



Chakra Six: Ajna (have a chair, belt, 2 mats) 2016

Ajna means "perception". This vortex is the origin of energies related to seeing, intuition, light, vision, and imagination and is sometimes referred to as the 3rd eye.

Centering: Laying supported bound angle.

Breath Practice: heart/mind

- **Rub hands cover eyes:** relax all the muscles around the eyes
 - Eye exercises: up/down, side-side, diagonals, circles, hold (palming)
- **Knee to chest (*Apanasana*)** check in move knee in, side, across, up
 - Flow 4 sets: use intuition to move, fast slow, hold
- **StarFish:** arms and legs together, hip width, wide
- **Laying Eagle:**
 - arms only: hug, keep elbow crossed, circle right then left
 - legs only: rock to twist
 - arms legs together: crunches
- **Sitting Eye Exercise:** hitch hiker thumbs, twist R/L follow with eyes
- **Butterfly (*Baddha konasana*):** open groins
 - **Flow:** Cat/Cow, Reverse Table, Butterfly, Forward fold
- **Table: 6 Directions**
 - Cat/Cow, Child - side bends, Twist
 - Flow: knee in/out (look up/in)
- **Sunbird (*Chakravakasana*):** Table – Child's – Table – Down Dog
- **Gate pose (*Parighasana*)** arch over straight leg – blocks as needed
 - Half circle pose - arch over bent leg
- **Mountain**
 - Bathing the marrow
 - Celtic Weave
 - Tendon stretching
- **Sun Salute:**
 - with eyes looking up/down
 - with eyes closed
- **Standing balance:** hold knee in front with hands or belt around thigh
 - hold chair with one hand: close eyes
- **Tree (*Vrkasana*)**
- **Eagle (*Garudasana*)**
- **Warrior poses (*Virabhadrasana*)**
 - close eyes, go inside
 - W1, W2, Reverse Warrior, Side Angle, W2, W1, W3
- **Dancer (*Natarajasana*):** use belt
- **Staff Pose (*Dandasana*):** seated legs straight, look up/down
- **Head to knee pose (*Janu Sirsasana and Paschimottanasana*)**
- **Morning Star:** laying twist
- **Savasana:**
 - Meditation with Alternate Nostril breathing

Meditation: Light as element, visualize colors, deities, or shapes of the chakras, rainbow meditation, lotus with two petals

Mantra: " I have the right and responsibility to see the big picture," "I have the right to be intuitive," "I release and let go of illusion," "My intuition is trustworthy and I follow my inner wisdom."

Color: indigo or white

Seed sound: *om*

Vowel sound: mmm

Basic Issues: opening the mind to wisdom, letting go of personalized beliefs, and purifying perceptions so that your real spiritual intelligence is developed.

Emotional issues: beyond emotion but things done here stir up emotions in other areas, ie. Seeing clearly, not just what we want to see, letting go of illusion, denial.

Physical issues: Eye issues, headaches, difficulty concentrating, poor memory

Other practices: Eye exercises,

Off the mat: If you were to lead your life from a place of intuition and imagination, what would this look like? Spend a few moments centering yourself on a way that serves you, and take the next several hours to express your internal vision through a creative medium of your choosing. Set your logical mind aside and approach this inquiry in a fluid, dream-like state.

Pranayama:

- Alternate nostril (*Nadi Shodana*)

Foods:

- Dark bluish colored fruits: blueberries, red grapes, black berries, raspberries, etc
- Liquids: red wines and grape juice
- Spices: lavender, poppy seed, mugwort

Today's tea: Chamomile with Blueberry and a little Hibiscus