

## **Part Six -The Third Eye Chakra Creating with Intention**

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Sixth of a seven-part series

How often do you think of a friend and within a moment the phone rings and your friend is calling you. Messages and information are constantly being sent from our mind into the world around us, almost like Morse code signals. These messages help to create the reality of our lives. Another level is intentionally using the mind messages to create our reality, such as the coaching for Olympians when they are told to go over in their mind every detail of the race and visualize winning. These ideas help to affirm the lesson of the third eye chakra, "What you imagine is what you create." This center works with our ability to manifest our dreams and intentions into the physical world.

The sixth chakra is located just above the eyebrows and holds the color vibration of indigo blue, the color of the midnight sky. The element that we are connecting to is thought, the vibrations and signals that we send from our mind. In the body we are connecting the left and right sides of our brain, balancing the creative and intuitive mind with the rational mind. This center connects to the pituitary gland and opens our mind's eye to see and experience the patterns, shapes and symbols of our inner vision.

As we move upwards to the third eye center, we receive the gifts of wisdom, dreams, insight, intuition and vision. As young children, we lived in a magical and playful world of our imagination, while as adults we have become too centered within the logical and rational mind. The balance that we need in our lives is to allow ourselves to embrace them together, allowing our intuition and imagination to explore the realms of our mind while being firmly rooted in our physical world. This combination helps us to have a more expanded vision of our potential in every moment, and to create with intentions.

Affirmations are another step in the process of manifesting our dreams and intentions. What we are creating in every moment is based on our thought patterns and belief systems, and these become our daily affirmations. We need to take inventory of our affirmations to see if they are really what we want to create. When we wake up in the morning and look in the mirror do we affirm the beauty before us, or do we find fault with little details of our body? When we are going to work are we excited about the possibilities of another day, or are we dreading the routine of the day ahead? Do we have patterns from childhood that we learn through fear and pain, or have we realized we can learn through love and compassion? If we change the affirmations in our mind to match the reality we want to create, we can change the world around us.

The lesson in creating with intention is to hold a clear vision of what you want to create for your highest good and to remain focused in affirming your vision. Using your inner vision allows you to see it in every detail. Feel the emotions that surround the creation as if it is already your reality. State the intention through your voice or by writing it down, and offer it out to the universe or to your divine source. The next step involves the magical trust of a child in knowing that your creation already exists, and then watch it unfold before you in the physical world.

## **Meditation for Third Eye Chakra**

Take several deep cleansing breaths, opening the energy centers in your body. Close your eyes and imagine a column of light entering your body through the crown center, moving into your third eye center and illuminating it with divine light as it gently moves down and grounds you to the earth.

Now imagine a beautiful indigo blue crystal in your mind's eye. As you are looking at this crystal, it becomes clouded with thoughts or distractions. Gently with a golden cloth, begin to rub your crystal allowing it to shine, and just letting go of the thoughts and distractions for the moment. Focus on the brilliant indigo blue light of the crystal and allow it open up your inner vision and imagination. Allow yourself to see the patterns, symbols or colors that begin to emerge from it in your mind.

Follow the magical journey of your imagination as if it is a kaleidoscope uncovering your inner world. Slowly bring your focus back to the surface of the indigo blue crystal. Begin to see gold letters forming an affirmation or message being written from your higher self or divine source. Take in the vibration of this message, knowing that what you imagine is what you create. Namasté.

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