

# THIRD EYE CHAKRA

## EXTRA-ORDINARY VISION

Ancient African scientists found that as a person develops a soul-eye consciousness, the powers of perception become vastly magnified. With an operative soul-eye the individual was reported to have developed god-like powers of intra- or extra-sensory perception. It was with these thoughts in mind that the Ancient Africans, particularly the Ethiopians and the Egyptians, placed the serpent upon the crowns of their royalty.

*Richard King, MD*

## THE THIRD EYE CHAKRA: CORRESPONDENCES

<b>Sanskrit Name</b>	Ajna
<b>Meaning</b>	Perception or command
<b>Main Function</b>	Seat of wisdom, centre of inner vision
<b>Quality</b>	Vision
<b>Location</b>	Slightly above and between the eyebrows

### *Spiritual Correspondences*

<b>Colour</b>	Indigo
<b>Element</b>	Light
<b>Symbol</b>	Two snake heads and eagle wings
<b>Seed Sound</b>	Aum
<b>Petals</b>	96, which is the sum total of all the petals below, times two. (Usually depicted as two)
<b>Planet</b>	Jupiter ♃
<b>Esoteric Anatomy</b>	Astral body
<b>Yoga Path</b>	Tantra focusing on Mandalas and Yantras
<b>Guna Quality</b>	Sattva

### *Deities*

<b>Africa</b>	Horus, Utcheat/Uraeus, Òsumaré, Dan
<b>India</b>	Ardhanarishvara (Shiva-Shakti)
<b>Prophets and great teachers</b>	Buddha, Jesus, Mohammed
<b>Mythology</b>	Myths pertaining to snakes, visions, eagles and prophecy often correspond with Ajna chakra

### *Physical Correspondences*

<b>Gland</b>	Pineal
<b>Nerves</b>	Autonomic nervous system
<b>Body Parts</b>	Left and right cerebral hemispheres, mind function
<b>Expression</b>	Insight and knowledge
<b>Disturbance</b>	Dismissive of own personal spiritual experience

### *Psychological Correspondences*

<b>Statement</b>	'I see/I know'
<b>Emotion</b>	Stillness of body/mind
<b>Chronology</b>	28 – 35 years
<b>Rite of Passage</b>	Vision quest
<b>Developmental Stage</b>	Increased spiritual practice and accumulation of wisdom

## *Ways of Working*

Foods  
Herbs  
Oils  
Gems

Fasting

Marijuana, ayahuasca, peyote, mescaline

Frankincense, sandalwood, benzoin, amber, myrrh

Sapphire, lapis lazuli, sodalite, jet, black opal, azurite

## *Main Function: Wisdom and Inner Balance*

Awakening Ajna chakra, our highest psychic centre, is the main purpose of all spiritual practice. Ajna chakra is the gateway to the soul and the link between the many subtle bodies. It is the home of higher consciousness, healing power and psychic perception.

At Ajna chakra, three streams of consciousness meet: Ida – eye of the moon, Pingala – eye of the sun, and Shushumna – eye of the Divine. These three paths lead to liberation; this is known as *mukta triveni* in Sanskrit. Inner balance is born from the meeting of Ida and Pingala. Their union creates a stillpoint, a moment of freedom. In this stillness the serpent Goddess Kundalini is free to rise up the Shushumna. Kundalini (or Uraeus, to the ancient Egyptians) is a symbol of higher consciousness. When higher consciousness is awakened, the serpent Goddess gently dances up the Shushumna, creating undulating movements. As she raises her head at the point of the third eye, she grants wisdom and vision beyond time and space.

The third eye and Ajna chakra are not the same. Ajna chakra is the force that generates the third eye on the spiritual level. On the physical level Ajna generates the pineal body, cerebral hemispheres, limbic system and the eyes. The individual mind and intelligence are the psychological aspects of Ajna chakra. Spiritual practice focused at this centre aims to raise the level of conscious awareness, release an abundance of healing energy and open the third eye.

*Elédàá* in Yorùbá refers to the force of the creator that manifests from the third eye. The closeness of the Sahasrara (crown) and Ajna chakras is recognized in this force. Ajna chakra is connected to the pure undifferentiated energy of the crown chakra. It is pure energy separated into two – the creator and the created. This chakra marks the first movement away from the Divine, the beginning of duality. It is therefore also the final point before reunion with the Divine source.

Ajna chakra is known as the seat of the soul. It is here, close to the creator, that the soul is thought to reside.

Work on Ajna chakra is of utmost importance because it is through extending our perception that we lift the veil of Isis. We learn to see beyond the illusion and

limitations of ordinary reality. Ajna chakra allows us to embrace darkness and enter the light. The play of darkness and light creates time and vision. Once they are under our command we experience true expansion. When Kundalini rises, we see with her eye and she sees beyond duality. She is not bound by time or space. It is said in Hatha yoga pradipika<sup>1</sup> that 'the sun and moon regulate day and night, thus creating time.' It also tells us that Shushumna swallows time. Hatha yoga pradipika is saying that when we open Shushumna nadi through intense spiritual practice the limitations of time disappear. This is the secret of Ajna chakra. At Ajna chakra we see through the eye of the Divine.

