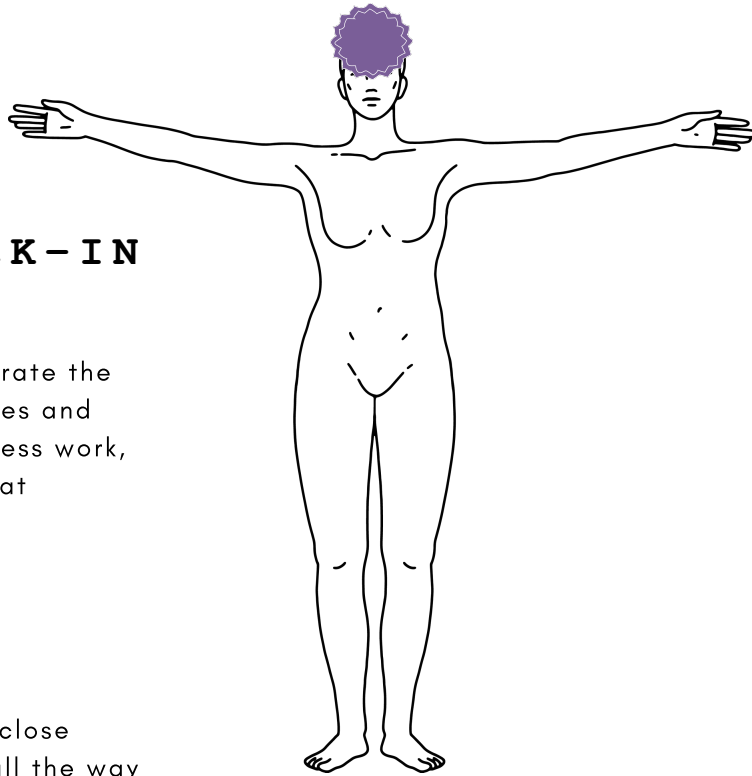


# THIRD EYE

## INHABITING THE THIRD EYE



### PRE CHECK-IN

Before you incorporate the Chakredy® Remedies and directional awareness work, mark where you're at

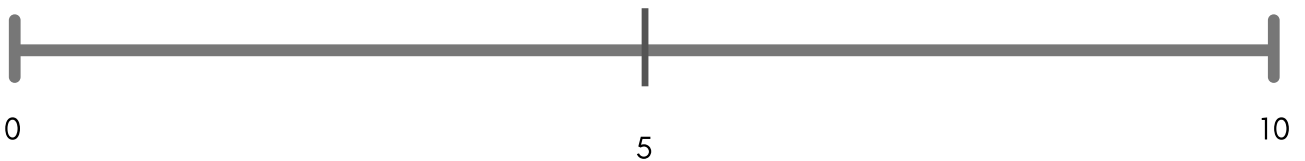
### SCALE

**0=Least**/Not even close

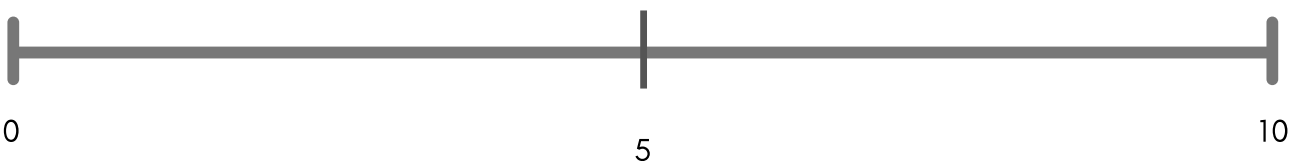
**10=Greatest**/Yes all the way



I am able to discern my intellect from my intuition



I can shift easily into a state of observation



My energetic awareness fully inhabits my third eye chakra

# THIRD EYE CHAKRA DOMINANCE

## WHAT DOES IT MEAN?

You have tested with the incredible abilities of a Third Eye Chakra Dominant! **You have a heightened ability to perceive energy at the third eye AKA the psychic center. You are third eye chakra intuitive!** If you test as a third eye dominant then you likely receive intuitive information through the form of immediately knowing something to be true, seeing it visually in your mind's eye or getting auditory insight. You may also be receiving tons of intuitive information through the dream world. It can be challenging to discern intuition from intellect when you ride heavily in both areas here. Learning to identify which one is speaking is key to your health and well being.

## STRENGTH = VISUAL + AUDITORY INFLUX

You easily experience intuitive information in the form of visual and auditory information. Dreams likely come through as intuitive messages for you as well.

## CHALLENGE = INTUITION + INTELLECT DYNAMIC

The challenge is to allow the intuition to come through without the intellect overriding it at the first possible opportunity. Learning how to dialogue between the two is essential.

## THIRD EYE CHAKRA ASPECTS

Some energetic aspects connected with the third eye chakra include:

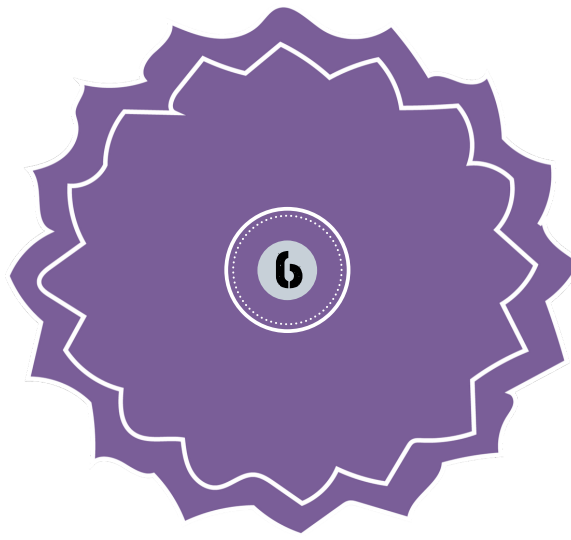
- Intuition
- Intellect
- Clarity
- Observation
- Dreams

## STRENGTHS

What are some of your strengths at the third eye level?

## CHALLENGES

What are some of your challenges at the third eye level?



# THIRD EYE CHAKRA

## INTENTIONS

---

### INTENTIONS FOR CLEARING:

What would you like to let go of at the third eye center?

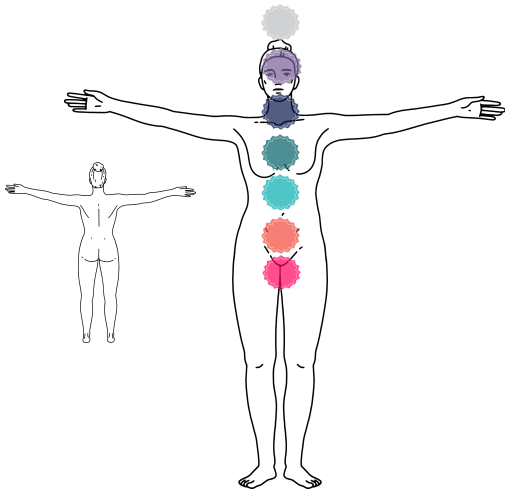
### INTENTIONS FOR REPATTERNING:

What would you like to reclaim and repattern at the third eye?

