



ajna

Chakra 6: Third Eye Chakra

Clour: Indigo

Element: Light

Position: Between the eyebrows

Objective: Intuition & psychic talents, self-reflection, visualization, discernment, and trust of your own intuition.

Seat of: Thoughts



*The Voice of the Intuitive Chakra:
"I see...my life flows with acceptance!"*

The sixth chakra is called the Third Eye Chakra and its original Sanskrit name is Ajna. The meaning of Ajna is 'perception', and it also means 'become aware of' and 'control'. The Third Eye Chakra is symbolized as a two-petalled lotus flower. This chakra is situated in the middle of the forehead, right over the bridge of the nose, between the physical eyes. The third eye sees the truth while physical eyes see past and present. It is from this level, when we reach it, that we can control or command our whole personality. This is the seat of thought and at this level we experience mentation; a flow of mental images and abstract ideas continually coming and going in the mind. This Chakra is the center of wisdom and intuition and is associated with clairvoyance, the power of thought, imagination and seeing on all levels.

Imbalance in this Chakra makes you prone to rigidity, anger, judgement and non-acceptance towards people and situations which are different. When Ajna Chakra is balanced, you intuitively find answers to your own questions, and you have great access to your inner resources and insight.

Ajna Chakra in a Nutshell

LOCATION IN BODY	CENTRE OF FOREHEAD
When your Ajna Chakra is closed	You feel disconnected from your intuition, or do not think you have any. You feel an inner resistance when you need to be around people/situations different than what you expect them to be. You want your life and routine to remain set in a pattern and are afraid to change it. You get headaches, sinus problems, vision problems and often feel tension in your brow area.
When your Ajna Chakra is opened	Your intuition is your constant guide that you trust and act on with confidence. You are devoid of ego and accept people and situations the way they are.
Blocked by	Ego, Rigidity and Seriousness.
Symptoms of blockage (You may exhibit one or more of these)	Obsessed with perfection, having a stubborn attitude and take everything very seriously. Being self-conscious, have high ego and violent anger. Also manifests as fear in decision making. Blockage may manifest in physical body as sinus problems or vision problems, headaches and nightmares.
Associations	Success, good decisions, clear vision.
Unblocked by	Releasing illusions and definitions and accepting things the way they come.

Imbalanced Ajna Chakra

When your Ajna Chakra is blocked you live in an illusory world. You do not accept new and challenging projects as you fear failure or are obsessed with perfection. You have an aggressive or rigid attitude and even a controlling behavior. A blocked Third Eye Chakra also gives you fear of true success and achieving your goals fearing that you would have to stop being yourself and be someone else.

Balanced Ajna Chakra

When your Ajna Chakra is balanced you can perceive and understand yourself accurately. You can make optimal choices and accurate assessments about people or situations. With power of your mind and power of intuition, you can see the 'truth' that surrounds us. Your foresight awakens and you can use the ability of imagination and visualization and enhance your creative power.

Overactive Ajna Chakra

When the Ajna Chakra is overactive, you may live in a fantasy world. You are not connected to reality and have difficulty living life. You may think that life is unjust and blame the world for your problems. It may bring confusion and depression and problems in concentration. You may even hallucinate and over-interpret regular events. You could get judgmental and over intellectual in your thinking.

Underactive Ajna Chakra

An underactive Ajna Chakra makes it difficult for you to think for yourself and you depend on authorities to make decision for you. You develop a rigid thinking and rely too much on beliefs and get easily confused. You find it difficult to understand the spiritual side of the world and the connection between your inner and outer self. It leads to lack of empathy for people around you affecting your vision and making it difficult for you to imagine a life you would like to live. You are in a state of denial and are not able to see the truth.

HOW TO BALANCE YOUR AJNA CHAKRA

1) Strengthen your Willpower

Your willpower, or Sankalpa Shakti, is strengthened when you drop your attachments. Attachments lead to ignorance and lack of discrimination. When you resolve to do something in accordance to your dharma, it soon becomes reality.