#### QUALITY: VISION

All life is created from the darkness of the oceans, and all people from the darkness of the womb. Sacred darkness is the source of all light. This creative abyss was symbolized as the Black Dot – seed of all creation – by ancient African scientists. It came to be known by such names as the eye of Horus, soul eye, *elédàá*, bindu, Rasta far I, third eye, and the seat of the soul. The Black Dot is the doorway to expanded states of consciousness and extra-ordinary vision.

Psychic perception is the quality bestowed at this level of ascension. It is the ability to see into the outer realms and other dimensions. It also includes gifts such as thought transference, remote viewing, precognition and teleportation (out-of-body experience). These special abilities are called *siddhis* in the yogic system. Obtaining these powers is not the goal of yoga. Psychic powers are, however, a sign of development; if not abused they aid us on our path towards enlightenment. These powers provide a glimpse of the natural laws and workings of the universe.

Seeing with the psychic eye differs from ordinary vision. Subtle vibrations are registered through the subtle senses: ears – clairaudience, eyes – clairvoyance, and touch and felt sense – clairsentience. These vibrations are then interpreted by the higher mind. To see clearly, which is the meaning of the word clairvoyance, is to see more than the material world. It requires that we energetically dismantle objects with the inner eye and sense only the space, field and vibration. We need to look into, through and around. With practice we learn to see outside our limited reality. A telephoto lens is able to bring a distant image close. With our telephoto third eye we are able to see the past and future, bringing them into the present.

Seeing involves **attention**. This is often lacking, and is necessary if you are to advance your spiritual practice in order to influence Ajna chakra at will. With experience you learn actually to alter the chemical composition in your body. The parasympathetic nervous system is stimulated, triggering a release of hormones and neuro-chemicals. Brain waves reach a relaxed alpha rhythm. The cerebral



membranes and cerebro-spinal fluid are positively influenced, thus stimulating a relaxation of the third ventricle, which is said to be the actual seat of the soul. This can induce a trance state that will transport you to the outer realms and astral and causal planes (sixth and seventh layer of your aura and beyond). It is at this stage that you begin to experience extra-ordinary vision.

We literally have the power to tap into universal and ancestral archives of wisdom and knowledge. As we advance our skills we can access any information; everything that was, is and ever will be is available to us. Attention and focus are the key factors. For example, if I think, 'what am I going to have for dinner?' I must focus my attention in the past and memorize the foods I like. I then have to project my attention into the future and visualize the meal I will prepare. Without attention and focus, I cannot achieve my desired aim. Extra-ordinary vision requires the same principles, attention and focus. Only this time our attention is asked to focus into more distant parts of our memory, to access ancestral and universal data. You may never have asked yourself to do this and therefore think it is beyond your capability. If you try, you may surprise yourself.

In creating your future, again it is the third eye, aided by Ajna chakra, which can travel anywhere unrestricted. We know from our daydreams that anything is possible. You can make your dreams reality. Anything you perceive you can achieve, as long as you use your gifts of attention and focus. Learning to use Ajna chakra is a case of discipline and trust in your self-knowledge and creative abilities.

### *Element: Light*

The light of the body is the eye;  
if therefore thine eye be single,  
the whole body shall be full of light.

*Matthew 6:22*

Light is the visible band of electromagnetic energy; ultra-violet being the band above and infrared the band below. The electromagnetic spectrum includes many kinds of waves such as X-rays and radio waves. Variations in frequency of light give rise to different colours, moving from red, found at the root chakra, to violet at the crown. Light travels at a speed of 186,000 miles per second. Sound, which resonates at the throat centre, moves at approximately 331 miles a second, over 500 times more slowly than light.

Ajna chakra is the body's conduit for this powerful energy known as light. It receives light and channels it as colour through the chakras and aura. Visualization on light and colour are effective tools for healing.

The pineal gland, which is the physical aspect of Ajna chakra, processes light. This small neuro-endocrine gland, the size of a pea and the shape of a pine-cone, has baffled modern science for a long time. It was said to have no known function. Yet when we turn to ancient science we find an abundance of oral history, folklore and written texts pertaining to the pineal gland, Ajna chakra and third eye. The Ancients understood the complex workings of Ajna chakra from having direct experience of its power. They realized that it is possible to alter consciousness and shape reality through influencing Ajna chakra. The pineal's creative function led the Ancients to refer to it as the creative 'gene of Isis' (genesis).<sup>2</sup> Its partly crystallized nature and ability to absorb, store and transmit light energy suggests it is the body's inner crystal.

The pineal gland works closely with the pituitary gland. This is because the energies of the Sahasrara and Ajna chakras are linked. Where the pituitary is known as the master gland, because it has a stimulating effect on various bodily systems, the pineal we could usefully call the 'mother gland' because it appears to calm the body's systems. The pineal releases two neuro-hormones, serotonin and melatonin. Serotonin, which is dominant in the day, helps to keep us active and awake, while melatonin encourages rest and is dominant at night. Together they regulate the body's circadian rhythm, which is the biological cycle responsible for maintaining balance in relation to light and darkness. If we stay in darkness for several days, serotonin and melatonin levels continue to alternate. If, however, we are exposed to constant light or we stay awake for several days, the rhythm is disrupted. Changes in exposure to light are implicated in seasonally affected manic depression, where people get accustomed to being high in the summer and experience lows when the system normalizes during the dark winter months. It is in the winter when people experience this problem. Melatonin is being used as a cure for jet lag, where lack of sleep and change of time zone disrupt the circadian rhythm.

