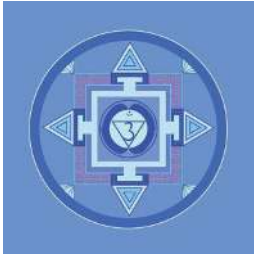


## #6 - Ajna: the chakra of the third eye



We continue upwards along the path of the kundalini, until we arrive at the penultimate chakra: **the chakra of the third eye.**

The chakra of the third eye is located in the head, between the eyebrows, and is the **symbol of intuition** and sight beyond appearances and beyond even reality itself.

It is inevitably connected to the eyes but also to the forehead, temples, brain and spinal cord. In this chakra are connected all opposites and all **duality**, such as male and female, reason and intuition, form and substance, body and mind, good and bad.

And the third eye sees what exists beyond these concepts, **dissolving the duality to get to see the true reality.**

If the flow of energy that crosses this fifth chakra is not blocked, **we get in tune with our higher self.** We become intuitive, aware, concentrated and

highly perceptive. We can visualize thoughts and images, empathy amplifies and we can understand what other people think.

**We see the world for what it is**, in its energy and spirituality, wisely and without prejudice. We can understand the essence of what surrounds us, seeing beyond what we physically see with our eyes.

When **Ajna is blocked**, we become selfish, cynical, materialistic, cold and calculating. We only trust what we see with our eyes and can no longer perceive what exists beyond.

We can no longer dream or plan our future, **we become insensitive and detached**, without the ability to stay focused on something for long.

Physically, the head will be affected: headache, migraine, fatigue, insomnia, neurosis, eye pain and even blindness. But the **sixth chakra can also be too open** and in this case, in addition to the physical pains, we become manic, self-celebrating and tend to blame others for our faults.

It is therefore important that even the sixth chakra is always balanced to maintain inner serenity and a stable relationship with others.

# How to rebalance the sixth chakra

To **rebalance the third eye chakra**, meditation is very important. Through meditation we can communicate with ourselves and with the energy that is around us. Even the practice of Reiki undoubtedly brings you closer to this goal.

It is also important to practice pranayama to learn how to get benefits from our breathing. To open the sixth chakra we can do so by listening to the mantra of the sixth chakra, **the om**.

In addition to **Reiki** and meditation, to rebalance the sixth chakra you can do **activities that stimulate creativity** or immerse yourself in nature, paying attention to the small details of life and contemplating the beauty that surrounds us every day, such as a sunset or a starry sky.

Details that make our existence so beautiful, deep and worth living.

To activate the third eye chakra you can also do **guided meditations**, visualize simple geometric shapes, massage the temples and eye contour in a circular way, and massage the eyes with the eyelids closed using your fingertips.

# Summary sheet of Ajna



**Location:** In the middle of the forehead, between the eyebrows

**Function:** intuition, imagination, foresight

**Color:** purple or indigo

**Element:** light

**Sense:** sight, sixth sense

**Stones:** Amethyst, fluorite, labradorite, lapis lazuli, moldavite, opal, sodalite, sapphire, zircon

**Mantra:** om, aum, I

**Lotus:** 2 petals with a triangle in the middle with the tip downwards

**Note:** la

**Animal:** The symbolism does not include a representative animal for this chakra