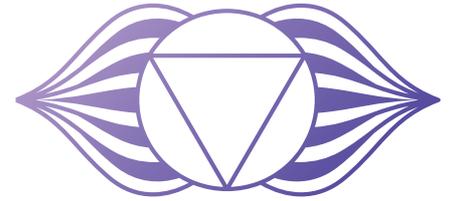


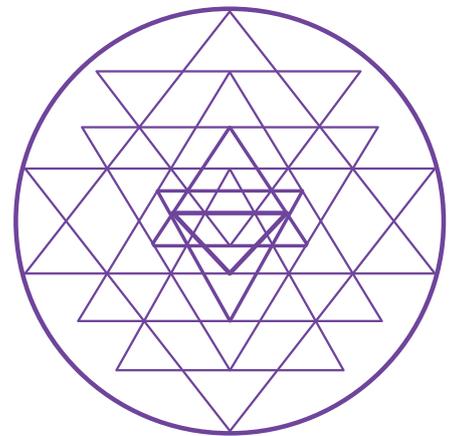
AJNA



Sanskrit Name	Ajna (to perceive, to command)
Common Name:	Third Eye
Location/Anatomy:	Centre of the head at brow level, Pineal Gland, Pituitary Gland, Hormones, Spine C1 - C2
Purposes:	Intuitive wisdom, intelligence
Colour:	Indigo
Element:	Light
Principle:	Radiance, luminescence, inner light
Developmental age:	12 years and above
Orientation:	Self-reflection
Demon:	Illusion
Keynote:	A
Frequency:	426 Hz.
Balanced form:	Vision, clarity, inspiration
Direction of spin:	Female anti-clockwise/ Male clockwise

Mantra

OM or AUM



Affirmations

I am in touch with my inner guidance.

I listen to my deepest wisdom.

I seek to understand and to learn from my life experiences.

I am wise, intuitive, and connected with my inner guide.

I listen to the wisdom of elders.

I trust my intuition.

I forgive the past and learn what was there for me to learn.

I forgive myself.

I nurture my spirit.

I love and accept myself.

I know that all is well in my world.

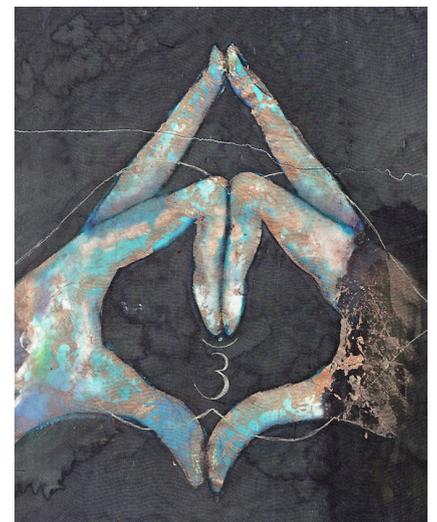
I am connected with the wisdom of the universe.

I am open to inspiration and bliss.

Mudra

The Kalesvara Mudra calms anxious thoughts and agitated feelings.

How to form the Kalesvara mudra: Place both palms together pairing thumbs and all fingers at tips. Fold index, ring, and pinky fingers downward. Middle fingers are extended outward. Point thumbs toward your body.



Crystals

Amethyst

Azurite

Alexandrite

Celestite

Tanzanite

Honey Calcite

Cinnabar

Moonstone

Shaman Stone

Merlinite

Moldavite

Phenacite

Vanadinite



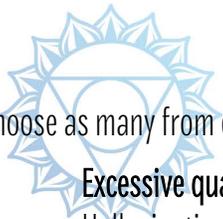
Affirmations

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 I listen to my deepest wisdom.
 I seek to understand and to learn from my life experiences.
 I am wise, intuitive, and connected with my inner guide.
 I listen to the wisdom of elders.
 I trust my intuition.



I forgive the past and learn what was there for me to learn.
 I forgive myself.
 I nurture my spirit.
 I love and accept myself.
 I know that all is well in my world.
 I am connected with the wisdom of the universe.
 I am open to inspiration and bliss.

Intention setting: Choose an affirmation or combo of 2 or 3 words that you feel you need some help to really embody. Write out the affirmation followed by the Mantra for Ajna and the colour.



Choose as many from each column that you resonate with:

Excessive qualities

Hallucinations
 Delusional
 Obsessive
 Nightmares
 Intrusive memories
 Difficulty concentrating

Deficient qualities

Lack of imagination
 Difficulty visualizing
 Insensitive
 No dream recall
 Denial (blind to truth)
 Poor memory

Balanced qualities

Imaginative
 Insightful
 Intuitive
 Remembers dreams
 Clarity
 Visionary

Be kind and authentic with yourself as you own each starred box. Celebrate every box you chose in the 3rd column dear one! If you have one or more stars in the first 2 columns let's feel into the symptom/s and meditate with affirmation, mantra, mudra, colour and crystal to create a fluid environment for the conscious understanding of the core of this to come to the surface.

You can choose a different excessive or deficient quality each time you do the meditations or maybe a few are related and can be focussed on easily together.

Journal after your meditation...



Now that you have some insight around this, and you've captured some of the thoughts, you will find that over the next day or so you may have dreams, random thoughts, synchronicities etc that remind you of this process. Integration time is really crucial to look at how you apply what you have found going forward.

These questions below are a good review to come back to before next week's module arrives. So read through the questions below and see how you are integrating the work on this chakra into your everyday life.

- How do you need to hold space for yourself as you work through this?
- Did you need to dismantle a meaning that you have attached to that situation/event etc?
- Now that you understand the imbalance how does it feel to sink into it for a moment?
- Do you need to renew your faith in yourself around what has emerged for you?
- How have you loved yourself in the process?
- Where did your ego come out to play?
- What resistance do you now feel, if any?
- How are you judging yourself for this - good, bad or indifferent?
- What do you need to let go of now to move forward?
- How can you give voice to the truth you have found?
- What small actions can you take or change to support yourself?
- Have you tried to divert yourself from answering these questions?