In meditation and other spiritual practices it is customary to focus on Ajna chakra. Meditation is also said to be more powerful if done during Brahmahurta, which is between the dark hours of 4 and 6 in the morning. During these hours levels of the hormone melatonin are at their highest. Melatonin is associated with the release of innate hallucinogens. Research shows that high levels of melatonin are present during altered states of consciousness and psychic visions.

#### MELANIN, LIGHT AND THE CHAKRAS

Melatonin is also active in the production of melanin. Melanin, like the pineal gland, has attracted little scientific research until recently. African American scientists have pioneered research on melanin and its benefits on our physical, psychological and spiritual health.

Melanin, the light-sensitive black pigment found in the skin, brain, eyes, ears and other organs, is present in almost all living organisms, including the celestial realms. Dr T Owen Moore states:

Melanin in the surface of the skin, in the internal organs and the nervous system, can enhance a person's connection to the spiritual world and act as a battery charger for the chakra system.

The Ancients had a profound knowledge of the Eternal Spirit, Ajna chakra and the chakras in general. Maybe our African Ancestors respected their relationship to the creator and geophysical phenomena such as the sun, moon and the elements because of their blackness. Dr Moore points out that 'melanin is a critical link between our human bodies and the elements in nature, enabling us to optimize our health.' People from cultures in tune with Divine law and adhering to strong spiritual traditions tend to have high concentrations of melanin in their skin. Melanin tests on Egyptian mummies carried out by Cheikh Anta Diop during the 1970s in France were used to verify the ancient Egyptians as African.

Melanin has many functions. Physically it protects the skin and helps to neutralize free radicals,<sup>3</sup> which slows the ageing process. In the brain it can heighten awareness and speed reactions. It facilitates energetic motility in the nervous system, and stores energy in the form of memory.<sup>4</sup> Melanin absorbs light and transforms electromagnetic energy. The release of neuro-chemicals, such as serotonin, norepinephrine and dopamine, is enhanced by melanin. These chemicals are found in the pineal gland.<sup>5</sup> The characteristics of melanin optimize spiritual and physical health.

Dr King, researcher of African spiritual science, locates the Black Dot – doorway to dreams, ancestral memory, past-life regression and extra-ordinary vision – in the melinated areas of the brain (neuro-melanin is common to all people regardless of skin colour). King refers to this neuro-melanin nerve tract<sup>6</sup> as *Amenta*, meaning underworld. These nerves assist the release of innate hallucinogens and communicate with the third ventricle, which has long been termed 'the vault of initiation' and 'the seat of the soul'.

Pyramids are temples of initiation where ancient Egyptian Godkings and priests became masters of inner science. They also symbolize mountains, chakras and consciousness. The upper chamber of the great pyramid is completely made from black granite. This is symbolic of night, dreams and *Amenta*, the underworld. Entering this black chamber or level of consciousness activated the pineal gland, bringing illumination and knowledge of the essence of life. Like the ancient Egyptians we have the potential to develop soul-eye consciousness. Work on Ajna chakra amplifies spiritual awareness and raises energy to the heights of Mount Meru.

Melanin is one of our many blessings, and we should learn to understand the spiritual significance of this beautiful gift. We have at our disposal an innate channel for processing vibrational energy. Melanin can receive light and distribute it through the chakras and aura. During spiritual practice we can focus on light (Ra) travelling through the vault of initiation, raising soul consciousness and awakening ancestral memory.

### *Planet: Jupiter ♃*

The planet Jupiter resonates with the very essence of Ajna chakra. To the ancient Egyptians it was known as Heru-Wep-Sheta, meaning 'Horus reveals the mystery'. It was also known as the light of wisdom and planet of expansion. As the largest planet in the solar system, Jupiter was regarded as king of the heavens. He acts as guardian and protector of law, truth and justice.

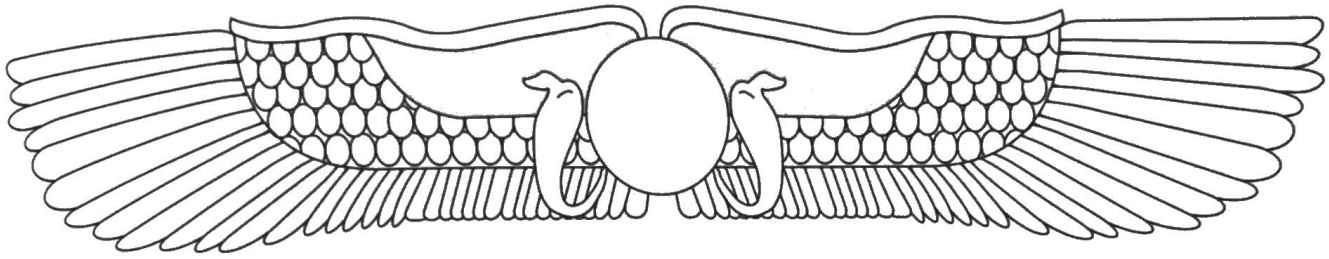
Ajna chakra is the gateway to expanded consciousness, truth and spiritual illumination. When we tune to this chakra we gain freedom and liberation. This is depicted in the glyph for Jupiter ♃ where the soul (half moon) is raised above the + cross symbol of earthly limitation. As you ascend to this chakra you will notice the change in your vibration. Those around you will begin to see the light that shines from your heart. At Ajna chakra the planet Jupiter becomes your teacher and guide.