# DIRECTIONAL ASPECTS

THE 6 ENERGETIC LINES OF COMMUNICATION

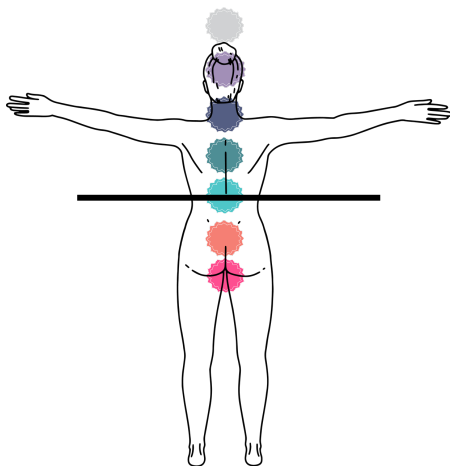
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## FRONTAL PLANE

This plane divides the body into:

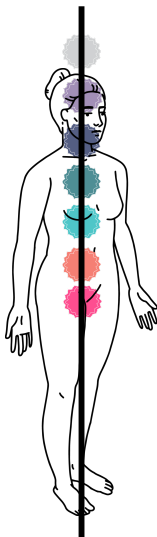
**FRONT**  
**BACK**



## TRANSVERSE PLANE

This plane divides the body into:

**TOP**  
**BOTTOM**



## SAGITTAL PLANE

This plane divides the body into:

