



AJNA CHAKRA

Meaning: Command Centre

Color: Indigo Blue

Physical: Forehead, Space between eyebrows, Pineal Gland (third eye)

Governs: Intuition, Knowledge, Humility, Clear Sight, Relationship with the Teacher in All Things, Relationship with Time

Bija Mantra (seed sound): AUM

When this Chakra is UN balanced:

Physical/anatomical: Eye problems, glaucoma, ear problems and hearing difficulties, spinal conditions, and scalp/hair issues.

Energetic/emotional/experiential:

Times of confusion, fear, and paranoia. If this Chakra is overactive there may be a feeling of disconnect from the physical body or distance from the mind. You may be stuck in your imagination and hide from reality. Because you are so far away, you miss out on sensation, connection with the people around you, and the joy of being present. Under-active Ajna Chakra presents as thinking you know everything, inability to see different viewpoints or manipulation of others. You become controlling and stuck in your rational mind. You have to see things to believe them and are unable to empathise with those around you.

When this Chakra is IN Balance:

When Ajna is in balance, you are able to live beyond the immediate desires of your physical body or your mind. You live with the grace of someone who knows exactly who they are and where they stand. It's represented in those moments of understanding and clarity that come from awareness without attachment. You are able to see the pathways between people, events, emotions, and actions. Everything is part of a process and you are able to see it as a whole.