

## Clearing your Third Eye Chakra and Bedrooms

3/25/19

### Chakra Description: Third Eye

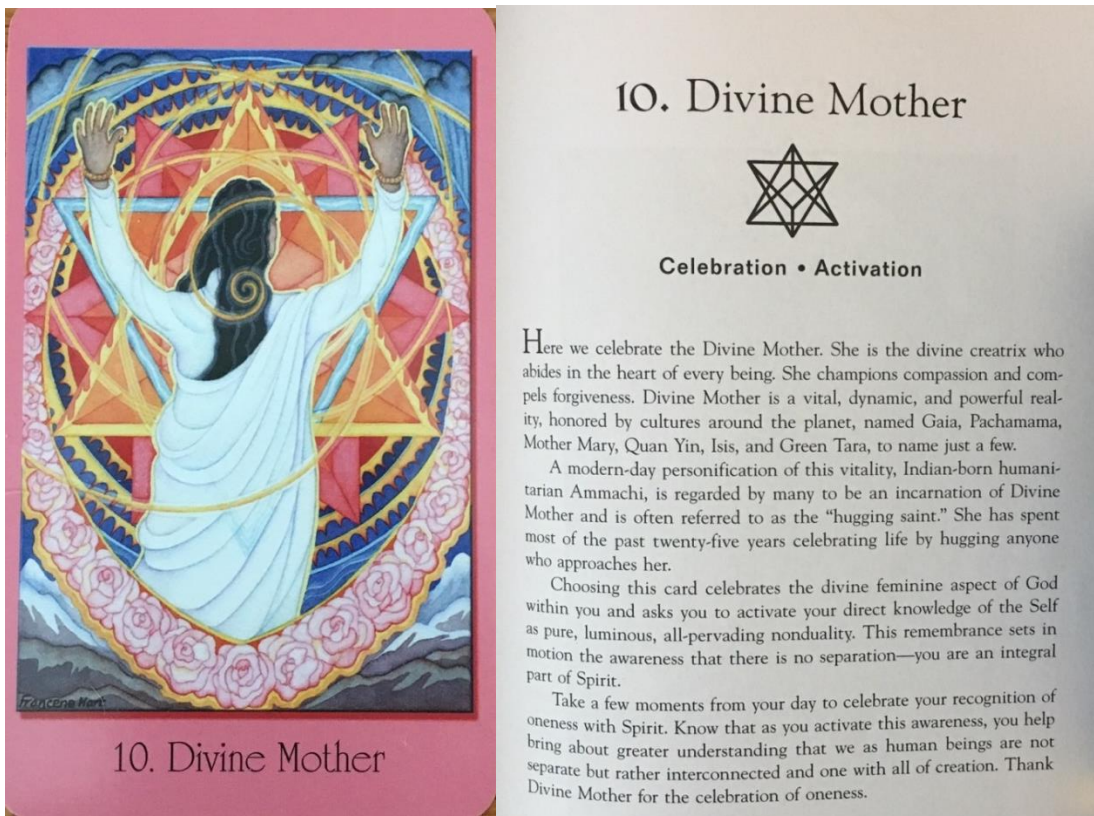
Called the Anja in Sanskrit, the third eye is the home of your intuition, intelligence, and perception of the world around you. Nestled right between your eyebrows, the third eye is thought to be connected to your pituitary gland, which has been called the "master gland" of the body, responsible for regulating your biochemistry, as well as acting as the "seat of the mind"/center of your intellect. Because of this connection, the third eye chakra is often thought of as the lens through which we see our world. If you'd like to read more, check out this post [Exploring the Chakras Part 6: the Third Eye](#)

### Space Clearing: Bedrooms

It's a good idea to regularly clear out the stressful energies that can bubble out of our unconscious and into our dreamscape, or that spin round and round in our minds during the night. After clearing the old energy, I asked to bring in a sense of refuge and serenity.

### Oracle Card: 10. Divine Mother

Celebrate the divine feminine within...



10. Divine Mother

Celebration • Activation

Here we celebrate the Divine Mother. She is the divine creatrix who abides in the heart of every being. She champions compassion and compels forgiveness. Divine Mother is a vital, dynamic, and powerful reality, honored by cultures around the planet, named Gaia, Pachamama, Mother Mary, Quan Yin, Isis, and Green Tara, to name just a few.

A modern-day personification of this vitality, Indian-born humanitarian Ammachi, is regarded by many to be an incarnation of Divine Mother and is often referred to as the "hugging saint." She has spent most of the past twenty-five years celebrating life by hugging anyone who approaches her.

Choosing this card celebrates the divine feminine aspect of God within you and asks you to activate your direct knowledge of the Self as pure, luminous, all-pervading nonduality. This remembrance sets in motion the awareness that there is no separation—you are an integral part of Spirit.

Take a few moments from your day to celebrate your recognition of oneness with Spirit. Know that as you activate this awareness, you help bring about greater understanding that we as human beings are not separate but rather interconnected and one with all of creation. Thank Divine Mother for the celebration of oneness.

From Sacred Geometry for the Visionary Path by Francene Hart

Exercises:

1. I love the card's image of the "hugging saint." Hug someone unexpectedly today. And, don't forget to hug yourself.



2. Because the third-eye chakra calls to us to speak only the truth, you might also do a free writing exercise with this prompt: *What truth about myself am I ready to embrace?*

Free writing is easy and can bring unexpected insights. Simply pick up a pen and start writing. Don't stop. Don't censor. Don't edit. Write for at least five minutes or until the flow stops. Don't share your writing with others - unless you really want to.