The chronological age for this chakra is around 35 years. At this stage in life many foundations are set in place, work and family are often established, and it becomes important to find time for personal and spiritual pursuits. Both Jupiter and Ajna vibrate at the level of the higher mind, tapping us into the astral and philosophical realms. It is here that our greatest inspirations can be fertilized and directed down the chakras towards manifestation. Jupiter aids the generation of ideas. He channels energy from heaven and sends it down as prophecy. He stimulates your inner genius; your prophetic 'gene of Isis'. When your awareness is raised, your senses turned inward (pratyahara) and your full attention focused on the vibrations of Jupiter at Ajna chakra, good fortune and abundant blessings will be yours. The inner crystal that holds all memories will be stimulated and the way opened for the mysteries of Horus to be revealed.

## Deities

### HERU (HORUS)

Heru, the hawk-headed son of Ausar and Auset (Osiris and Isis), is the personification of light. His is the face of heaven. His right eye is the sun and his left eye the moon. He favours those who, like him, seek to destroy negative influences, liberating truth and wisdom.



The winged solar disc – symbol of Horus in heaven and the expansive essence of the Soul.

### URAEUS

Uraeus is an ancient African Goddess with numerous characteristics. When Uraeus is found at the sixth chakra she represents power over all external and internal forces. Developing serpent power puts us in control of our lives and prepares us for oneness with the Divine.

### ÒŞUMARÉ

Òşumaré is the beautiful cosmic serpent who manifests as a rainbow. Opposites are merged in this male and female deity. Òşumaré provides continuity. Lying between heaven and earth, the rainbow unites the creator with the created. By swallowing her tale she links the present to the past, forging a smooth way to the future. As rainbow Goddess, Òşumaré is known universally. She unites the seven colour rays of the chakras, offering us peace, hope and harmony.

Òşumaré and Dan (*see below*) may well predate traditional Yorùbá religion as it is known today. Òşumaré is often seen as an aspect of Olódùmarè, the creator.

### DAN (FON PEOPLE OF DAHOMEY)

Dan is another cosmic serpent and rainbow deity. The serpent represents earth and the rainbow is symbolic of light and heaven. Dan is also depicted swallowing his tail, showing his ability to overcome duality and create unity. Dan then revolves around the earth, causing the universe to spin. This rainbow serpent creates the constant movement of the life-force.

## ARDHANARISHVARA

In the deity Ardhanarishvara, Shiva and Shakti conquer duality and become one. Their merging energies symbolize unity between the lower three chakras – personal realms, and the upper three chakras – universal realms. Just as their forces unify, we too can know harmonious union with our creator.



The Divine union of Shiva and Shakti forms the deity Ardhanarishvara, who is male on the right and female on the left.



## Mythology

### THE WINGED SERPENT

The frequency of energy at each chakra is symbolized by an increasing number of open lotus petals (root = four, sacral = six, solar plexus = ten, heart = twelve, throat = sixteen). This beautiful flower blossoms from dark, muddy earth. Only two petals are depicted at Ajna chakra. They represent duality. The entire manifest world is part of this duality. In the body feminine energy flows through Ida nadi and masculine energy flows through Pingala nadi. Teachings from many spiritual traditions indicate that we transcend ordinary reality when Ida and Pingala are balanced. At Ajna chakra we have the potential to fly beyond duality and unite with our creator. An ancient Egyptian papyrus reads:<sup>7</sup>

...Goddess Uatchet cometh unto thee in the form of living Uraeus to anoint thy head with flames [light the inner flame]. She rises up on the left side [cognitive hemisphere] and she shines down on the right side without speech [intuitive hemisphere]. They rise upon the head during each day and every hour of the day.

Here the Goddess Uatchet relates to the negative and positive currents of Ida and Pingala, where energy constantly maintains the rhythm of life. Ida and Pingala relate to the two cerebral hemispheres: sun on the right, which drives our masculine, linear, cognitive force of intellect (Pingala) and moon on the left, which drives our feminine, spatial, intuitive force of intellect (Ida). Balancing these polarities creates the neutral force, in which dwells the message of the prophets.

The papyrus goes on to say:

I am Uatchet [serpent power] I come forth from Horus, I am Horus [wisdom] and I fly upon the forehead of Ra [light] in the bows of his boat, which is heaven.