**LEFT**  
**RIGHT**

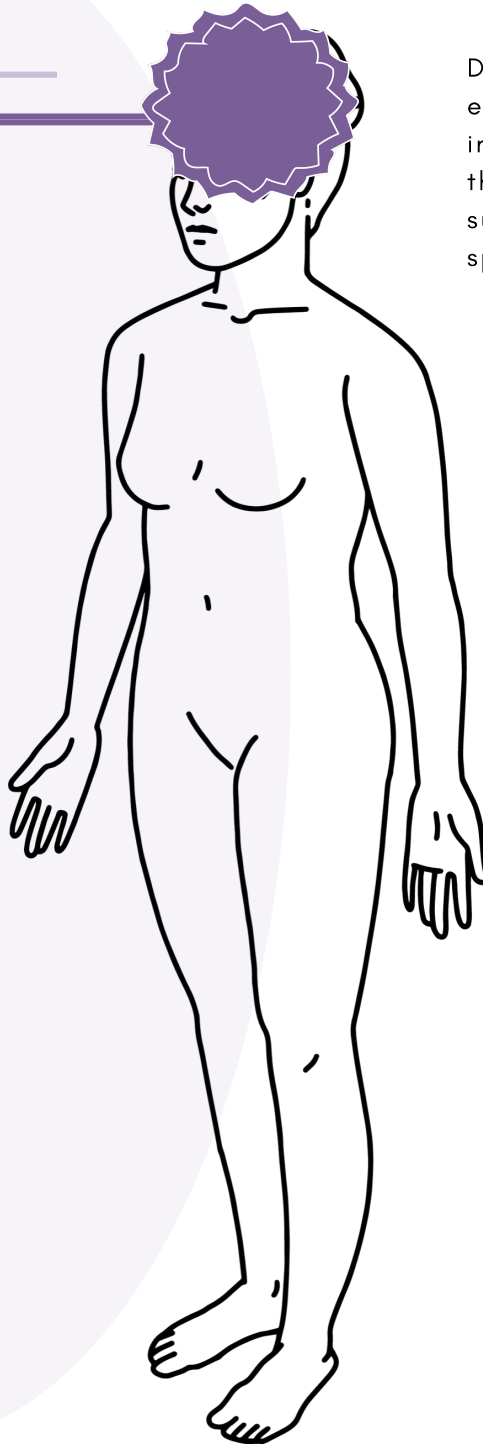
# FRONT

## LINE 1: CLEARING

---

### INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing for release? Get as specific as possible.



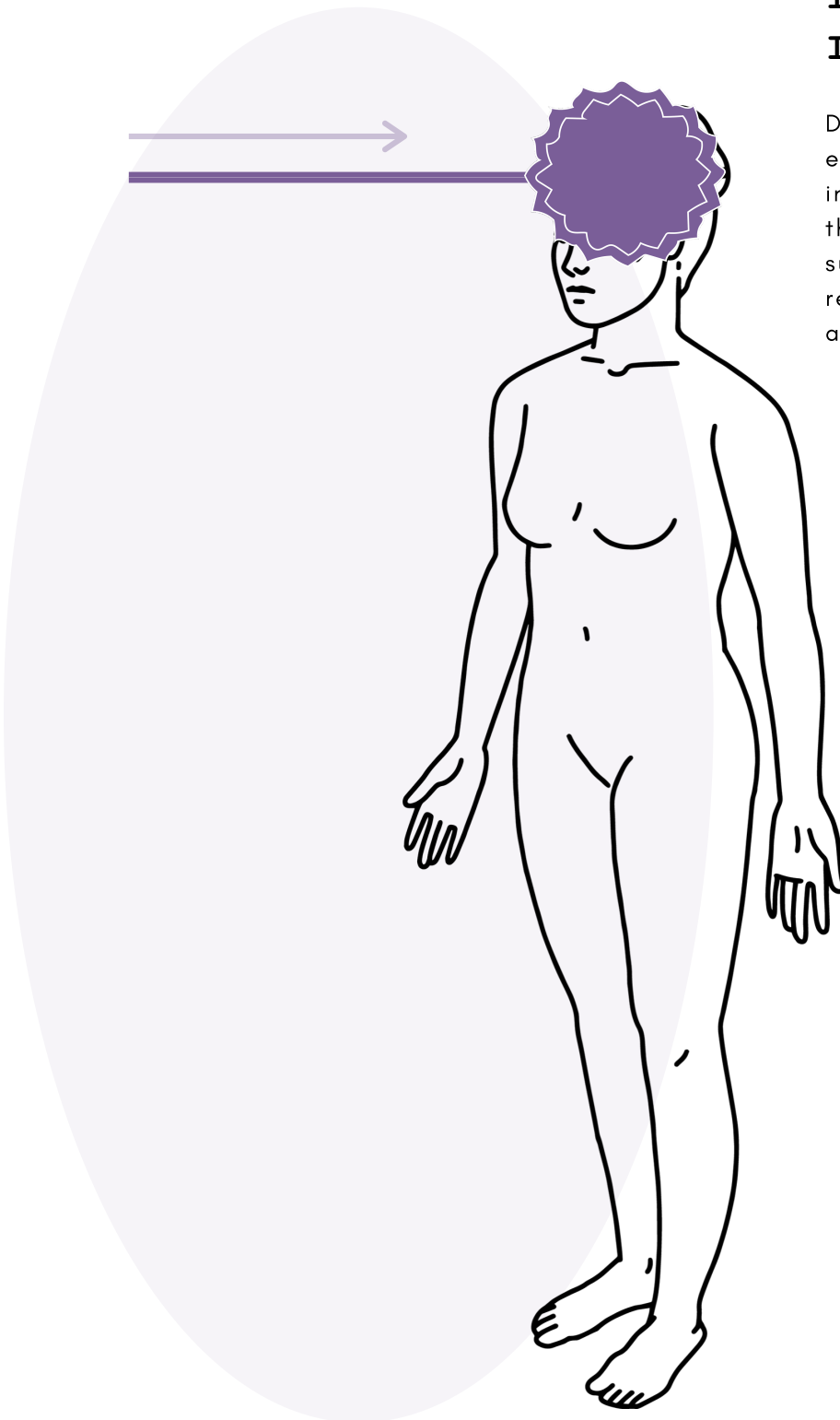
# FRONT

## LINE 1: REPATTERNING

---

### INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing to be reclaimed and repatterned for healing? Get as specific as possible.



