

## The 3rd Eye, Seeing your own Reality



**Ajna Chakra, the 3rd eye.** The color is indigo. The sound is Aye as in play. It's located between the two eyes and is the space of reality or fantasy. The left eye represents insight. The right eye represents seeing things in the outer world. The right is to see, the shadow is illusion. The emotion vibrating here is happiness. The eye's element is light. This is a spiritual center.



When we began to claim our own reality and not allow others to sway us, we are in the space of an open 3rd eye energy center. We came to see and perceive in our own unique way. We may make others uncomfortable with our reality, especially if they haven't accepted their own view of life. As the 3rd eye opens our need for others to see it our way lessens.

Physically, this is the space of our eyes and our upper head. A valuable part of ourselves that needs to remain clear.

The right eye relates to the left brain, the analytical side of the body/brain. The left eye relates to the right brain the creative side of the body/brain. As we grow more spiritual — things make less and less logical sense.