

## Ajna or Third eye-associated with pineal gland

**Brings clarity of thoughts:**The third eye chakra is the sixth chakra. Located behind the forehead, between the eyebrows, it is the center of intuition and foresight. The function of the third eye chakra is driven by the principle of openness and imagination. It helps in developing our inner perception. Through meditation we begin to understand that all events in life happen for a reason and we see everything for what it is and not as we think it is.

The following set of questions may help to determine your chakra system .It's a self-test program. If you feel any of your chakra is imbalanced do sound meditation. Each chakra resonates with a particular frequency.

- Do you have a good memory?
- Are you intuitive?
- Are you able to do astral travel?
- Do you get frequent headaches?
- Do you become delusional and create circumstances in your mind that are not happening?
- Are you unsympathetic?
- Do you think low of people?
- Do you have brain related problem, panic ,depression, addiction, migraine
- Do you notice subtle visual details in your surroundings?
- Do you get dreams which happen in near future?
- Do you remember your dreams?
- Do you have psychic experience?( intuitive accuracy, seeing auras, sensing future events)
- Are you able to visualize new ideas or possibilities as solution to problems?
- Are you able to see the mythic themes (bigger picture) of your life?
- Do you have a personal vision that guides you in your life?(may be an angel)
- Do your manifestations come true?
- Do you connect to someone instantly as if you have known the other person for ages?
- Do you experience telepathy often?
- Do you have experience of co-incidences very often?
- Do you feel joyful about life and its surroundings?

Too many Yes or too many NO is where you get to know if your chakra is balanced or not.If this chakra is balanced then you start connecting to The Cosmos . Your mind is open to new vision.You expand manifold to your higher self.

In order to balance this chakra one needs to chant sound AUM by keeping your thought between the forehead .You can also place the yantra picture infront of you,visulize indigo color around you and chant by gazing at it. Raise your head slightly and Feel the vibration inbetween your eyebrows.