# BACK

## LINE 2: CLEARING

---

### INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing for release? Get as specific as possible.



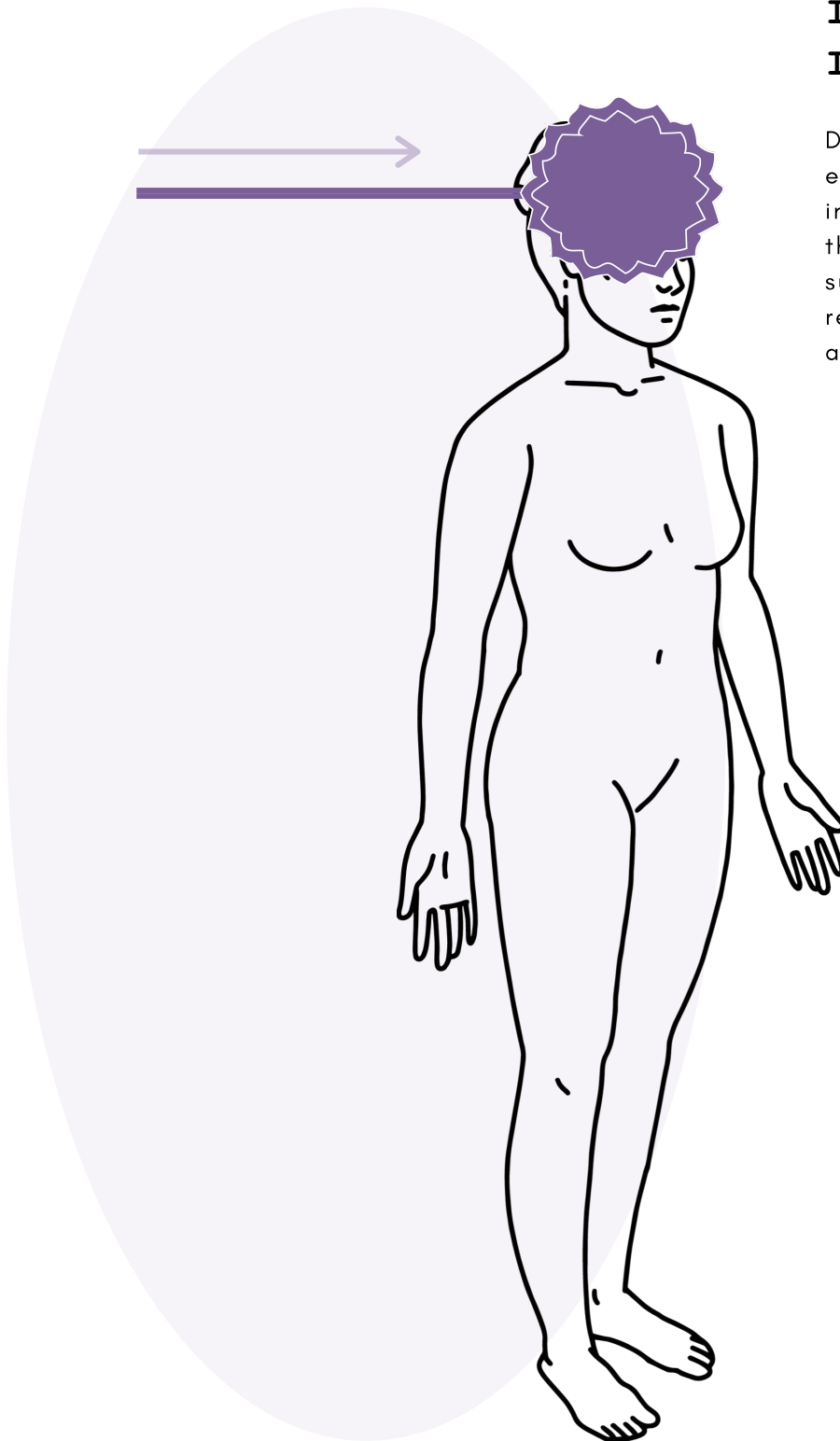
# BACK

## LINE 2: REPATTERNING

---

### INTUITIVE IMPRESSIONS

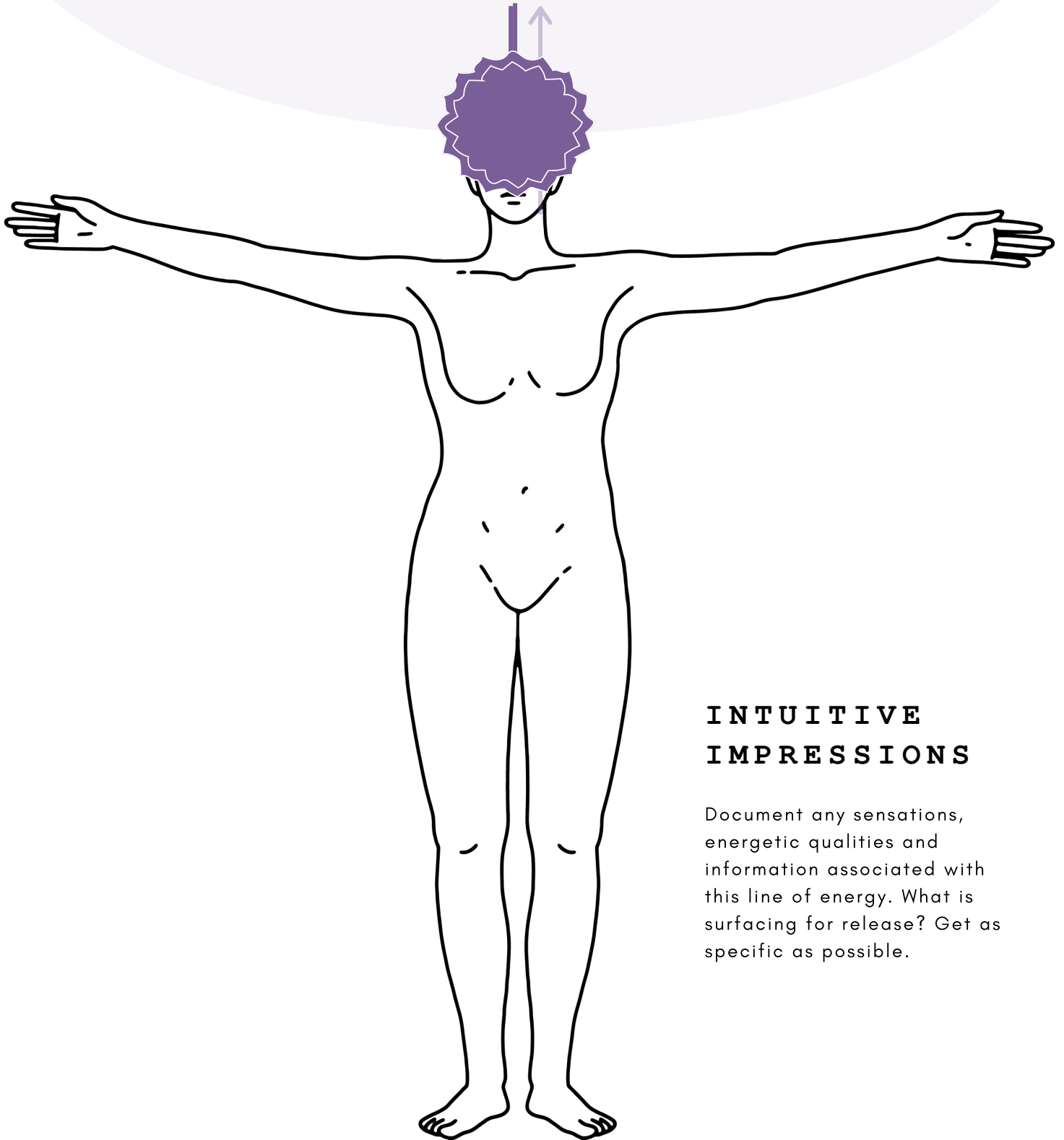
Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing to be reclaimed and repatterned for healing? Get as specific as possible.



# TOP

## LINE 3: CLEARING

---



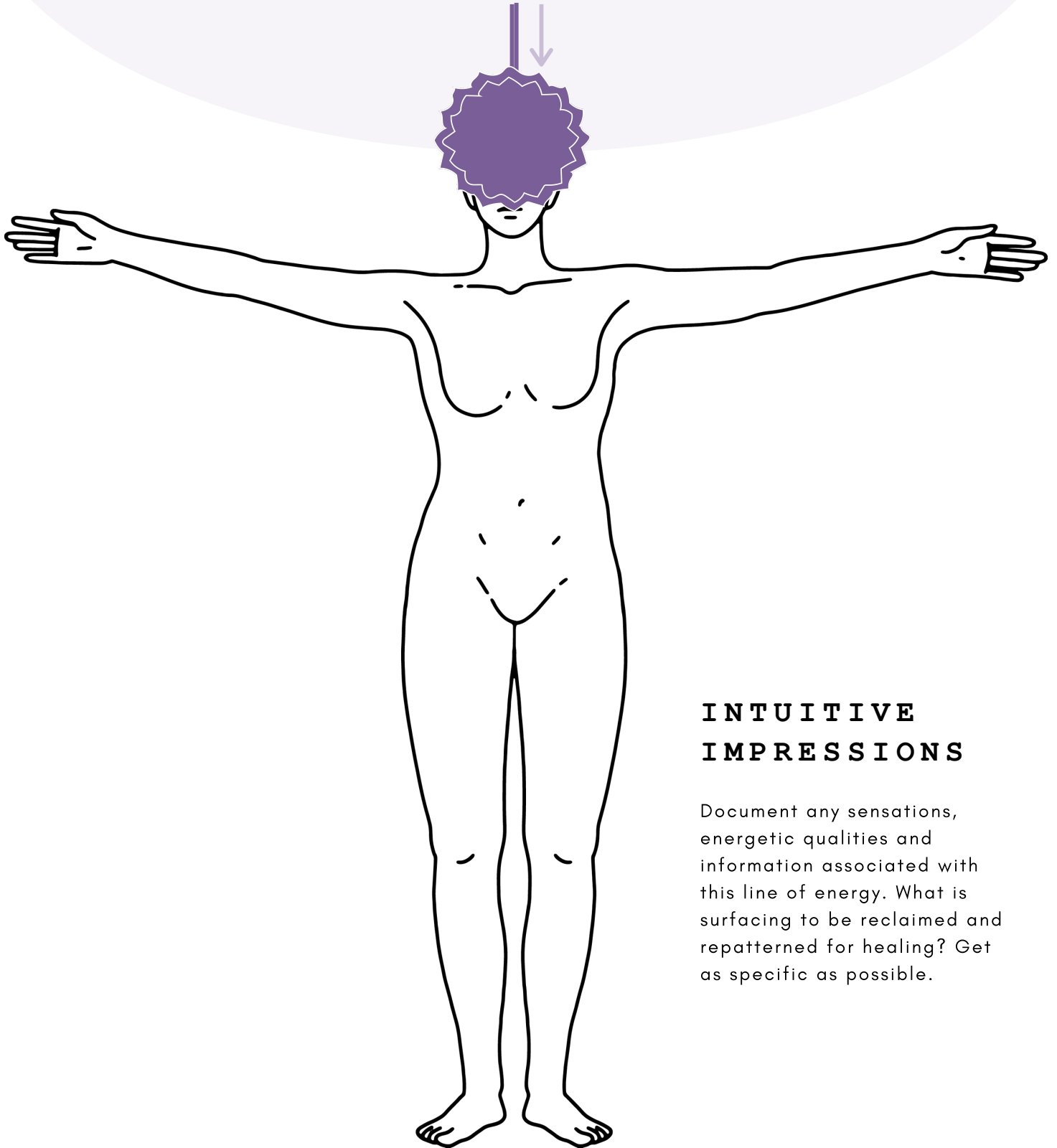
### INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing for release? Get as specific as possible.

