



SIXTH CHAKRA: AJNA

Kundalini Yoga Training · 200h

by PEDRO MISLE

AJNA

Ajna: perception / mastery / beyond knowledge

THE VISION

CLARITY

PURPOSE

IMAGINATION /
FANTASY

ACCEPTANCE

UNION OF OPPOSITES

ELEMENT: THE LIGHT

In general, the association of elements with chakras culminates in the Vishuddha; 5 elements, 5 chakras. However, some authors propose that the element of Ajna is light. Both in its physical sense: light helps us to see; as in its most subtle sense: light being a metaphor for knowledge; the more "light" the more "we see".

Also the light-Ajna relationship is understood when thinking clearly, the right amount of light allows us to perceive things in their proper way.

THE VISION

RELATED TO THE PHYSICAL EYES AND THE OPTIC NERVE

Real and subtle:

The world -----> what we see and perceive. Ajna adds information to what we see with our eyes. Ajna does not see forms, it sees energy.

What we visualize -----> The clearer our visualization, the more possible its materialization in the world.

CLARITY

In Ajna is where the correct understanding comes, as it is there where the rational intellect and the intuitive intellect come together.

The perception of the physical and the perception of the non-physical allows us to have a complete perception and therefore a complete understanding, clarity.

Clarity of what? Of people, of situations, of our role in life, of what we should do (or stop doing).

This has always been the great attraction of the prophets.

PURPOSE

RELATED TO THE PINEAL GLAND

The inescapable consequence of the above is the understanding of our purpose, our place in the scheme of the universe.

In Neuroscience we have the Reticular Activation System (RAS).

ACCEPTANCE

Accept what we see, accept what is. Much of the lack of clarity we suffer from has to do with our inner desire to "see" something else. Deep down, we have difficulty accepting what we see.

Two important elements of acceptance: responsibility and detachment.

Consequences of our truth (purpose) = Dharma

IMAGINATION / FANTASY

Fantasy or imagination is only negative when we consider it to be reality.

They are fundamental tools for change; they are the ability to see what is not yet there.

THE UNION OF OPPOSITES

Ajna unites the information of the manifested world (Prakrirti)
and the unmanifested world (Purusha).

Hence the total vision.

QUALITIES:

Center of intuition

Clairvoyance

Visualization

Imagination

Joy

Concentration

Determination

Projection & purpose

WHEN OUT OF BALANCE:

Confusion

Depression

Rejection of spirituality

Intellectualization

WHAT CAN WE DO IN YOGA?

- All meditations.
- Exercises with the eyes.
- Practice of different drishtis.
- Asanas and Yoga practices:
 - Warriors
 - whistling breathing
 - chanting for long periods
 - Yoga Mudra or exercises in which the head rests on the ground