



Journey Thru the Chakras Part Part 6 Third Eye, Ajna with Lisa Ware Yoga 4 Love

YouTube Video with Lisa Ware for Journey Thru the Chakras Part 6 Third Eye + Ajna
Yoga Flow with Headstand

Third Eye Chakra

...a yogi who has passed through the Vishuddha Chakra at the throat to the Ajna Chakra transcends the five elements and becomes freed (mukta) from the bondage of time-bound consciousness. This is where the I-consciousness is absorbed into super-consciousness.

~Harish Johari: Chakras: Energy Centres of Transformation

Sanskrit Name:

Ajna

Meaning:

Command and Perceiving, the second of the 3 spiritual upper chakras; detachment to the personal mind, leading to the Higher Consciousness of Higher Truth

Element:

None; this chakra is related to the spiritual center, wisdom, internal direction, the supreme element, which is the combination of all the elements in their pure form¹,

Activates:

Pituitary, Pineal Gland, Eyes, Ears, Nose

Meditation:

Pratyahara, and the withdrawal of the senses

¹ <http://www.chakras.info/third-eye-chakra/>



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Mudras:

Vira Mudra, Interlocked fingers, Index fingers and thumbs extended
Anjali Mudra

Bij Mantra:

Om (short Om)

Crystals:

Clear and Charged Quartz Crystals, Rainbow Fluorite Quartz, Smoky Quartz, Amethyst.

[Foods for the Chakras](#)

Feeding Your Third Eye Chakra

Theme: Awakening, Third Eye, Opening the 6th Sense, Pineal Gland

Affirmation: I SEE

There is no element associated with the Brow chakra, therefore no foods are truly for this chakra.

Fasting is essential when done with intention. Praying over the food and water, using sacred symbols, mantra and intention to bless food and water is a wonderful way to awaken and tap in.

- Dark bluish colored fruits can help with awareness of the third eye: blueberries, red grapes, blackberries, raspberries, etc.
- Liquids: red wines and grape juice
- Spices: lavender ingested, poppy seed, mugwort

Incense:

Frankincense

Sandalwood

Copal Resin

Surya Namaskar for Third Eye Chakra



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Starting Postures:

Mountain Pose with Anjali Mudra, Prayer hands at heart center
Vira Mudra at Heart Center
Vira Mudra at Brow Center

Vinyasa Flow:

Tadasana, Mountain Pose with Vira Mudra
Interlocked Fingers with Vira Mudra Reaching into a Backbend
Swan Dive
Forward Fold
 $\frac{1}{2}$ Lift, Monkey
Forward Fold
All 4's
Cat and Cow Breath with spiral motion
Anahatasana, Heart Centered opener with Bolster, resting on Third Eye
All 4's Right
Foot back into Kneeling Lunge
Backbend Open Arms and sweep up with Vira Mudra, hold 3 breaths
All 4's
Cat and Cow Flow
Right Foot Forward into Lunge, Anjaneyasana
Backbend Open Arms and sweep up with Vira Mudra, hold 3 breaths
All 4's
Cat and Cow Flow
Extended Child's Pose
Downward Facing Dog
Forward Fold
 $\frac{1}{2}$ Lift
Forward Fold
Reverse Swan Dive
Mountain Pose
Interlocked Vira Mudra Reaching into a Backbend and hold
Mountain Pose
Repeat with option in lunge to it deeper each salutation
End in Mountain Pose



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Additional Finishing Poses:

Headstand

Matsyasana with Third Eye Focal Point, breathing through mouth, look upside down

Plow, Halasana

Shoulderstand, with Kramas (stages), Salamba Sarvangasana

Recommended Reading:

Crystal Angels 444 by Alana Fairchild

Anatomy of the Spirit: The Seven Stages of Power and Healing by Caroline Myss, PhD

Chakra Balancing Kit by Anodea Judith

Chakra Meditation by Swami Saradananda

Crystal Healing by Simon and Sue Lilly

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