LIFE HACKS

How to Open the Third Eye Chakra & Awaken Spiritually

By bestfolkmedicine · 20/07/2022 · 3 min read



Our third eye or the sixth chakra, that's placed between the eyebrows, helps us tap into our intuition.

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It's been present for as long as humans exist; however, this doesn't mean that a regular person knows too much about it or what it actually is.

However, opening this third eye chakra may be of aid in increasing our awareness by allowing a person to tap into their deepest capabilities.

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This is when everything changes.

Our third eye is an energetic center, according to ND Erica Matluck, the founder of Seven Senses, a naturopathic doctor, nurse practitioner, and holistic coach.

Despite the absence of physicality, the third eye is linked with the pituitary and pineal glands on the brain and it's located on the forehead, between the brows.

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Matluck notes that our chakra system is like the system of the energetic body.

Every chakra serves a purpose. Our third eye chakra's purpose is to provide clarity, foresight, and intuition. The third eye gives us the opportunity to look beyond the physical.

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Psychics and seers are said to have strongly developed third eye chakras.

Opening the third eye is beneficial for everyone. It can optimize one's connection to their subconscious and intuition and then use this for guidance.

When it's harmonious and activated, the energy center stimulates our left and right brain hemispheres and allows the brain to become a balanced place. If the third eye chakra is closed or blocked, the intuition may not be easy to trust.

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This causes people to feel like they're victims of life and believe something is happening **to** them, not **for** them.

5 Useful Tips to Encourage the Opening of Your Third Eye Chakra

1. **Do yoga**

Standard yoga contributes to the activation of the third eye chakra.

Bring the focus, energy, and attention into the chakra when doing asanas.

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Keep the poses for several minutes and breathe deeply. Always visualize the world around you and focus on your breath.

2. **Follow a nutrient-rich diet**

Opening your third chakra is harder if you don't eat healthy food.

Your diet matters and the foods you choose affect your energy. Add a lot of purple foods, as well as greens for optimal detoxification and nourishment of your body.

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3. **Try Kundalini yoga**

Kundalini yoga is an intense practice of yoga that is highly recommendable for the activation of our third eye, particularly when focusing on specific kriyas.

It's best to opt for the ones for the pineal or pituitary gland.

4. **Try chanting**

Yogic chanting may help activate the third eye chakra.

The ohm chant is linked with this chakra. It's also been found to deactivate our brain for a unique moment of mindfulness and presence.

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5. **Breathwork**

Breathwork isn't just beneficial for the third eye chakra, but it's a great tool for everyday life.

You can choose between various types of breathwork. The holotropic breathwork is especially well-suited to opening the sixth chakra, i.e., our third eye.

It helps us heal from the inside and it's a combo of faster breathing with music that's evocative.

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Breathwork allows us to silence the mind and increase our focus. This elevates clarity and inner knowing. Whichever breathwork you choose, visualize your third eye being energized.

Sources:

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