# TOP

## LINE 3: REPATTERNING

---



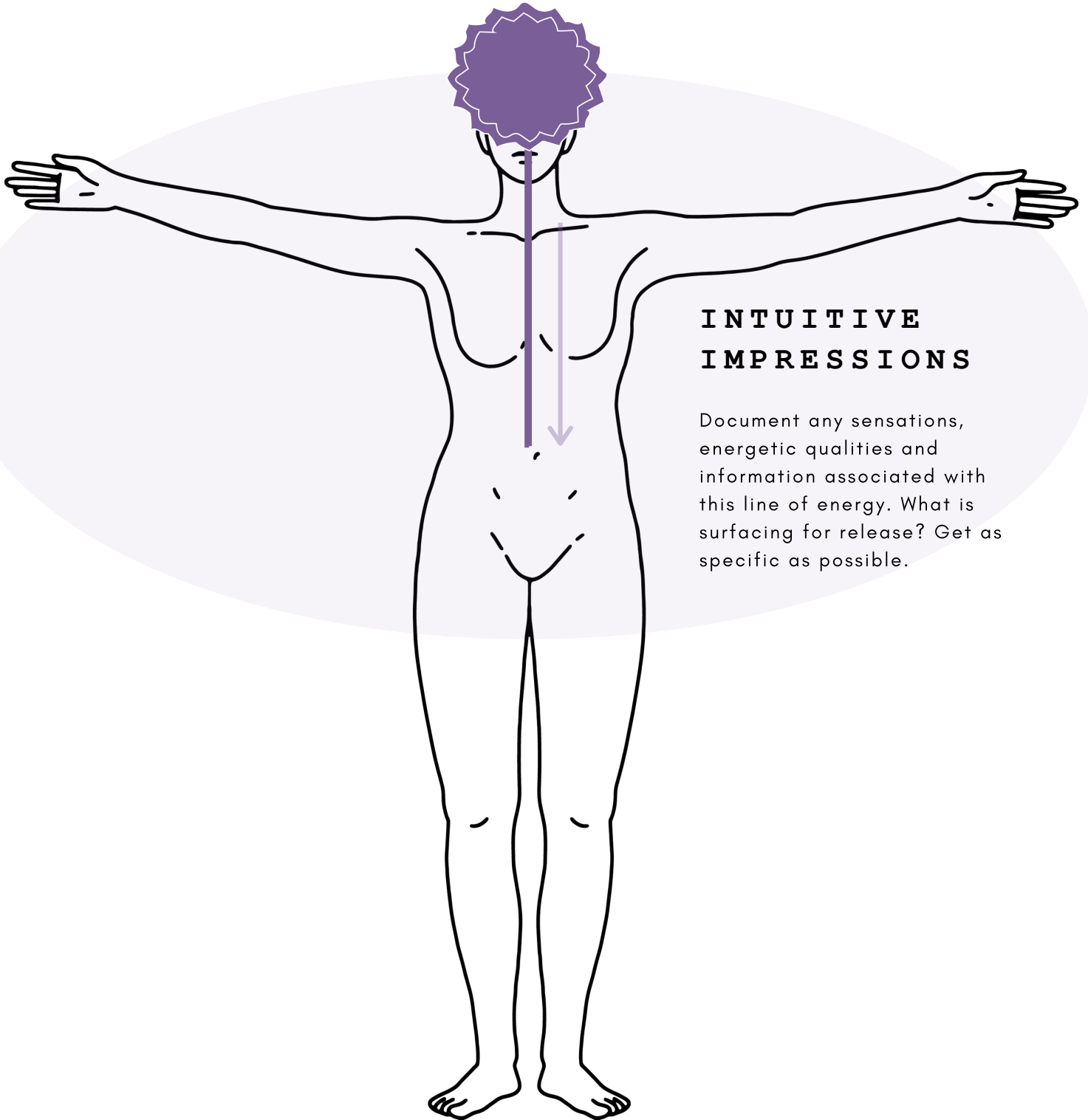
### INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing to be reclaimed and repatterned for healing? Get as specific as possible.

# BOTTOM

## LINE 4: CLEARING

---



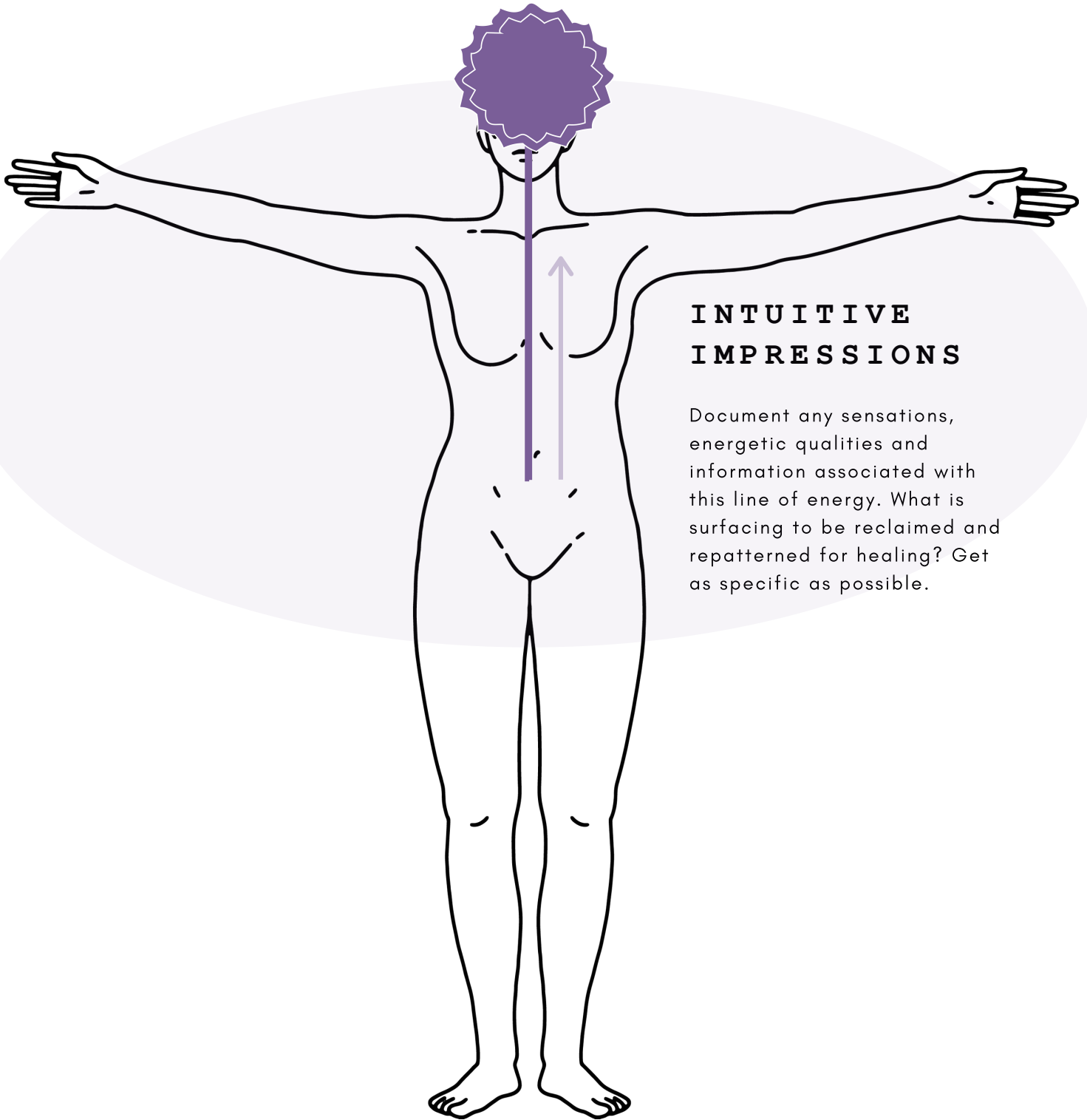
### INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing for release? Get as specific as possible.

