**Chakra SixOverview**

**Location**: Between & just above eyebrow

**Life Skill:** Principle of Health & Healing

**Color**:  Indigo/Purple

**Crystal**:  Moonstone

**Element**:  Air

**Body**:  Brain, Pineal Gland, Pituitary gland, eyes, nose, blood stream, forehead, upper head

**Oils:**  *Harmony* between and just above the eyebrows, *Dream Catcher*just above both earlobes, *Acceptance* or*Awaken* on bottom of both big toes

**Age Developed**: 8 1/2 – 14

**Activated**: 19-20

**Re-activated**: 56-63, 92-99

**Key words and phrases to use with**

**meditation/journaling**

**Front:** Mental and reasoning abilities and

psychological skill in evaluating our beliefs and attitudes.

Regulates many of our hormonal and endocrine functions

Basing our physical health on our self image and goals.

Master control system that affects the body from the level of cellular gene activation upon the function of the nervous system

Moods, behavior, emotional vulnerability, personalizing this vulnerability during ages of 13-18.

Do I feel good about myself and my gender?

Does my environment and upbringing deflate my gender?

self and body image?

underachiever in relationship, school, work, goalsetting?

Can I imagine myself worthy of the good things in life?

How are my visualization skills?

Do I have vivid imagination?

Am I paying attention to  my intuition?

What is my one truest path?

Can I envision that?  articulate it?

**Back Side:** Sight chakra, reflecting all potentials.

Is my life strategy plan, potentials, and visions in accordance with my highest purpose?

Are my belief systems self-affirming?

Are my visions constructive?

or self-destructive?

Am I on my divine path?  Can I visualize myself and create that in physical reality?

What beliefs do I hold about my true potential?

How do I feel about myself?

How does my soul view what I have created?  Is it in alignment with what my soul WANTS to create?

Am I open to higher light?

Can I accept the journey I have already undertaken?

Am I (have I been) drawn to opportunity to manifest them?

**6th Auric Level**: Composed almost exclusively of light, the matrix patterns of the 6th auric level are spun of actual light fibers.

This auric level meshes together with the 5th and less formed 7th auric fields, combining  the necessities of choice and the consequences of truth and universal love and support.

This auric level reflects thoughts and thought patterns we hold about ourselves, appearing more like attitudes than separate thoughts.

By examining and correcting disturbed states of self concept, immediate change can be created through the power of this auric level.  Keep your issues in the light, heal the issues, and achieve the higher learning.