



Karuna Yoga Newsletter

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YOGA THERAPY BALANCING THE CHAKRAS WITH YOGA THE SIXTH CHAKRA - AJNA

Since September we have been balancing the chakras with specific yoga postures, adopting a specific mudra and chanting a Bija mantra relating to the chakra.

This month is the third eye or sixth chakra – the **Ajna**. We will practice the **Hakini** Mudra which activates the sixth chakra and frontal lobe of the brain. It helps to improve memory, increases perception, integrates the hemispheres of the brain, balances the five elements and deepens respiration.

The technique is to touch all the tips of the fingers and thumbs together. Allow the little fingers and thumbs to pull slightly away from the other three fingers. Let your hands rest on your heart chakra.

Chanting the Bija mantra of AUM (aaaaaooooommmmm) helps to increase perception and intuition and aids the mind and mental abilities.

A deficient third eye chakra makes you cynical with a closed mind.
An excessive third eye chakra can result in delusions and hallucination.






The body parts that we'll focus on for the **Ajna** are the eyes, forehead and pineal gland. When in a posture, you focus your gaze on your hands, feet or a focal point in front of you. This is called your **drishti**. What you gaze upon focuses your attention. Keeping your gaze steady can help keep your postures steady, such as looking at a focal point when in a balancing posture.

The sixth chakra represents seeing, which brings you revelations about yoga, your life and the world. You may be able to see your own patterns, perceive the movement of subtle energy, or have more access to your intuition. You can imagine the lines of energy within a posture and see your "light body". You begin to experience the union of body/mind, individual/universal that is the true meaning of yoga. The goal of yoga is to cultivate a state of consciousness in which the mind is no longer distracted, agitated or fluctuating but is calm, clear, present and still.

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YOGA POSTURES TO BALANCE THE AJNA

The meaning of the Sanskrit is Perceive and Command.

<p>Sit comfortably and do these eye exercises: Slowly move your eyes up and down ten times. Slowly move your eyes from side to side ten times. Move your eyes from upper right to lower left 5 times Move your eyes from upper left to lower right 5 times Circle your eyes clockwise 5 times and then anticlockwise 5 times. Rub your palms and hold over your eyes and feel the nourishment from the heat.</p>	
<p>ADHO MUKHA SVANASANA (downward dog) This posture creates core strength. If you outwardly rotate your upper arms, this will open the shoulders and the chest. Keep your head in line with your ears.</p>	
<p>MAKARASANA (dolphin) Rest on your lower arms with elbows shoulder-width apart. Lift your knees and hips and lift the sitting bones. Raise your head and look forward between your arms. Bend your knees to make it easier.</p>	
<p>VRKSASANA (tree) Find your balance before placing one foot on the opposite thigh. Keep your eyes focused on a point in front of you. Stay for five breaths. Change sides.</p>	
<p>GARUDASANA (eagle) Stand in Tadasana. Cross your right elbow over your left, bringing your hands together. Place your left thumb on the third eye. Lift your left knee and wrap your leg over your right thigh, balancing on your right leg, with both knees bent. Tuck the toes of your left foot around the right calf muscle. Change sides.</p>	
<p>PARSVOTTANASANA (intense side stretch) Stand in Tadasana and step one foot forward. Lift your arms overhead and bring your fingertips together. As you exhale, fold forward keeping your gaze on your fingertips at all times. Place your fingertips on the floor in front or on blocks. To come out, inhale as you press into your back heel and keep looking at your fingertips as you lift your arms and then lower to your side. Change sides.</p>	
<p>VIRABHADRASANA III (warrior III) This posture strengthens your shoulders and your neck. Pull your shoulder blades toward each other, firming up the back as you reach forward. Keep your gaze on a point in front of you. Change sides.</p>	
<p>SAVASANA (corpse or relaxation posture) Always finish with Savasana as you completely surrender into stillness, letting down into the earth and allowing your body to integrate your practice.</p>	