

Third Eye Chakra

Intuition, Vision & Insight -TheVision&Trust Wound



WHERE THIS LIVES IN THE BODY

Center of the forehead, between the brows, your seat of vision and intuition.

COLOR Indigo ELEMENT Light MANTRA OM

Money as vision. This is the wound of not trusting your own read of the future.

THE WOUND & ITS SYMPTOMS

Your third eye chakra holds your intuition, your discernment, your long-range vision. When it's wounded around money, it can show up as a real distrust of your own judgment: either leaning hard into pure logic and spreadsheets, or leaning hard into "the universe" without ever taking the aligned action. Both are the same wound underneath: a disconnect between what you know and the financial decisions you actually make.

- Chronic financial indecision or decision paralysis
- Distrust of your own gut sense in financial choices
- Either rigid over-planning or ungrounded spiritual bypassing (manifesting without acting)
- Fear of committing to a long-term financial vision in case it "doesn't work out"
- Constantly comparing your financial path to someone else's

THE STORIES WE TELL OURSELVES

"I can't trust myself with money."

"Planning too far ahead is arrogant, or asking for disappointment."

"If I dream too big, I'll only be let down."

"Intuition and logic can't both be right, so I have to pick one."

Often this one formed after a specific decision went sideways, and your self-trust took the hit instead of the circumstance. It can also come from a family that either over-controlled every financial move or left everything to chance. Both extremes taught you that your own inner compass wasn't reliable.

WHEN THIS WOUND LIKELY FORMED

AGES 36–42

Your third eye developed somewhere between ages 36 and 42, a season often marked by long-range vision, discernment, and a natural midlife reassessment of where you're headed. If a big decision went wrong during that window, or you were discouraged from trusting your own read on things, your self-trust around financial vision may have quietly eroded.

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HOW TO HEAL THIS WOUND

PRACTICAL ACTIONS

- Do a values-based visioning exercise for your finances across 1, 5, and 10 years
- Keep a decision journal: track choices and outcomes to rebuild an evidence base for self-trust
- Blend intuition and data on purpose: research the numbers, then check in with your gut before deciding
- Set one long-range financial intention and let it stay in place for 90 days without second-guessing it daily

SPIRITUAL ACTIONS

- Meditation and visualization practices focused on your financial future
- Dream work: your dreams often hold information your logical mind is too anxious to access
- Astrology or Human Design as tools for understanding your natural financial rhythm and decision style
- Third eye affirmations: "I trust what I know. My vision is allowed to be big and to be mine."

WHAT HEALING FEELS LIKE

Healing here feels like quiet confidence. It's making a financial decision and not endlessly rehashing it. It's holding a long-term vision without needing constant reassurance. It's trusting a gut "no," even when the numbers look fine on paper.

EXAMPLES OF BALANCED, FLOWING ENERGY

- Committing to a financial plan while staying flexible if new information arrives
- Making decisions from a blend of intuition and evidence, not either alone
- Holding a long-range financial vision without panic about the unknown steps between here and there
- Trusting your own read of a situation, even when it differs from someone else's

A GENTLE REMINDER

Doubt in your own read may still flare up around the big decisions: a major investment, a leap in your business, a bet on yourself. That flare isn't proof you can't trust yourself. It's proof you're making a decision that matters. The mastery was never about eliminating the doubt. It's about moving through it.

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Take a breath before you start. Write quickly and don't edit yourself, there's no right or wrong way to do this.

WHICH SYMPTOMS RESONATE WITH YOU RIGHT NOW?

- ☐ Chronic financial indecision or decision paralysis
- ☐ Distrust of your own gut sense in financial choices
- ☐ Either rigid over-planning or ungrounded spiritual bypassing (manifesting without acting)
- ☐ Fear of committing to a long-term financial vision in case it "doesn't work out"
- ☐ Constantly comparing your financial path to someone else's

Where do I see this wound showing up in my life right now?

Which story feels most familiar? Where might I have learned it?

One practical action I'll try this week:

One spiritual practice I'll try this week:

What would balanced, flowing energy feel like for me here?

Today's date: _____

Healing isn't linear. Be gentle with yourself as you go.



Meet Your Guide

AKA, the author

Jenni Fulton

Holistic Financial Coach & Intuitive Guide

Founder of Untamed Abundance LLC

Hi, I'm Jenni. I'm the founder of Untamed Abundance, a holistic coaching practice based out of the Midwest United States, where I help people build a healthier relationship with money by combining practical strategy with the kind of deep, embodied, spiritual work that actually makes change stick. I also work under Untamed Intuition, offering tarot, astrology, and intuitive mentorship for anyone drawn to a spiritual layer of the work.

This workbook is original content. The frameworks, the language, and the lived experience with clients doing exactly this kind of healing are mine. Every idea, structure, and story here comes from years of real work with real people.

Also, in case you were wondering, in this age of artificial things: I am a whole, real person on the other side of this PDF. If any of this resonates, I'd love to connect, whether that's through a [1:1 coaching session](#), my membership program, one of [my group courses or events](#) or just a quick note to say hello.

Learn more about me and my work at untamedabundance.com or follow us on [socials](#):



Also, if it sings, check the [complete money wounds workbook](#) with guides and worksheets for all seven core chakras as well as the [companion meditation series](#) recorded by me!