

AJNA

The Third Eye Chakra is housed in the brain, and focuses on wisdom. We stimulate the pineal gland by gentle pressure from the muscles that control your eyes, when we look up into the high central part of your forehead. While our 2 eyes see the material world, the 6th chakra, or (3rd eye) sees beyond the physical. Functioning at its full potential, the Ajna chakra allows you detachment from material things, fear of death, and ego attractions like fame and fortune.

BIG IDEA: Working here is about developing your ability to see the bigger picture, feel what's right, and work toward it without attachment to the outcome. Seeing yourself as you are is the great gift of this energy.

It may also open up telepathic abilities and access to earlier incarnations. Its gifts include clairvoyance, telepathy, intuition, dreaming, imagination and visualization. It is involved in both the creation and perception of art, and in understanding that what we see has a powerful impact on us. What we see, we believe.

Too much energy here displays itself as excessive pride, and manipulative, dogmatic, and egomaniacal behavior. Physically, it creates headaches, hallucinations, nightmares, obsessive or compulsive thoughts, and difficulty concentrating. Sluggishness in the third eye center leaves you unable to distinguish between your higher self and your ego self; you can become unassertive and overly sensitive, while physically, you struggle with memory, eye problems, unexplained phobias, difficulty recognizing patterns and visualizing. This is where we are working when we are working on self-awareness and bigger picture concepts.



Seeing yourself as you are is the great gift of this chakra.

Characteristics & Tools: self-reflection

Color: Indigo / Purple Element: Light

Rights: To see

Traits: Intuition, imagination, ability to recognize delusion, self-care versus indulgence, self-reflection

Physical Mental processes, thoughts, brain

Foods: Entheogens (psychoactive substances used for spiritual purpose), also black currants, plums, eggplant, purple figs, purple peppers, raisins, cabbage, red grapes, blueberries, blackberries...

Gemstones: Amethyst, Lapis, quartz

Scents to work with: rosemary, basil, lavender, clary sage, juniper, lemon, pine, star anise, mugwort

6th Chakra Poses: Spine twist, Standing bow, Eagle, cat/cow, balancing poses, shoulder stand, headstand.

Assignment: EXPLORE PURPLE

- Wear deep blues and purples, eat blue and purple foods.
- Practice yoga blindfolded, or in the dark.
- Cook with herbs and lemon, clean with lemon and pine.
- Continue to write in your gratitude journal for three things each day, and try to add a 4th “bigger picture” thought for the day, an intuitive solution to a problem, or a fantasy you’d like to create.
- Track serendipity in your journal. Make a note of coincidences and start to watch how your life gets easier as you start to live more presently, and begin to grasp the connections that are happening around you all the time.
- Keep a dream journal beside your bed and write them down.
- Let go of your old story, and write a new one.
- Write a “Do Over”
- Write a letter to yourself from the age of 101. Be loving and kind. Write about all the life lessons you learned and interesting people you met and things you did that were worth spending time on. Talk about the people you’ve helped, whose lives have been changed from knowing you. Talk about your adventures of the past, and tell yourself precisely how you solved a problem you are struggling with now.
- Combine Dharana with your Sixth Chakra work this week: concentrate on your third eye in meditation, savasana, and asana practice throughout the week. Meditate on your bigger picture, or writing the personal vision statement that will guide you through the next phase of life.
- Practice alternate-nostril breathing at an 8:4:8:4 ratio for 10 – 20 minutes.

Mudras for 6th Chakra



Put your hands below the breast. The middle (second) fingers are straight and touching at the tip, pointing forward. All the other fingers are bent inwards and touching at the middle phalange. The thumbs point toward your body and touch at the tips. Concentrate on the third eye and chant OM.

Pranayama for 6th Chakra

Classic alternate-nostril breathing (Nadi Sodhana) is a great way to clear the energy in the 6th chakra. The name means to purify the nadis (energy channels). A healthy person typically breathes through one nostril at a time, alternating about every 2 hours. But because most of us are not in optimal health, that number can vary greatly. The yogis believe that breathing in one nostril for more than 2 hours has adverse affects on the health, including mental and nervous disorders from the right nostril, and chronic fatigue and reduced brain function from the left. The yogis consider alternate nostril breathing to be the best way to calm the mind and nervous system, and to produce optimum function to both sides of the brain – optimum creativity and optimum logical verbal activity. This creates a more balanced person.

There are 2 main ways to practice nadi sodhana.

1. Close your right nostril with your right thumb and inhale through the left for a count of 4. Immediately close your left nostril with your right pinky finger and lift your thumb to exhale through the right nostril for a count of 8. Inhale through the right nostril for a count of 4, close it off with the thumb, and lift the fingers from the left nostril to exhale for a count of 8.
2. Close off your right nostril with your right thumb and inhale through the left for a count of 8. Close the nostril with your pinky finger and hold for a count of 4, then lift the thumb and exhale for a count of 8 through the right nostril. Close it off and hold for a count of 4, then lift the thumb again and inhale for a count of 8. Close it off and hold for 4, and lift the pinky to exhale through the left for a count of 8.