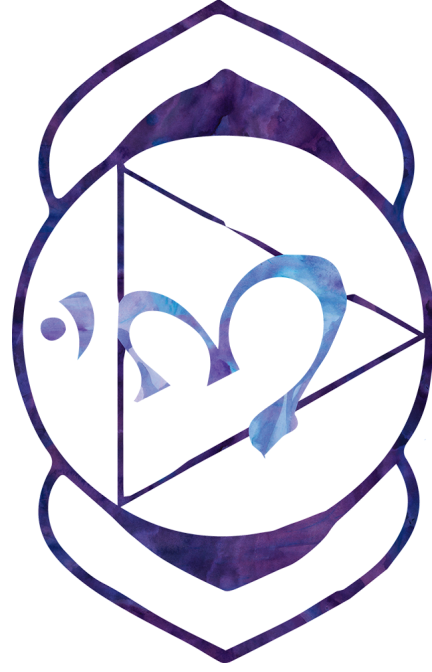


Ajna

Third Eye Chakra



Ajna, commonly referred to as the third eye is where we “see through the eye of the Divine” [Arewa]. “At Ajna, three streams of consciousness meet: *Ida* –eye of the moon, *Pingala* –eye of the sun, and *Shusumna* – eye of the Divine. These three paths lead to liberation, *mukta trivenil*” [Arewa]. The soul’s eye teaches us that liberation lives in deep stillness, where we embrace our becoming of creator and the created, Spirit and how spirit ancestorfeasts. It is important to note that “Ajna is the force that generates the third eye on the spiritual level,” not the third eye itself. Here is the last energetic center before we become undifferentiated from the

Divine, where we are the Divine. It is from liberation that our higher consciousness, healing power and psychic perception derives. Here intuition, imagination, thought, and self-awareness also make their home. As bipoc intersectional beings, we lay with sacred darkness, understanding that only through shadow and darkness can light and consciousness be born. We come from long stories of reclaiming and burying our intuition and collective consciousness only to be found by our generations. We come from spiritual traditions of liberation. Ajna and the third eye are calling you to embrace the liberation medicine woven into your DNA by your ancestors, to enter a journey of becoming Spirit, to learn from Spirit consciousness, where time, space + limitations disappear to bring about liberation in this realm.

Chronology

28-35 years

Rites of Passage: Vision quest

Developmental Stage: Increased spiritual practice and accumulation of wisdom

Spiritual Correspondences

Color: Indigo

Element: Light

Symbol: Two snake heads and eagle wings

Seed Sound: Aum

Planet: Jupiter

Main function: Seat of wisdom, centre of inner vision

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Deities

Africa: Horus, Utcheat/Uraeus, Osumare, Dan, Ọbàtálá [Yoruba]

Asia: Ardhanarishvara/Shiva-Shakti

Mexica + Mayan: Xmucane + Xpiayoc [Mayan], Quetzalcoatl [Mexico]

Mythology: Myths pertaining to snakes, visions, eagles + prophecy

Psychological Correspondences

“I see, I know”

Intuitive

Focused

Deep meditation

[self/others/world]

Spiritual awakening

Connected to past lives

Meaning + clarity in your life

Blockages, Wounds + Imbalances

Lack of intuition

Lack of concentration

Lacks self-reflection

Grief, depression, anxiety

Mental slavery

Imprisoned by low energy

Abuse of the power you have gained

From our ancestors + experiences:

Ajna

Third Eye Chakra

Healing abilities [self/others]
Content
Balanced left + right hemispheres
Experiencing ecstasy in your body
Embodiment

Closed-mindedness,
Cynicism/Naive
Paranoia/Gullible
Indecisive/Rigid
Neglects the body

Physical Correspondences

Location: Between the 3rd + 5th cervical vertebrae

Gland: Pineal

Nerve Plexus: Autonomic nervous system

Body Parts: Eyes, base of skull, Left and right cerebral hemisphere, mind function

Expression: Insight and knowledge

Disturbance: Dismissive of own personal spiritual experience

Physical Manifestations:

Seasonal affective disorder, skin cancer, headaches, migraines, brain tumors

Traumas to the Third Eye:

Dogmatic religion, Chronic being gas lit, Constant state of denial, Abuse of any kind, Addiction to substances, Root chakra weakness, such as growing up in an unsafe environment + neglect

From our ancestors + experiences:

Healing Therapies

- Fasting
- Drinking plenty of water! [helps move out what's no longer needed, while restoring your mind]
- Mindfulness practices
- Visioning
- Dream journal
- Maintaining a journal practice, observe your thoughts
- Taking in sunlight, stars, moonlight + all the light in between
- Finding your circadian rhythm/waking hours, energizes times, sleep cycles
- Explore your limiting beliefs
- Decalcify your pineal gland [responsible for spiritual consciousness]
- Connect with multiple perspectives [overactive]
- Consciousness shifting

Foods: fasting as well as grapes, eggplant, purple kale, blueberries, purple sweet potatoes and blackberries can all help. Omega 3 rich foods like salmon, walnuts and avocado can also assist as they give the brain a much-needed boost.

Oils: rosemary, chamomile, frankincense, sandalwood, bay laurel, benzoin, amber, myrrh, juniper, cypress

Minerals: amethyst, labradorite, sapphire, lapis lazuli, sodalite, jet, black opal, azurite

From our ancestors + experiences:

Ajna

Third Eye Chakra

journey with psychedelic
plants

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Plant Comrades

Clearing + opening the mind

Black birch
Citrus family!
Evergreens
Lavender
Lemongrass
Lemon balm
Jasmine
Mints
Mugwort
Passionflower
Rosemary
Sage
Star anise
Turmeric

Stimulating to the mind/Thinking

Ashwagandha
Cacao
Coffee
Evergreens
Ginger
Gingko
Ginseng
Gotu kola
Kava kava
Mints
Pine
Reishi
Rhodiola
Rosemary
Sweet Flag/Vaca
Thyme
Tulsi/holy basil
Yerba mate

*Gentle consciousness
shifters*

African dream root
Blue lotus
Blue vervain
Cacao
Damiana
Datura/Jimson Weed
Elderflower
Kava kava
Mugwort
Passionflower
Wild lettuce

*Serious consciousness
Shifters*

African dream root
Ayahuasca
Betel nut
Cannabis
Coca
Magic Mushrooms
Mescaline
Salvia
Peyote
San Pedro

Ajna

Third Eye Chakra

Prayers + Affirmations

- I listen to my deepest wisdom
- It is safe to follow this guidance
- I am intuitive and connected to the deepest aspects of myself.
- I am the source of truth and love
- I am in touch with my inner guidance
- I am wise, knowledgeable, and intuitive
- I trust my intuition
- I embody my spiritual gifts
- I trust the guidance I get through all of my gifts
- I am connected to the wisdom of the universe
- I carry the wisdom of the universe within

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