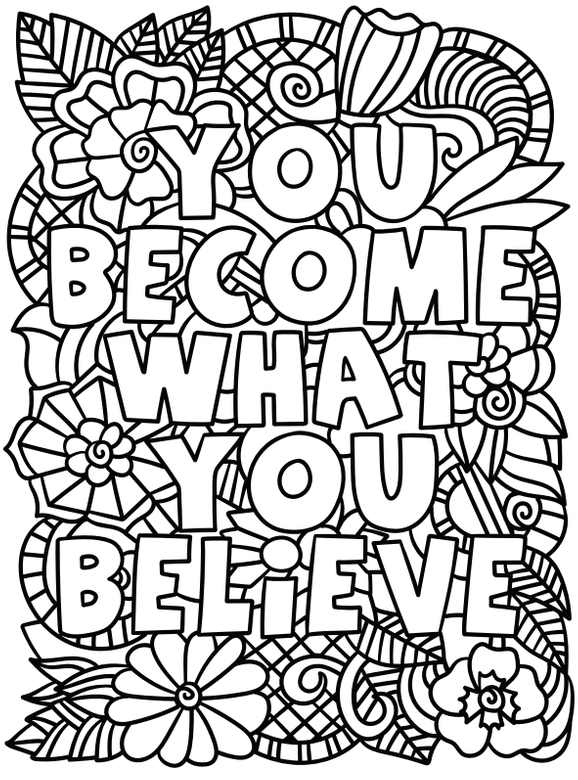
Third Eye Chakra: Try This!

Rewire Your Thoughts

Create an affirmation or mantra that you can use to anchor your mental energy around your relationship with food. For example, if you are worried about the quantity of food you eat and find yourself overindulging, reset your third eye with this affirmation, "I eat as much as I need". Try for 30 days and document your experience.



Friendship Advice

When your third eye is balanced, it glows with truth recognizing that what happened in the past is the only thing that could have happened rather than be somewhere else in thought. When you feel your third eye is deficient, reach for some high-quality chocolate with 70% or higher Cocoa. Chocolate can change your mood as it contains several constituents that act as stimulants to comfort the body. If you are Vegetarian/Vegan,/Gluten/Dairy-Free substitute options with your favorite alternatives. Talk to your personal care provider or dietician to see what best suits your needs.