The serpent Uatchet (Uraeus-Kundalini) flies like Horus the hawk and delivers the prophet's message of unity. The message of Ajna chakra is known in many traditions. We see heaven and earth merge, Shiva become one with Shakti, Buddha wearing a jewel on his forehead to symbolize his open third eye and enlightenment. The Goddess Hathor unites the sun and moon, Uraeus becomes winged and the cosmic serpent Òsumaré swallows her tail, creating Ouorborous, the circle of pure consciousness.

When serpents can climb no more, they develop wings. Wings carry us the final distance home to our creator. Wings symbolize liberation and transcendence. Ajna

chakra is our direct link to the astral planes. Astral travel includes many experiences, from the simple daydream to full-out of body travel. On the astral plane, space and time are no longer operative. The soul can go anywhere to gather information. We receive thoughts, emotions and intuition from our higher consciousness and we can communicate with all life-forms; plants, animals, trees and invisible forces whisper their secrets. We reach these celestial heights through flight when we have the ability to tap into Ajna chakra.

Birds fly from the celestial realms to earth and from earth they return again to the heavens. They soar freely through the air, connecting the physical with the spiritual. Like the all-seeing eye, wings transport us beyond spirit and matter, beyond dark and light, returning us to the blissful realm of pure consciousness.

### *Expression*

At this advanced level we are awakened to infinite possibilities. By now, your spiritual practice should be well established and then experience will propel you to the realm of knowing. It is now that we really begin to see the fruits of discipline, commitment and an ever-increasing desire for truth.

As energy flow increases at Ajna chakra you will experience:

- spontaneous spiritual awakening
- trance states
- profound insights
- knowledge of past lives
- understanding of, and therefore no fear of, death
- meaning and clarity in your life
- extra-sensory-perception
- healing abilities (of the Self/others)
- increased balance of left and right hemispheres
- contentment
- inner mastery
- knowledge of nature
- ecstasy arising from sexual energy (this can be achieved via sex or celibacy).

### *Disturbance*

If Ajna chakra is out of balance you may experience:

- grief



mental slavery  
staying imprisoned by lower energies  
dogmatism  
abuse of the higher powers you have gained  
scepticism  
being dismissive of your own spiritual experience  
overactive Ida or Pingala nadis.

Your health may suffer:

SAD (seasonal affective disorder)  
skin cancer (over-exposure to sunlight)  
headaches, migraine.

When energy flows freely through Ajna chakra and the third eye, our perception of reality changes. We see the universe as it truly is. As Gerber clearly states, 'All matter is an expression of the crystallized light and energy of the creator.' ESP is simply a matter of seeing and believing, or seeing and trusting. We see all the time, but we don't believe. We allow ESP to remain beyond our 'normal' frame of reference. If I ask, 'What colour dress is Tayo wearing?', you will answer, 'Green'. You easily believe what you see with the physical eye. If I ask, 'What colour is her aura?' you may not answer, simply because sight is limited to two eyes. When we look with the third eye we see on a more subtle level. First we require trust, which can later be replaced with belief based on knowing.

When energy is restricted at Ajna chakra, knowledge will be limited. A person may experience feelings of grief and alienation. Questions about the meaning of life will remain unanswered. Some people try to understand all life through using the rational intellect, leaving creative and intuitive abilities untapped. Such people will be dismissive of other people's spiritual growth. If you are around people like this, don't try to change them, let your energy embrace them and teach by example.

On the other hand, someone may have raised energy to this level, achieving a high degree of inner power, which is then abused for personal gain. There is no awareness of the creator's greatness; instead it is mistaken for one's own.

With awareness we learn to use the pure light of Ajna chakra directly. Light knows no bounds – we can guide it into the body, stepping it down through the chakras. Through meditation we can direct light into the world for personal and global healing.

## SEVEN WAYS OF OPENING TO SPIRIT AT THE THIRD EYE CHAKRA

### *Altar Work*

As you move through the chakras, ascending towards pure spirit, your practice will become second nature. As you prepare to move onto the third eye chakra, as usual take time to honour the energies that helped you achieve your previous work. I am sure ether work was a powerful experience for you. Feel the experience in your energy field right now. Acknowledge your spiritual development.

The third eye chakra is the centre of wisdom and insight. The colour is indigo, the bluey-black of midnight. During the stillness of night a healthy person undergoes a process of self-regulation. This corrective activity creates healing of the body, mind, spirit and emotions. The element here is light. Both darkness and light play an important role in true wisdom. Therefore both should be represented on this altar.

Your altar cloth should symbolize the night sky, with four black candles, each providing the light of a shining star. From your altar, let the aromas of frankincense, sandalwood, benzoin, amber or myrrh fill the room. These resins have been used for centuries by the wise to clear the mind, and enhance our connection to universal knowledge. Water is a great amplifier of energy and, as usual, should be placed on your altar. Gems that vibrate with the third eye are sodalite, jet, black opal, sapphire and azurite. Position them in a way that magnifies their energy: create a power symbol such as a triangle, or circle. As this chakra reflects inner sight, keep this altar simple. The light emanating from darkness signifies the duality of Ajna chakra.

At this level of chakra awareness, information is largely received through visualization. The dark mental screen seen before closed eyes lights up like that of a movie screen, and events are played out before your eyes. Tuning to higher vibrations should be easier for you now. If you have consistently followed the practices of the previous chakras, then only a few focused moments are needed in order for you to Open to Spirit and connect with Divine order.

