

## Clearing & Balancing Ajna Chakra

### **Pranayama:** Anulom Viloma a.k.a. Alternate Nostril Breathing with retention

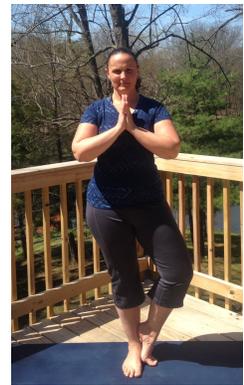
We worked with a version of this pranayama at heart center. Here we do it with some breath retention (holding) called *kumbhaka* which enhances it's effects. The retention is not recommended if you have heart ailments or abnormal blood pressure (high or low). The duration of inhalation and expiration depends entirely on the capacity of the practitioner. Start with whatever you are comfortable with – say 4 seconds inhaling, 4 holding and 4 exhaling. Later it can be increased up to 10 seconds or even more. Use the same technique as in Module 5 but place the index and ring fingers at the brow center and close both nostrils when full on the inhalation. This is guided in the meditation linked below and in your video guide for this module.

### **Asana:** Light Poses

Poses that require greater focus and connect us to the brow center are beneficial for ajna chakra. Here's your top 3 poses to open the third eye center:

**Tree Pose**-Here's the second of our balance poses in the Foundations Course. Balance poses illustrate how letting the mind run the show destabilizes our whole system. Start in mountain pose with the grounding breath. Close your eyes and feel into your alignment here first. Slowly open your eyes and fix a soft gaze to the floor beyond your toes about 6-8 feet out. This is called a *dristi* or focal point. It helps balance both body and mind and empowers the intentions you set at the beginning of your practice and along this healing journey. Keeping your mountain pose structure from belly button up, begin to bend one knee forward lifting that same heel and coming onto the toes of that foot.

Feel the opposite leg take your weight. Pause there for a breath checking in that your hips remained in alignment. Next, open the bent knee out to the side without moving the pelvis. The standing leg is mostly straight...just a micro bend at the knee. Slide the lifted foot into the midline of the body placing the sole of that foot to the inside of the standing ankle.



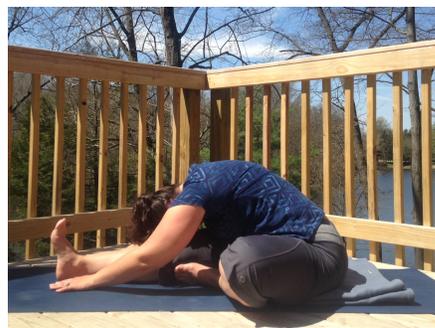
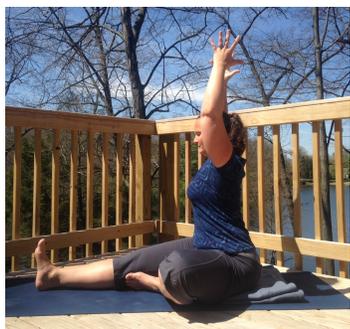
If you're steady here, draw your free foot up to the inside of the standing leg's calf or even help your foot up to the opposite inner thigh with your hands. Keep connecting down into the sole of the standing foot, lifting up through the pubic bone, belly button, solar plexus, heart, throat and into the brow point. Keep a steady gaze to your *dristi* and an active but relaxed breath pattern of either *dirgha* or *ujjayi* pranayama.

## Knowing It All

All the chakras are working here. If you become unstable simply return to mountain pose for three breaths then build up again patiently. This is important! Ego wants to rush or go back to where you were without learning the lessons we need to build a stable foundation. Now place the hands at heart center or extend them over head embodying the fullest expression of your Self. Stay here for 5-20 breaths then release and repeat on the other side.



**Head-to-Knee Pose**-Sit on the floor with your legs straight in front of you. Use a blanket under your sit bones if the low back is tight. Bend your right knee drawing the heel back toward the perineum. Rest the sole of your right foot lightly against your inner left thigh and lay the outer right leg on the floor, with the shin at a right angle to the left leg. If your right knee doesn't rest comfortably on the floor, support it with a folded blanket. Keep the left foot flexing with the toes reaching straight up. Extend the arms overhead shoulder distance apart, palms facing each other. Twist slightly left through the torso and fold forward with a flat back reaching towards the left foot. Gently round the spine dropping the forehead towards the left knee. The hands can drop to the floor on either side of leg or connect to the left foot. Do not pull yourself into the forward fold but rather melt deeper with each exhalation.



**Puppy Stretch**-from table pose walk your hands out to the upper corners of your mat. Keep your hips in place and continue connecting the souls of the feet into the ground. Even tilt the tail bone up slightly but keep the front, low ribs tucked in a bit. The arms stay active as in downward dog and the forehead rests to the mat. Melt into the heart and third eye center.



# Knowing It All

## **Work the Element: Light**

Are you lighting your candle every morning? First and foremost do this. First and foremost it's **Forgetting Atman Temporarily** that makes us feel **Fearful Anxious and Tense** feeding body image and eating issues and distracting us from our path.

Light is vital. We need it to survive. Be sure to get outside often and flood your home and work space with as much natural light as possible. Ironically, Charka six has a strong relationship to darkness as well. The totem animal for this energy center is owl, a nocturnal bird of prey know for it's wisdom and it's relationship to intuition, dreams and vision. Invite owl energy into your field. To know peace and be our best selves, sleep is vital so we can get below the vritti mind to do dream work. Deep sleep enhances physical, emotional and spiritual metabolism. Here as some sleep hygiene tips I find fundamental for both myself and clients:

- \*Keep a regular sleep and waking schedule. Within at least 2 hours even on weekends.
- \*Sleep in a completely darkened room. If this scares you (makes you anxious) do the PHAT Practice to process. That's ego keeping you from getting what you need to heal and evolve. Often it's old kids fears surfacing.
- \*DO NOT sleep with a TV on or watch TV right before bed.
- \*The last hour before going to bed disconnect from all technology and do not sleep with your cell phone close to you. Put it across the room. This will also help with waking if you use it for your alarm.

Lastly, connect with the night sky and moon. Let the contrast of darkness and light flow through you. We are an intricate part of the cosmos. We are as bright a light as every star and our souls shine forever beyond this embodied experience. Live your star power!

## **Nourishment: Light Foods**

Ajna chakra vibrates to the color indigo, a dark purplish blue. Purple foods not only resonate with a similar color, but they contain antioxidants known as anthocyanidins that protect the brain and nervous system from stress. Chocolate can help revive a brain taxed by over-thinking or overuse of psychic skills – savor a small piece of dark chocolate, chewing it slowly and consciously, for best effect. High vibrations foods support this center too. These consist of fresh, local and organic fruits and vegetables.

Be mindful of caffeine, nicotine, sugar and alcohol intake. If at all possible for you, do not take psychotropic medications (talk with your treatment team or doctor if you do take them and discuss your options). These things alter brain chemistry and at their core essence repress life force energy, especially the shakti. That said, do not go about making drastic dietary or medication changes





# Knowing It All

Awakenings about chakra six. Journal any insights that have emerged:

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[Click HERE for Chakra Six Meditation](#)

*“Imagination is more important than knowledge.”  
~Alberti Einstein*

*“The more you trust your intuition, the more empowered you become, the stronger you become, and the happier you become.”  
~Giselle Bundchen*

(Yes...I am using a quote from a super model. Check your ego if this triggers you. No double standard people. We are all wise, beautiful and worthy. Namaste!)

