

## **IBROW CHAKRA - Brow chakra activities**

### **Worksheet 1**

After activating your brow chakra by reading the brow chakra handout, **list** everything that resonates with you or you can relate to from the past and present.

Balanced characteristics

Physical Disorders

Traumas/Stresses

Emotional Aspects

Mental Aspects

Negative Beliefs (which beliefs can you relate to feeling)

Specific Emotions

Spiritual Aspects

Goals and affirmations (When you read each one, which goals don't resonate with you but would like to!)

## **BROW CHAKRA – The right to see**

The brow chakra is about the right to see. It's about the right to see through past the illusion to the truth. It's about your perception, intuition and your imagination.

The brow chakra is also about having a good memory, good dream recall, being able to think symbolically and being able to visualize.

Visualization and imagination help you to dream or envision how you would like to see your life panning out. Visualization helps you to create things. Bringing ideas, hopes and dreams into physical reality.

Perception of the truth is an interesting aspect of the brow chakra. Often we only see one perspective in a situation. A balanced brow chakra can see many perspectives. Sometimes all that is needed is a new realization and a shift in perspective when looking for solutions in life.

Perception of yourself, recognizing patterns of behaviour and acknowledging new ways of doing things, are aspects of the brow chakra.

Perception of a situation; can you see a different point of view? What positive lesson, experience or new skill did you learn from the situation you were put in? What understandings or wisdom did you gain? What people did you meet that you would never have met otherwise?

Discernment about what to believe and who to trust is made easy when the brow chakra is in balance. Decisions are easy when there is heart felt reasoning and use of intuition, blended with logical thinking.

Fear, lack of focus, blocked imagination, being detached from you own feelings, and feeling disjointed are all clues that tell you that the brow chakra is out of balance.

A brow chakra in balance promotes peace, insight, concentration, imagination, brain integration, seeing the truth about oneself and looking at life from different perspectives.

In this next worksheet we are going to focus on changing our perception of a situation we have been in.

## **Brow Chakra - Perception**

### Worksheet 2

1. Name a time, event or situation in your life that you would have preferred to have happened **differently**. It could also be an instance or event that still charges you up negatively now when you think about it. It could be from family, relationships, work, injustices, etc.

Describe the situation and how you felt, use your scale of emotions list if you need to.

**2.Change your perception** – Pretend you are a wise onlooker giving advice at the situation/event, you just mentioned, by looking at it from different ways. List **ONLY** positives even if they seem not positive enough!

E.g.

If this hadn't happened - You would have never become interested in the job you have now, you would have never had your 3 beautiful children, or you became so determined to never be treated like that again, or you found skills you thought you never had and you built your own business, or you became stronger and you now know what you want, you are now helping other people like you to survive.

**Continue with Brow Chakra audio 1 and 5 drops of purifying essence**

## **Brow Chakra - Releasing an emotional charge**

### Worksheet 3

The brow chakra is about the right to see. It's about the right to see through past the illusion to the truth. It's about your perception, intuition and your imagination.

Imagining, visualizing and dreaming are an important part of our make up. These aspects can be soothing, uplifting and nourishing to our entire being.

Our intuition is vital to make better decisions for our own wellbeing. Nurturing these qualities helps us connect more to our true self.

Sometimes we can be charged up with emotions when we try to connect with ourselves or want to see clearly or focus or to see other perspectives but can't due to 'brain fog' or constant mindful chatter. For example if you want to think clearly, analyze and assimilate information easily but can't due to some 'block', you may feel charged up with frustration, impatience and irritation with yourself. These emotions send signal out to the universe and others.

When we ourselves are sending out these signals, (these frequencies) we are actually attracting more of those frequencies to us, because like attracts like.

So if you are often feeling charged up by situations that make you feel irritated, frustrated, fearful, impatient or desperate you will attract more of those situations that give you those feelings.

The solution to attracting positive situations and feelings that you want, is to you release those negative signals (from your being) that you are radiating out.

This next worksheet and audio is about releasing that 'charge' that you feel.

Review your work sheet about your goals and affirmations in the earlier brow chakra activities.

Choose a few brow chakra goals that you would like to achieve from your list.

When doing the written activities, it's important to be true to yourself and write whatever you are feeling because that is what you are feeling. There is no judgment or blame because whatever you are feeling is correct for you! Remember you are the only one seeing your work.

## **BROW CHAKRA – Releasing an emotional charge**

These Brow Chakra goals are from worksheet one and from the handout. Choose a few goals that you would like to resonate with more.

I focus easily

I trust my intuition

I perceive things in a positive light

I have a good memory

I concentrate easily

I see clearly

I seek wisdom and guidance

I am clever

I think clearly

I allow my imagination to flow

I hear clearly

I release and forgive the past

I see the best in me

I have the ability to perceive, analyze and assimilate information easily

I am able to acknowledge different perspectives

I open myself to know my inner wisdom

I am aligned with my higher wise self

I believe I am unlimited in my capacity for joy, healing and happiness.

I open my imagination to see the best in people and situations

I have the right to think and learn

Now choose **ONE** priority goal you would like to achieve. Look at your Scale of Emotions list, what are the **negative emotions** that you feel when you think about this goal or situation

E.g. 'I focus easily at work' The emotions that come with it maybe irritation, frustration and despair. So your statement is then 'I release the charge of irritation, frustration and despair I feel when I can't focus easily at work due to my family worries at home'

What is your goal?

**Release the charge**

Fill the Gap

I release the charge of (name the emotions)

I feel when (name the incident/issue happening today)

**Continue with Brown chakra audio 2**