### *Journal-keeping*

#### CREATING A DREAM DIARY

Dreaming is a familiar experience of expanded consciousness. Space or time does not affect dreams. They transport us into another reality, a reality that contains symbolic

language and archetypal images. The Ancients saw dreams as direct messages from the Gods; much later, Jung referred to them as the royal road to the unconscious. Before dream prophecy can be understood, dreams must be interpreted.

**The first stage** of interpretation is to start keeping a dream diary. Write down your dreams as you remember them. Keep your diary and a pen by your bed so that when you wake, you can write immediately. Begin to make a personal dictionary of dream symbols as they appear to you. A personal dream dictionary is useful, as the symbols in dreams can hold unique as well as universal meanings. The symbols can be drawn or described in words. The language of dreams can provide information about external events, as well as personal themes.

For example, *death* may forewarn you of the termination of life, or it may refer to a part of yourself that is coming to an end. A *snake* may tell of approaching danger, or it may refer to the rebirth of an aspect of yourself.

As you keep your diary and personal dictionary, many things will be repeated. Patterns will be revealed to you. The mystery will start to unravel. Dreaming is a very individual experience and no one interpretation will be appropriate for everyone. It is better to take the time to really get to know your own psyche and dream language.

**The second stage** of interpretation is analysis. This can be done in many ways:

- ① You can simply speak with friends about your dreams, as you probably do now, and gain some useful insights.
- ② Your dictionary of dream images can be re-drawn, exaggerated and animated if you want.
- ③ The dream can be made into a story to give it more power. This is also a good way of changing dreams. Maybe you behaved in a passive way and want to repeat the dream, so that this time you can be more assertive.
- ④ You can re-enter the dream through creating a trance-like state. Relax yourself deeply and then use the dream as a guided visualization. You can then extend the dream if you wish.
- ⑤ Ask questions. How does the dream relate to your life now? What do you like or dislike about it? What do you love about the dream? What do you fear?
- ⑥ One of the most important aspects of dreams are the feelings they provoke. How did you feel during your dream? How did you feel when you woke up?

All these methods can provide insight into the meaning of your dreams.

Working with dreams can be very inspiring and creative. We all dream, although we may not always remember them. If you have difficulty recalling dreams,

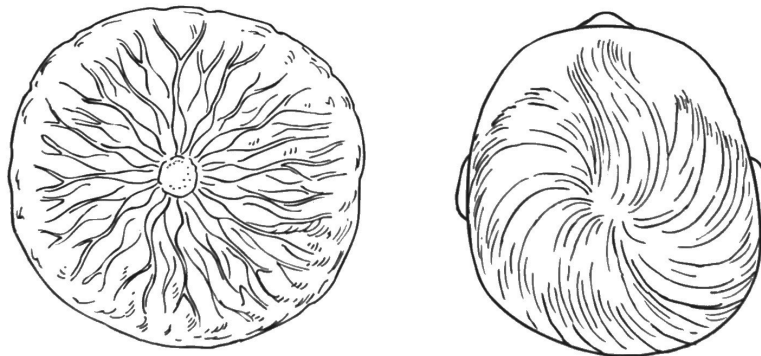
work on Ajna chakra will create improvement. It is also helpful to avoid being awakened by alarm clocks. Instead, set your unconscious mind before you go to sleep. Ask to be awakened at a specific time. This is very effective with practice.

Try to avoid speaking before you write or draw your dreams in the mornings. As you tap into the pool of knowledge and wisdom that awaits you, remember to have fun and don't take everything in your dreams too seriously. Dreams provide the opportunity to take a break from ordinary reality.

## *Yoga Path*

### MANDALAS AND VANTRAS

Mandalas are circular images that bring apparent chaos and complexity together into a pattern of wholeness. They are magic circles used for meditation and healing. The sand paintings of India, Tibet and Original America, and rose windows in Gothic cathedrals are all mandalas. The Earth herself is a mandala. Nature produces them abundantly, in the form of snowdrops, shells, breasts, flowers, cobwebs and the swirling energy centres we know as chakras. Your body, together with your aura, forms a sacred circle.



Naturally occurring mandalas: The gentle spiralling of new hair on the crown of a baby's head forms a perfect mandala, as does a woman's breast – the nipple sits in the centre with the milk ducts perfectly surrounding this central point.

A yantra is a specific mandala used in tantric yoga. The power of the universe, the Shakti energy, is retained within them. It is said that as the body contains the soul, so the yantra contains the deity. These symbols of pure consciousness are used for trance-formation. Together with mantras they invoke deities and illuminate great mysteries.

Yantras and mantras are forms and sounds of pure consciousness. In chakra dharana, the meditation practice given below, the chakra mandalas are used as yantras.