# BOTTOM

## LINE 4: REPATTERNING

---



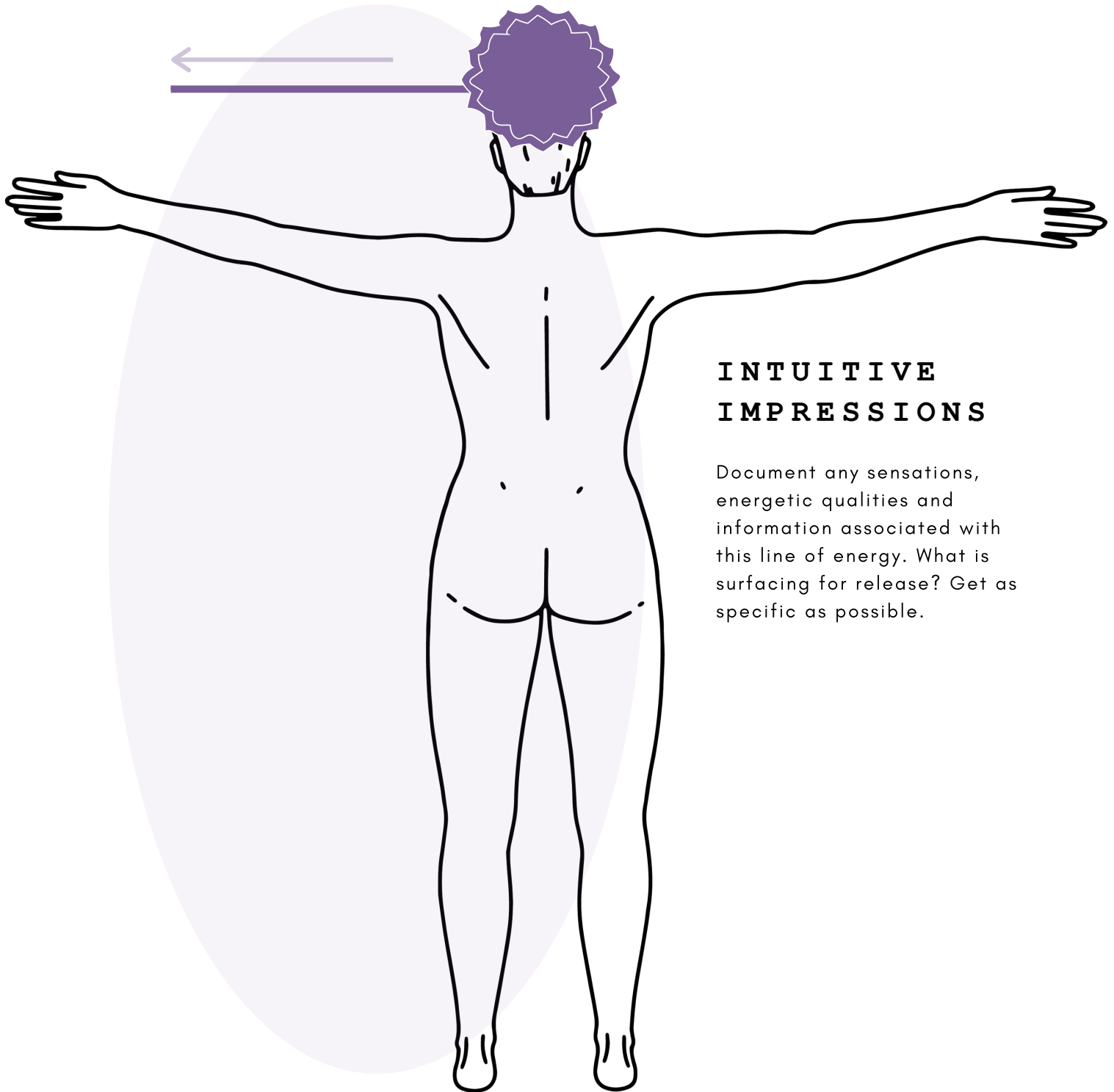
### INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing to be reclaimed and repatterned for healing? Get as specific as possible.

# LEFT

## LINE 5: CLEARING

---



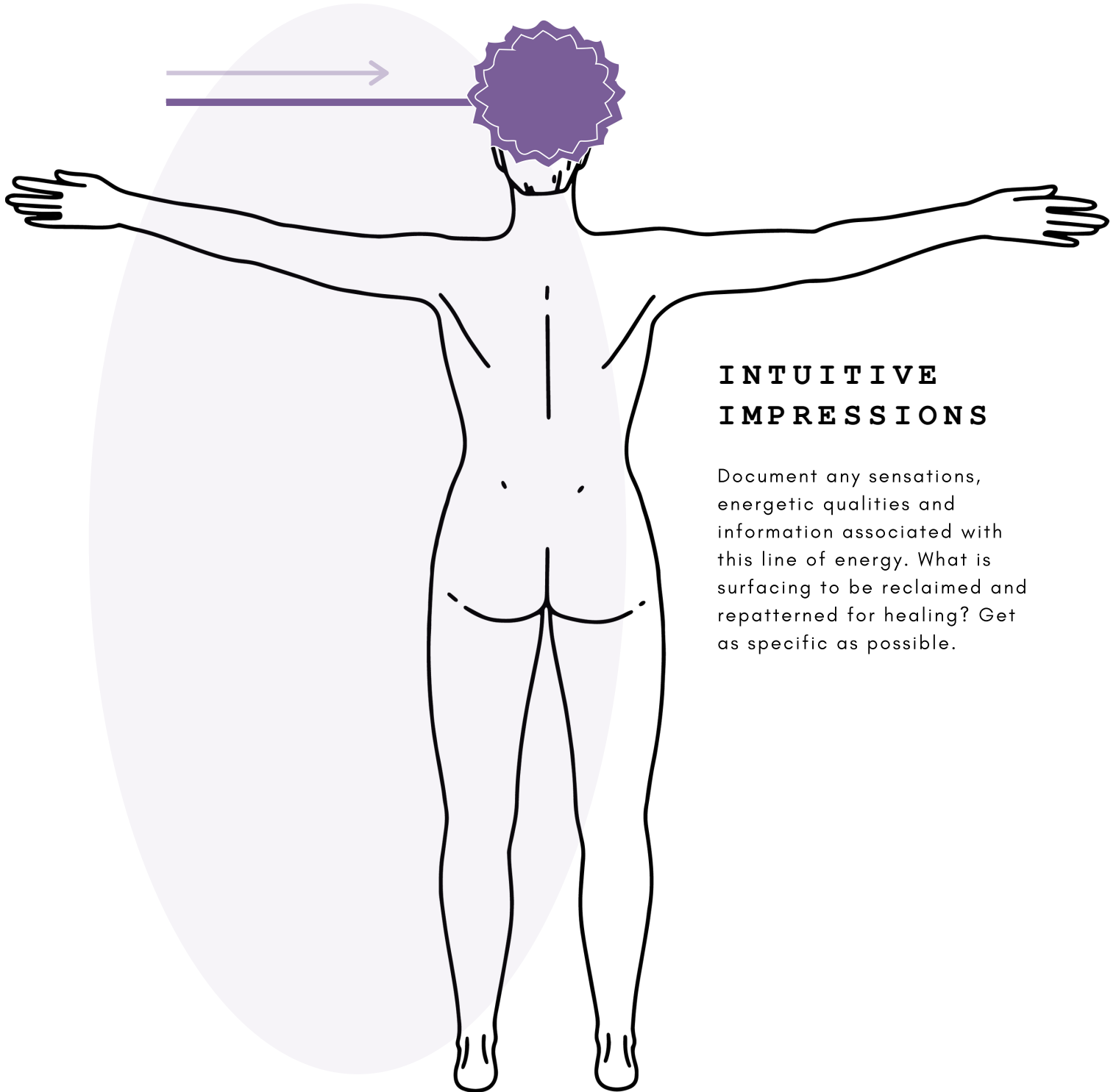
### INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing for release? Get as specific as possible.

