

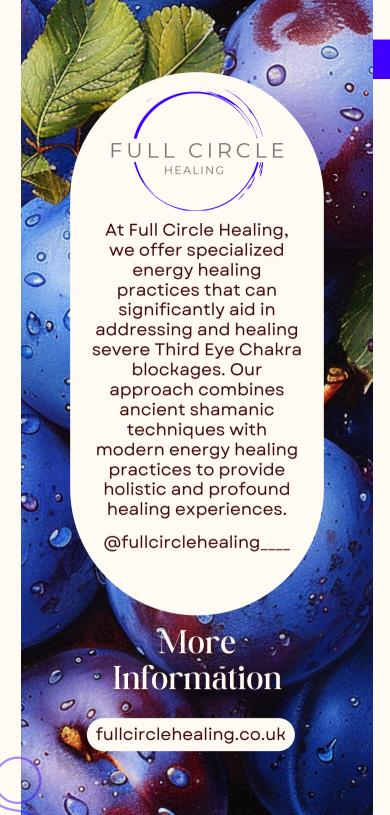
# Hub of Inner Knowing



## **Matt Jones**

Shamanic Energy Healer

"Trust your intuition, perceive clearly, and embrace spiritual insight."



#### **FULL CIRCLE HEALING**



# THIRD EYE CHAKRA

(Ajna)

Your Guide to Solar Plexus Chakra



#### **Affirmations**

Use daily affirmations like "I trust my intuition" and "I see clearly" to reinforce inner wisdom and insight.



#### **Mindful Meditation**

Meditations focusing on the colour indigo and the element of light to sustain the balance and clarity of your Third Eye Chakra.



#### **Consistent Routine**

Establish and maintain a stable daily routine that includes time for introspection and spiritual practices to promote intuitive clarity and spiritual awareness.



# Third Eye Chakra Aftercare Daily Intuition

Maintain balance by engaging in activities that enhance intuition, such as journaling, dream analysis, and mindfulness practices.



### **Healthy Diet**

Support your Third Eye Chakra with nutritious foods like dark leafy greens, berries, and nuts that nourish the brain.



## Regular Exercise

Engage in physical activities that promote mental clarity and focus, such as yoga, Tai Chi, and walking in nature.



# Your Journey to Wholeness

The Third Eve Chakra, or Ajna, is the center of intuition, insight, and spiritual awareness, located between the evebrows. It represents our ability to perceive beyond the physical realm, fostering inner wisdom and clarity. Balancing this chakra is essential for accessing intuition, enhancing perception, and achieving spiritual growth.

SENSE OF INTUITION AND INSIGHT

FOSTERS INNER
WISDOM AND CLARITY

FOUNDATION FOR SPIRITUAL AWARENESS



Maintaining Your Intuitive Wellness!

