



Third Eye Chakra:

The third eye chakra is a very sensible instrument. It rules our inner sight and shows our maturity. When the 'Third-Eye' is completely opened, we can read the Akasha-Chronical (akashic records), which covers "all that ever has been or will be".

Sandelwood-oil is very good for meditations to open this chakra, it helps to open it smoothly and to come to a very clear sight. Opening of the third eye should be opened very carefully and harmoniously, so that it is not opened too fast, as we may not be ready to see 'all that is'.

Sandelwood is great help in stress situations and balances irritation on the mental level. To be able to concentrate and come to clear decisions. It harmonizes emotions, fear, sadness or melancholy.

It stimulates the immune system, gives a very good body feeling and heals arthritis and rheumatism.

High in sesquiterpenes which stimulate the limbic system in the brain (center for memory and emotion). It has been used for thousands of years in Ayurvedic medicine for skin revitalization, yoga and meditation.

Anti tumoral, antiviral & immune stimulant.

Crystal: amethyst