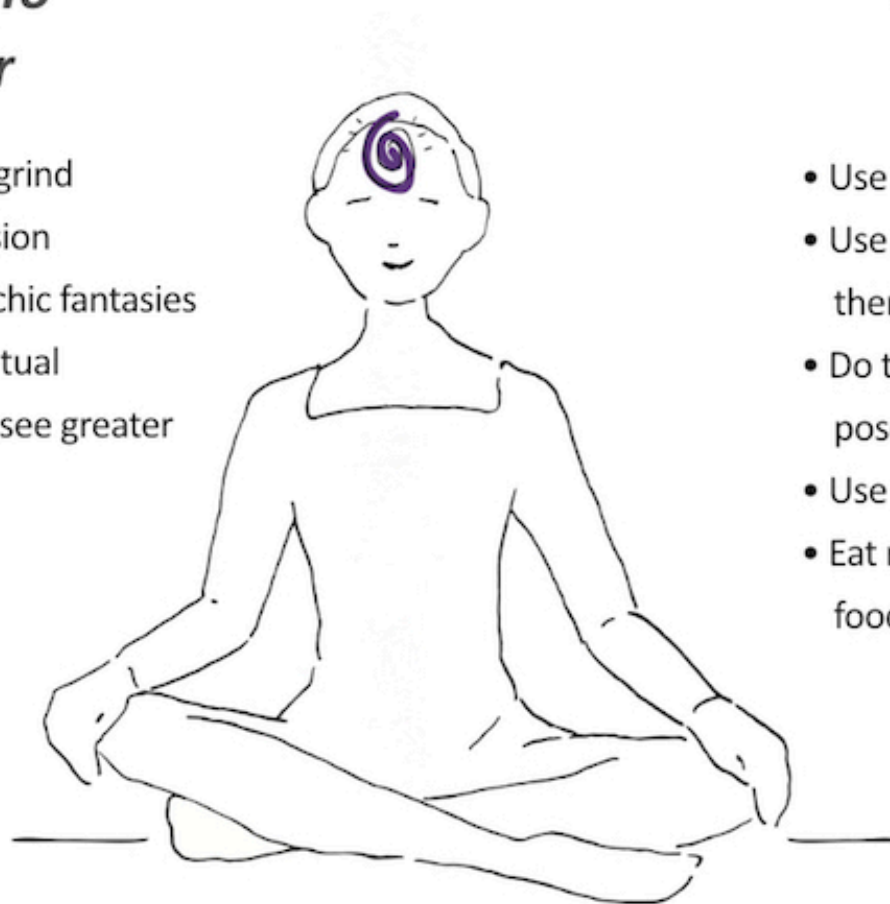


Third Eye Chakra Healing Cheat Sheet

More chakra healing tips on www.chakras.info

Symptoms To Watch For

- Stuck in the daily grind
- Lack of guiding vision
- Indulgence in psychic fantasies
- Rejecting the spiritual
- Not being able to see greater picture
- Lack of clarity



Third Eye Chakra Healing Tips

- Use meditation to open the third eye.
- Use energy healing such as Reiki, sound therapy or acupuncture.
- Do third eye yoga poses such as child's pose, shoulder stand and forward bends.
- Use aromatherapy.
- Eat naturally dark blue and purple colored foods.

Result

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Increased Intuition . Perception Of Energy . Wisdom .