

HEX & HEAL

THIRD EYE ACTIVATION CHECKLIST

- ☐ Quiet meditation space
- ☐ Journal & pen for insights
- ☐ Amethyst or Lapis Lazuli crystal
- ☐ Lavender or sandalwood incense
- ☐ Essential oils (frankincense or clary sage)
- ☐ Sound tool (singing bowl, bell, or binaural beats)
- ☐ Third eye affirmation (e.g. "I trust my intuition.")
- ☐ Herbal tea (mugwort, peppermint, or blue lotus)
- ☐ Visualization or guided meditation
- ☐ Candle or soft lighting
- ☐ Breathwork or alternate nostril breathing
- ☐ Chakra balancing reference or guide
- ☐ Eye mask or blindfold (optional)
- ☐ Questions or prompts to explore your intuition
- ☐ Water to stay hydrated
- ☐ Time to rest afterwards

Notes