# LEFT

## LINE 5: REPATTERNING

---



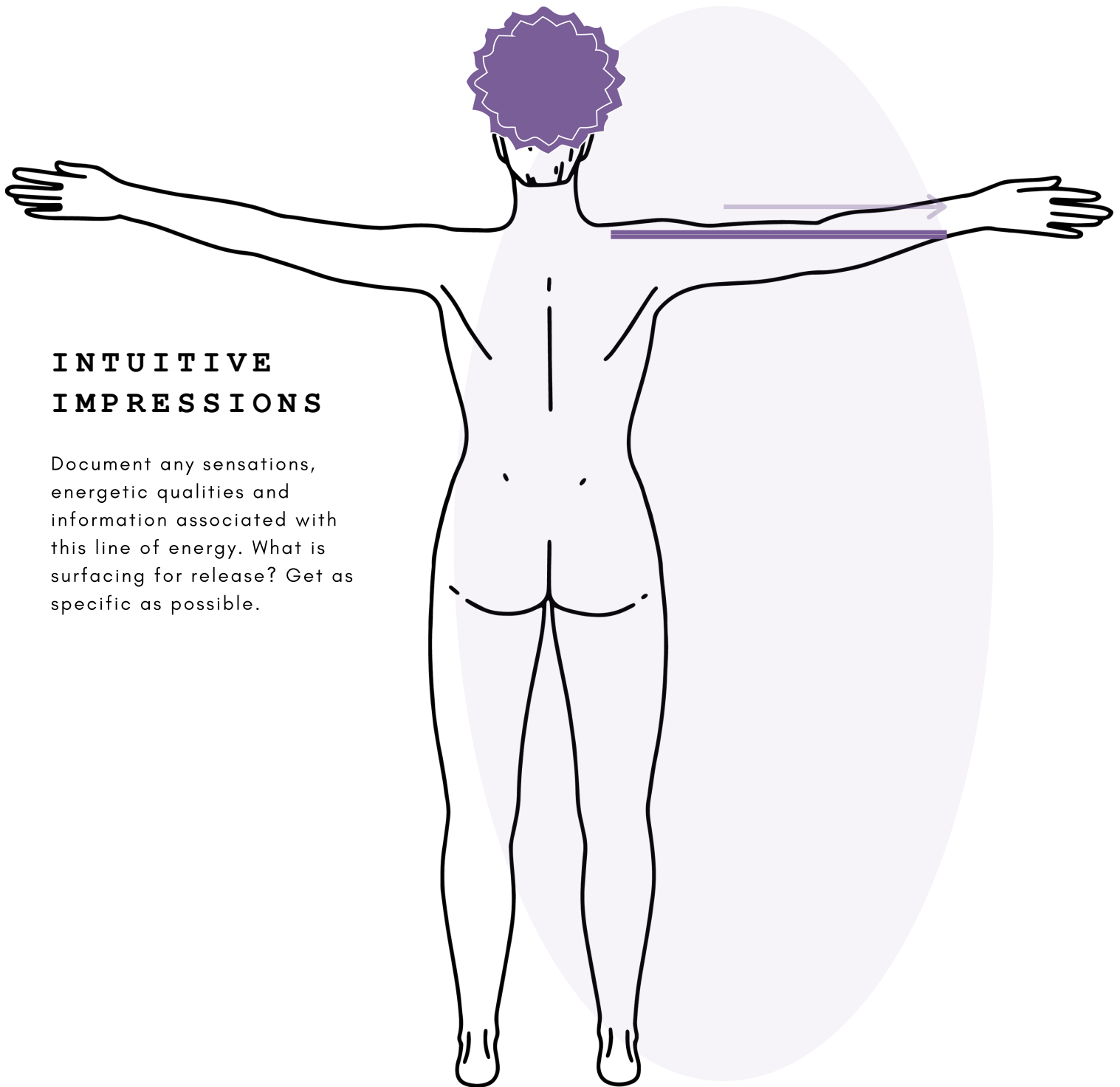
### INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing to be reclaimed and repatterned for healing? Get as specific as possible.

