

Chakra 6: Ajna – The Third Eye

Ajna is our 6th chakra located at the middle of the forehead. Commonly referred to as the third eye, ajna is known as the mental command centre. Ajna attunes with the mind energies and corresponds with the universal macrocosmic mind. Activating ajna will give deep insight, intuition, geniality and even mental powers such as telepathy, hypnosis and clairvoyance. Ajna chakra controls the pituitary gland and the sub glands that control seeing, hearing, discriminating and memorizing. It is the control centre that oversees all mental activities and controls the ego.

In the very rare cases that a person has a high activation of ajna chakra, they are great exemplary geniuses, writers, inspired poets, scientists, philosophers and other great benefactors of humanity. If there is extremely low activation of ajna, there will be high ego, vanity, selfishness and even being inhumane or wicked.

In our hatha yoga practice our mind is very important as the goal is achieving resonance with the energies through concentration. In esoteric yoga theory, the asanas (poses) generate activation of the the subtle centres (chakras) to create resonance. When you maintain this certain position long enough, after a certain period there will settle a new harmony which will generate a different superior state that will influence one's subtle perception, state of consciousness, way of thinking/acting and allowing ones to actually enter into telepathic contact with new dimensions/frequencies, allowing one to attain a new modality of existing.

Concentration and meditation exercises work to help us to train our minds and aid in the ability to create resonance by creating better attention. In yoga and Buddhism they say we have a 'monkey mind'. I prefer the metaphor that our mind is like a puppy. Without proper training our puppy mind runs rampant, getting into trouble, making a mess. There are numerous forms of meditation. In vipassana, the Buddhist form, the goal is to clear the mind of thoughts. Focusing on the sensation of the air entering and exiting the nostrils on the inhalation and exhalation. Telling the mind like a puppy to sit, and after a few seconds or minutes when the mind wanders off gently guiding it back and telling it to sit again. With persistence and consistency the mind learns to be still. The fact is we have ZERO control over our minds, if our physical body did whatever it pleased as our mind does we would have huge concern and run off and see a doctor. The fact is we are the dog to our minds. Our mind tells us 'oh chocolate go fetch' we go get it. Food, drugs, sex, emotions, laziness, discipline- all aspects we have very little control over until we give training to our mind.

As well as basic vipassana, (meditation while concentrating on the breath), there are a few other simple concentration exercise we can do to help train our minds.

1. Concentration of a watch- simply following the second hand of a watch or a clock for as long as possible.
2. mental counting- taking a handful of small objects- match sticks, seeds etc. and spreading them out on the table (approx 10-30 to start with). Without using the fingers to point, count the objects just using your vision. When you think you have the correct number precisely count them to see your results. Keep practicing with a low number of objects until you can do it quickly and correctly before moving on to higher numbers.
3. Visualization- There are many different methods of visualization. Thinking of a red apple and trying to see it, watching the watch closing the eyes and visualizing the advancement of the second hand, replaying earlier events, imagining future events (ie. scoring a goal in a sport). Working on more detail and precise timing.

ELEMENT	DEMON	DEFICIENCY	HEALING PRACTICES
Light	Illusion	Insensitivity	Create visual art
NAME	DEVELOPMENTAL STAGE	Poor vision	Visual stimulation
<i>Ajina</i> (to perceive and command)	Adolescence	Poor memory	Meditation
PURPOSE	DEVELOPMENTAL TASK	Difficulty seeing future	Psychotherapy
Pattern recognition	Establishment of personal identity	Lack of imagination	Coloring and drawing, art therapy
ISSUES	Ability to perceive patterns	Difficulty visualizing	Working with memory
Image	BASIC RIGHTS	Poor dream recall	Connecting image with feeling
Intuition	To see	Denial (can't see what is going on)	Dreamwork
Imagination	BALANCED CHARACTERISTICS	Monopolarized (one true right and only way)	Hypnosis
Visualization	Intuitive		Guided visualizations
Insight	Perceptive		Past life regression therapy
Dreams	Imaginative		AFFIRMATIONS
Vision	Good memory		I see all things in clarity.
COLOR	Good dream recall		I am open to the wisdom within.
Indigo	Able to think symbolically		I can manifest my vision.
LOCATION	Able to visualize		
Forehead, brow, carotid plexus, third eye	TRAUMAS AND ABUSES	EXCESS	
IDENTITY	What you see doesn't go with what you're told	Hallucinations	
Archetypal	Invalidation of intuition and psychic occurrences	Delusions	
ORIENTATION	Ugly or frightening environment (war zone, violence)	Obsessions	
Self-reflection		Difficulty concentrating	
		Nightmares	
		PHYSICAL MALFUNCTIONS	
		Headaches	
		Vision problems	

Garudasana- Eagle pose

Garuda is the name of a mythological bird which was the destroyer of mythological serpents that represents dark inferior forces. As a lack of equivalent for garuda in the West this pose has been called after another regal bird - the eagle. Griffin would probably be a better descriptor.

Stand bending the left knee and bring the right knee over top working to intertwine the legs. Do the same with the arms, bring the right arm under the left and grasp the thumb of your left thumb with the index and middle finger of the right hand. Then push the arms forward as much as possible. Stretch the left palm out and straighten the spine. As this is an asana of ajna chakra the final step is to focus the gaze at a point level with ajna chakra. Imagine you are concentrating at the point with your third eye. This is one of the rare asanas where the eyes are kept open. Modification is to do this asana with the legs and arms wrapped while sitting in a chair. Or perform vrksasana, tree pose. During the 1st performance standing on the left foot concentration should be on ajna chakra. Note the arousing of ajna chakra and an overall arousing of the left side of the being, which is feminine, lunar, passive and receptive.

When doing the opposite side note the arousing of ajna as the mental command centre, the solar, emissive, active and male aspects.

Overall arousing of ajna chakra giving enhanced insight and mental power.

Benefits:

Any ache, rheumatism or arthritic disorder of the feet, knees and other joints are cured with garudasana. The nerves, muscles of the legs and hands are strengthened and pain is relieved. It is recommended for those who stand or walk all day. Psychically garudasana brings balance to the lunar and solar aspect, increases boldness, intelligence and livens the spirit.

Halasana- Plow pose

Halasana is plow/plough in Sanskrit symbolizing how the mind plows up the telluric energies from the earth.

Lie on your back with palms close to the body and turned upward. Carefully, lift the legs up over the head reaching the toes to the ground behind you. In the final position the toes are pushed as far behind as possible, the chin firmly supported on the chest and the legs absolutely straight. Beginners should place their toes on a wall and gradually work towards reaching the floor.

Note the streams of telluric energy rising up the legs and spine. Focus on the middle of the forehead and remaining still. Note increased mental insight, power and amplified intelligence.

Forbidden to children under 12 and those with advanced forms of abdominal hernia. Those with severe hypertension or heart disease should seek medical advice before performing.

Benefits:

Halasana renders the vertebral column soft and elastic. From the teachings of yoga a supple and resilient spine gives good health, longevity, youthfulness and freedom from disease. Also various sorts of myalgia (muscle pain), arthritis, rheumatism of the back, shoulders and elbows are cured. Powerful on the abdominal organs curing flatulence, constipation and stimulating gland functions. When practiced under expert guidance it is a remedy for hypertension and strengthens the heart. It expels fat, makes the body supple and resilient. It improves circulation of blood to the head, improving mental function, regenerates bald spots and lessens wrinkles of the forehead and improves eyesight. Strong effects in normalizing function of the thyroid, metabolism and calm nervousness. Halasana increases mental potential and ability to concentrate as well as being overall refreshing and energizing.