




Hub of Inner Knowing



Matt Jones

Shamanic Energy Healer

“Trust your intuition, perceive clearly, and embrace spiritual insight.”



FULL CIRCLE
HEALING

At Full Circle Healing, we offer specialized energy healing practices that can significantly aid in addressing and healing severe Third Eye Chakra blockages. Our approach combines ancient shamanic techniques with modern energy healing practices to provide holistic and profound healing experiences.

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More
Information

fullcirclehealing.co.uk

FULL CIRCLE HEALING



THIRD EYE CHAKRA

(Ajna)

Your Guide to
Solar Plexus
Chakra
Aftercare



Affirmations

4

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

Mindful Meditation

5

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

Consistent Routine

6

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



Maintaining
Your Intuitive
Wellness!

Third Eye Chakra Aftercare Daily Intuition

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

1

Healthy Diet

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

2

Regular Exercise

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

3

Your Journey to Wholeness

The Third Eye Chakra, or Ajna, is the center of intuition, insight, and spiritual awareness, located between the eyebrows. 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