# RIGHT

## LINE 6: CLEARING

---



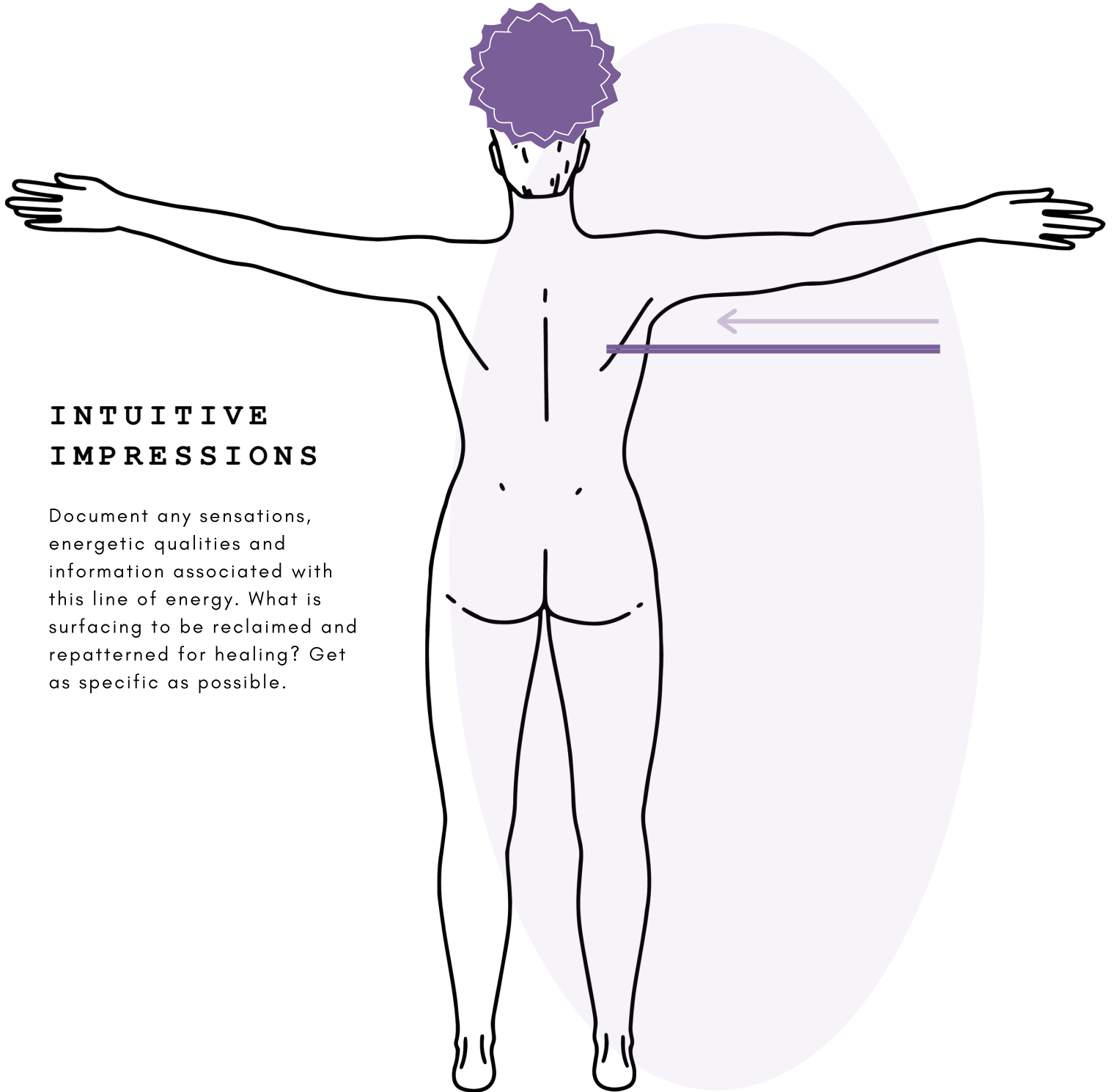
### INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing for release? Get as specific as possible.

# RIGHT

## LINE 6: REPATTERNING

---

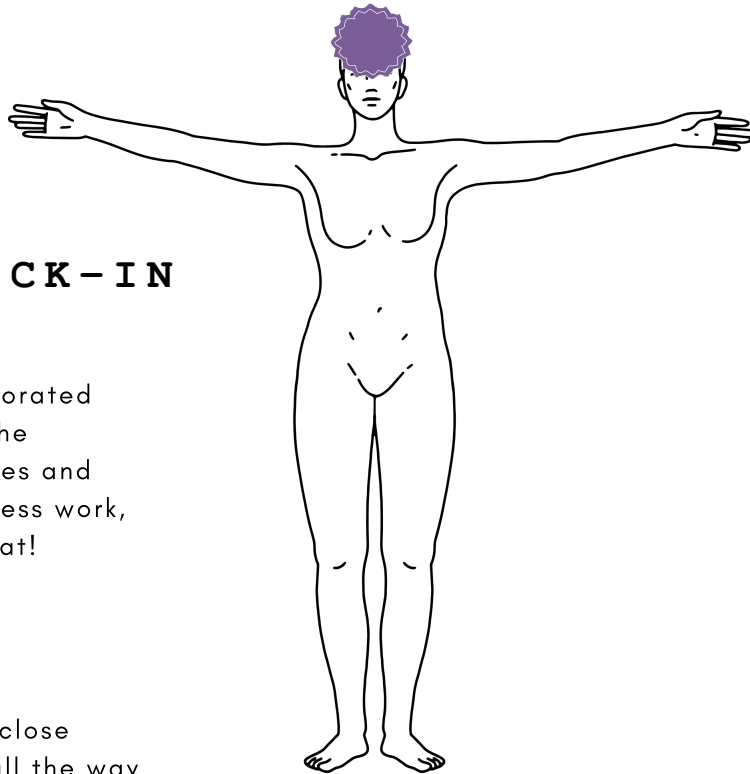


### INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing to be reclaimed and repatterned for healing? Get as specific as possible.

# THIRD EYE

## INHABITING THE THIRD EYE



### POST CHECK-IN

After you've incorporated consistent use of the Chakredy® Remedies and directional awareness work, mark where you're at!

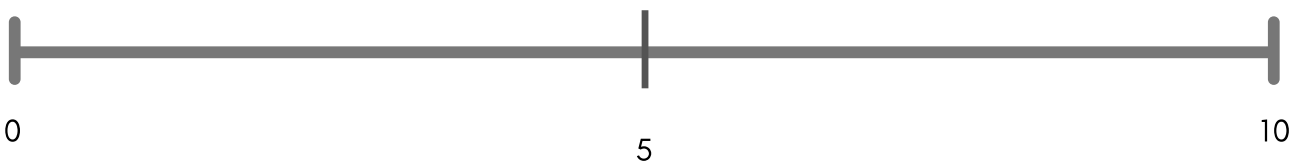
### SCALE

**0=Least**/Not even close

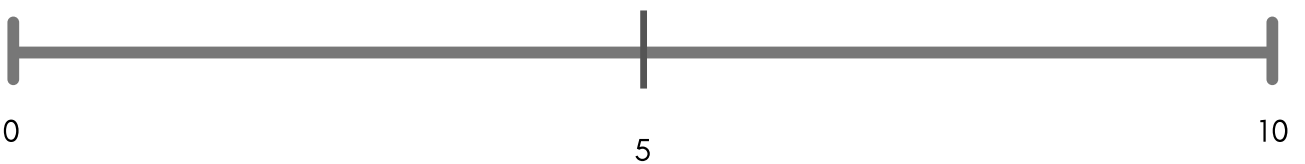
**10=Greatest**/Yes all the way



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