### ADVANCED CHAKRA DHARANA

Dharana (concentration) is the sixth stage of raja yoga (as mentioned in Chapter 6). It is an effective technique that induces deep meditation. Using your 'felt sense' and the chakra correspondences, ascertain which centre needs balance and healing. Position the relevant chakra symbol (*see colour plate section*) against a wall in front of you. Sit in a meditative posture, arm's distance from the wall with the centre of the image directly opposite you. Be aware of your breath and start to relax. Begin staring into the yantra. See the bija mantra in the centre ... the inner symbol (square, crescent moon, etc.) ... the circle ... number of petals ... colour ... see each aspect individually, and then as a complete whole. Maintain the image in your mind's eye ... Now take your awareness to the chakra location within your body. Visualize each aspect individually and then as a whole. Tune to the pulsation and energetic rhythm of the chakra as it begins to vibrate. Feel the sensation expand and fill your entire being. Absorb the powerful healing energy and receive the many gifts that are bestowed on you. You are embraced in pure spirit, one with the universe ... When the time is right your meditation will end ... visualize the chakra symbol within ... see all its aspects before you open your eyes. Deepen your breath and be aware of the ground supporting you. Bow your head and give thanks for the blessing you have received.

**The lesson here is unity.** Through expanded consciousness the limited becomes the unlimited, the finite infinite.

### *Mindful Exercise*

#### THE SQUAT

For many people in Africa and Asia, squatting is as natural as sitting. The benefits of squatting are well known, and therefore it is performed regularly throughout the day. Cooking, waiting in queues, going to the toilet, resting and other general daily activities are all carried out in a squatting position. According to Dr Stone, the founder of Polarity Therapy, no other exercise equals this one for minimum effort and maximum results.

This posture calms and focuses the brain and nervous system by stimulating the parasympathetic nervous system and circulation of the cerebro-spinal fluid. The pelvis is opened, as are the nadis and chakras. The overall flow of energy through

and around the body is enhanced by this simple yet powerful posture. This posture benefits all the chakras.

You can be creative with this posture, finding a position that suits you. If your heels don't touch the ground, roll a towel up or place a book under them.

Experiment with the:

- ◊ narrow squat: feet 6 inches (15 cm) or less apart
- ◊ wide squat: feet 12 inches (30 cm).

Try the Pyramid squat too. Stand with your feet apart and facing outwards. Lean forward placing your hands just above your knees, thumbs on the inside. Knees are directly over your ankles. Now lengthen your spine and straighten your arms. Shoulders are up towards your ears. Breathe deeply and let your neck relax. This posture stretches your whole body. You can rock gently in squat postures, breathing deeply and rhythmically. If the posture is difficult at first, please persevere, it is well worth the effort. Dr Stone continued to practise the squat into his eighties; he called the wide position 'the youth posture'.



Narrow squat



Pyramid

#### CHAKRA SCANNING – RAINBOW MEDITATION

Now you have raised your awareness and ascended to the brow chakra, mindful exercise will be easier. From this chakra the inner eye can be used to scan the chakras below. With experience gained through regular practice, it is possible to assess accurately the energy levels of your chakras. You can scan your chakras daily using this simple practice.

Relax in a meditative posture and focus on the movement of your breath. When your mind is still, turn your attention to your root chakra. See the red ray and assess its quality. Is the colour dense or fading? Is the energy vibrant or weak? Is the pulse strong? Scan the root chakra body parts. With practice this can be done quite quickly. Once you sense the energy levels, you are ready to move on to the next chakra.

Move through all the centres, focusing on the colour rays, assessing the energetic quality.

This practice takes around 15 to 20 minutes.

Motion is the nature of energy; it seldom stays the same. Chakra scanning is an excellent way to tune in to your core energy and receive an update on how it is moving. A deeper knowledge of your higher Self develops as you become familiar with the subtle changes that occur. When you know what is happening at a core level, you can tune your day to the spirit that moves you.



## *Meditation*

Your chakra ascension is almost complete. You have reached the stars, the celestial realms. The dark night sky is spotted with shining light. The brow chakra takes you into the darkness, where all the colours of light reside. This meditation is practised as a ritual for 21 days. It circulates consciousness through the chakras, bringing illumination, vision and insight.

### ASCENDING MOUNT MERU

This meditation is more powerful if done during Brahmahurta, which is between the dark hours of 4 and 6 in the morning. The Ancients always favoured this time, and it has now been explained by science. During these hours, levels of the hormone melatonin, which is produced by the pineal gland, are at their highest. Research states that high levels of melatonin are present during mystic experiences and psychic visions.

Each day prepare your sacred space. Remember, this daily ritual balances Ajna chakra, so maintain an altar that resonates with the night sky. Use indigo or black candles. Gaze into your candle and see all the colours of light – blue, green, violet, red, orange and yellow – as they radiate out from the black centre. Spend about 10 minutes practising anuloma viloma pranayama (alternate nostril breathing – *see page 86*) to prepare for meditation. The meditation can take between 10 and 50 minutes.

To begin dharana, focus first on Ajna chakra. See all the colours of the rainbow merge on the black screen ... after a few minutes of tuning to Ajna chakra, continue with the daily practice as outlined below.

This aspect of the meditation is practised for seven days and repeated for the next two weeks (21 days in all). Once you reach Day Seven, begin again at Day One.