2) Embrace Your New Life

Let go of how you thought life should be and embrace the changes that may come in your life. Welcome your new life into your consciousness.

3) Exercise Wisdom (Viveka)

Only when you use wisdom, or Viveka, you are free from attachments and sorrow, and your mind opens up to all the answers you sought. This is the real awakening of the Kundalini Energy.

4) Destroy Your Ego

It is only when you destroy your Ego, or the Ahamkara, that you can free yourself from Maya, or the Illusion. Also, when you free your mind from Maya that the veil of ignorance lifts up, and you can perceive the Reality, or the Truth.

TIPS TO BOOST YOUR AJNA CHAKRA POWER

- ✍ Star gazing. Eye rolls. Meditation. Developing one's intuition and psychic abilities.
- ✍ Eat indigo foods and consume indigo drinks.
- ✍ Use aromatherapy oils such as Patchouli, Frankincense, Myrrh.
- ✍ Music such as Mozart or Bach. Chanting **OM**.
- ✍ Wear 17 Mukhi Rudraksha and indigo gemstones like Tanzanite and Blue Sapphire
- ✍ Bathe in the indigo color in your clothing, decor, art etc

LESSONS OF AJNA CHAKRA

1) Law of Acceptance

Learn to accept the truth that 'change is constant'. All things end and begin at their right time. Consciousness is the ability to release the old and embrace the new.

2) Law of Pure Potentiality

Your soul is all-knowing, but it's hidden within layers of egos of the body, mind and senses. To connect with your all-knowing soul, you need to quiet the mind and release all egos through meditation and Yog.

3) Law of Intention and Desire

You are here to manifest your deepest dreams and desires. Just be open to all the people and situations that are guiding you and enjoy the journey of manifestations.

4) Law of Detachment

You do not have to be rigidly attached to what you are supposed to be. There is so much power in allowing people around you to be what they are naturally and to know what's natural about you.

5) Law of Karma

Life is about 'Cause and Effect'. You are neither the 'doer' nor the 'creator' but just a witness to situations you have attracted due to the 'Vrittis' (Thoughts) and 'Ahamkara' (Ego) around you.

6) Releasing Ego of Survival

Your Ego of survival creates fear out of the perception that there is threat to your survival. Release your Ego of Survival and subsequently all your fears.

RELEASE LIMITING BELIEFS THAT BLOCK AJNA CHAKRA

- | | |
|--|---|
| ✍ I release rigid opinions about people | ✍ I release the belief that I am unable to live in the now |
| ✍ I release rigidity in all aspects of life | ✍ I release all confusions about my life purpose |
| ✍ I release the fear of acceptance | ✍ I release the fear of making a wrong choice |
| ✍ I release all negative thoughts | ✍ I release the feeling that I am a misfit |
| ✍ I release the belief that I can't trust my intuition | ✍ I release the feeling of giving my power away |
| ✍ I release the belief that I can't hear my own inner voice | ✍ I release all doubts |
| ✍ I release confusion about my path | ✍ I release the belief that I can't trust myself |
| ✍ I release confusion about my choices | ✍ I release my lack of faith |
| ✍ I release stress from every cell of my body | ✍ I release all the limiting beliefs from every cell of my body |
| ✍ I release the family beliefs and patterns that keep me stuck | |

NOW DO AFFIRMATIONS BELOW

THANK YOU, GOD

I am my highest truth/I accept everything as Your Will/I surrender to Your Will/I am clear /I am a healthy mind/I am knowing of my own voice/I am light/I am connected to my core energy/I am connected to my true path and purpose/I am my spiritual truth/I am connected to my own inner vision/I am alive in the now/I am true to myself/I am confident/I am intuitive/I am free of family beliefs that limit my truth/I am my truth/I am hearing my inner voice/I am highly motivated/I am unlimited potential.

THANK YOU, GOD

I am connected to my potential future/I am connected to my highest purpose/I am seeing all the possibilities and bringing them.