Day One	dharana on a red square	muladhara chakra
Day Two	dharana on an orange crescent moon	swadistana chakra
Day Three	dharana on a yellow downward-facing triangle	solar plexus chakra
Day Four	dharana on a green six-pointed star	anahata chakra
Day Five	dharana on a blue circle	vishuddha chakra
Day Six	dharana on the Black Dot	Ajna chakra
Day Seven	dharana on Pure Spirit	crown chakra

Dharana is practised by focusing the image first on the chidakash (mind's blank screen) and then sensing the image in the chakra location. During your meditation,



absorb the vibration and powerful energy ... fill your being until it overflows ... hear the whispers of wisdom as spirit speaks to you.

And Jacob called the name of the place Peniel, for I have seen God face to face and my life is preserved: And as he passeth over Peniel the sun rose upon him.

*Genesis 32:30 – 31*

## *Vibrational Work*

### COLOUR

Indigo, colour of the night sky, dominates the brow chakra. It is composed of bluey-black and violet. The violet gives indigo its warm electric glow. Black brings mystery, the unknown darkness of night. When it is not feared, this ray aids in our development of inner vision and psychic energy. It fuels our quest for knowledge. It holds hidden truth and great potential within its stillness. Like black, indigo absorbs energy – we need to be careful what energy we are around when we open to this ray or wear indigo-coloured clothing.

Indigo's ability to draw energy makes it a good purifier. It can balance negative energy, but may not be the first choice of colour. Its components blue or violet should be used first; if they don't work, then indigo, which is more potent, can be tried. It is a healing ray that helps balance the third eye. It is especially good for clearing psychic overload. Strong indigo in the aura filters psychic interference. This colour resonates with the astral sheath and guides purified energies from the celestial realms down to earth. When the indigo ray is strong, energy flooding through Ajna chakra can give rise to mystic experiences. When the indigo ray is weakened (and the nadis blocks) the same energy flowing through Ajna chakra can cause mental disturbance and mental illness.

### ESSENTIAL OILS

Essential oils of sandalwood, frankincense, amber, myrrh and benzoin clear the atmosphere and raise the vibrations of the spiritual triad (the throat, brow and crown chakras). These oils have been used in temples for thousands of years and still serve us today. Catholic churches burn frankincense to create sacred space before services. Have these oils in your home so you can cleanse the air if negative energy starts to accumulate. They can also be burned on your altar to aid your meditations and bring insight.

#### GEMS

Sapphire, lapis lazuli, sodalite, jet, black opal and azurite can all be used to balance the third eye. Lapis lazuli reduces pain; it works on the physical, emotional and spiritual levels. The pain of spiritual longing can be alleviated as lapis lazuli opens the user to the spiritual triad of the throat, brow and crown chakras. It is a protective gem that was used by the Ancients to ward off evil and bring good fortune. It affects all the chakras, probably because it helps to balance the nerves and endocrine system. Lapis lazuli is said to clear the mind and order thoughts. Artists can benefit from wearing lapis lazuli, as it aids creativity through developing visionary insight. Expression can be enhanced in whichever artistic medium you choose. Its powerful energy heightens meditation. Having stood the test of time, lapis lazuli is a gem we can all find a use for.

Sodalite, which vibrates at a lower frequency than lapis lazuli, has many of the same qualities. Try holding gems from the blue range, to sense which work for you.

### *Ritual*

#### CHANGE AND VISION

You have arrived at Ajna chakra, celestial realm and gateway to the sacred sanctuary of the crown chakra. Here you can create a vision of purpose that will connect you to spirit and carry you forward in your life. Ancient cultures recognized the power of the third eye, the chakra of vision and creation. What we see we can be.

This ritual is to be done during the dark nights that precede the new moon. You will need your journal, a pen, sunflower seeds, some earth and a candle.

Create sacred space by cleansing your environment, preparing your altar and calling the directions (*see page 136*).

- ④ Sit in front of a candle and stare into the shining flame. Watch the colours of light dance to the rhythm of your breath. Close your eyes and raise your energy up through the chakra colours of your inner rainbow. Focus your attention on the Black Dot of your third eye.
- ④ With your inner eye, visualize a typical day in your life now. Begin with waking and see everything – where you are, who is with you, what you do, what it means to you and how you feel. Use one or two words to describe where you are now and write them in your journal.
- ④ This time, close your eyes and envision what you wish to create in your life. Let your imagination be free – remember, what you see you can be. Visualize

your-Self getting up, see where you are, whom you are with, what you are doing. Be aware of how you feel. Find the words to summarize where you are going and write them down.

⊗ What are the differences between the first visualization – your typical day – and the second, your idealized day? What has changed? What do you need to do to realize this new reality?

⊗ This is the time of profundity; the new moon will be born from the dark night sky. Hold the seeds in your hand as a symbol of new beginnings and spiritual growth. As you plant the seeds in the earth, have a clear image of what you are now growing within. Ask for the blessing of the new moon; she will replace struggle with ease.

⊗ Walk outside and look up at the dark sky and give thanks.

### *Close Sacred Space*

Give thanks and release the great guardians and spirit-keepers of the directions and elements that have assisted your ritual.

Watch the sky each night and, as you see the new moon appear, know that as she grows, so too will you.

