

The Sixth and Seventh chakra: Ajna and Sahasrara

In the last part of our journey along and through the chakra system from bottom to top, today we deal with the 6th chakra (Ajna) and the last and 7th chakra (Sahasrara).

Sixth chakra: Ajna

We are moving more and more away from the earthly, physical energies. The 6th chakra is located between the eyes at the level of the eyebrows, "inside your head" and is also called "the third eye". With your third eye you see things other than your other two eyes on the outside of the body.... "Ajna" means "seeing" in Sanskrit and also "governing". If you learn to see, you know which way you want to go, you can steer (govern) yourself.



Left you see the symbol of Ajna Chakra. The color associated with this chakra is indigo. The number of leaves increased with each chakra as we climbed upwards along shushumna nadi (see previous texts). Here there are two leaves left. The meaning of this symbol is interpreted differently: the two sheets as either symbols for the two eyes on each side of the third eye, or for the manifested and unmanifested or for the two intersecting nadis at this place, idala and pingala.

The leaves also resemble wings, which may be related to the ability to transcend time and space, because our minds can "fly" to distant places and times.

Exercise: meditation on your third eye

Lying or sitting. Attention to your third eye, the place inside your head between your eyebrows. Observe that place: what does it look like there? Is there space- or not- there is movement, look what qualities you can perceive. What do you see there, what do you experience there, what do you feel there?

Then, at your next inhalation, inhale through your nose to your navel and exhale from your navel through your spine up to your third eye between your eyebrows and through you that place you exhale. Then add the color indigo to your inhalation, nourishing purple-blue energy to your third eye. Then fill your whole body with indigo. Do this for a couple of breaths, then stop adding indigo, breathe in and out a few more times and then slowly open your eyes.

Exercise: meditation on words belonging to the 6th chakra

Sit or lie down comfortably and close your eyes. Put your feet well on the ground so you can feel the earth. I'm going to say words and ask you to meditate on every word for a short time. What do they mean to you, what emotions come with it, what comes to you in images or words? Try to stay observing and stay out of judgment. After each word, you can take notes briefly if you want to.

The words are: light, darkness, vision, dreams, imagination, visualization, intuition, clairvoyant.

Second part:

The 6th chakra refers to the eyes and forehead. How do you feel about these parts of your body? Have you ever had a problem in your life?

End of exercise.

Seeing and the light

The element associated with the 6th chakra is light. Thanks to light we can see. Seeing is the basic function of this chakra but the implications go beyond looking with our physical eyes. The physical process tells us that something exists ("we see it"), our inner vision tells us what it is. So it's more about "perceiving", a step further than seeing (or looking). We have two eyes and apparently a third eye, that's inside our head. The third eye looks at an inner screen on which our memories and fantasies, images, intuition and imagination merge into an endless display. By looking at what's on this screen, we can assign meaning to things and bring them to our consciousness.

Exercise: the mental projection screen

Close your eyes and think of your first car (or any other important object you once possessed). You can bring up the color, the material from the upholstery, maybe the dent you put in it. You can walk around the car in your imagination, you can see front or back and you don't need the car itself to do this. By pooling your attention, you can summon the image.

So by using your mind's eye, you can see anything you want. I can ask you anything, and you can call your picture.

Recognizing patterns: "I see it (I get it)!"

We see how something works by recognizing patterns. As a child, we did the puzzle in which you had to connect dots with numbers with a pencil. At first you only see a tangle of dots, but as you connect more dots, an image becomes more and more apparent. And before all the dots are connected, we guess the image, we recognize the pattern.

The information comes in and through the seeing, the function of the 6th chakra, the pieces of information are fitted together through which a meaningful pattern unfolds.

Recognizing patterns requires you to see past, present, and future at the same time. An example: When someone starts complaining about their work during a conversation, we can predict what the rest of the conversation is going to be like, we've heard something like this before. We take the past and project it into the future. It may result in us stopping active listening and not noticing that something new is being said that can completely change the situation....

In this way, recognition can shut us off from new information but it can also save us from an annoying experience. We learn to anticipate by seeing the meaning of a complete pattern from incomplete information.

Understanding this function and the pitfalls that go with it, such as missing information, gives us the opportunity to develop wisdom.

Image and reality

This chakra is about seeing and we see a lot every day.... We are inundated with images that tell us how we should look, what we should feel, how to behave, what to buy, where to go, even what we need to see. They say that 90% of our thinking is visual. So when our illusory images (our "illusions in images") are energized by the culture in which we are embedded and which tells us "how it should be", it is difficult to tell image and reality apart. The images of the things around us pass by in our fantasies and dreams and our consciousness plus our unconscious behavior influence everything we see and do. These images distort the nature of what we see and create illusions, which we then hold to reality when we are not aware of this process.

Illusion: the demon of the 6th chakra

Illusion is the demon of the 6th chakra, because illusion prevents our consciousness from being unbiased. An illusion is an unreal image that prevents

true perception and maintaining an illusion requires a lot of psychic energy. An illusion fueled by an excessive 6th chakra can develop into an obsession or a delusion. There is no connection to reality anymore (disconnected from the lower chakras, especially from the 1st chakra) and the higher chakras are very active (many people just think!!!) So, you're not moving an inch in any direction, being stuck in illusions and thinking.....

Observing or "seeing" is therefore very dependent on who is the see-er: with which luggage or perhaps illusions do you look and how do you color the perception? Can you rise above the illusion of "what it should be like" and open yourself up to the real perception? Asking yourself that question is an important step in personal development.

Symbols and dreams

We are in the almost limitless realm of imagination, thinking and seeing for your mind's eye and speaking with your inner voice. That limitless aspect makes it very big and man has apparently collectively sought to get some control on that limitless aspect. So we developed archetypes and symbols.

Symbols are representations of what Carl Gustav Jung called "archetypal energies". Archetypes are universal, mythical characters that live in the collective unconscious of people all over the world. Well-known examples of archetypes are "the hero", "the teacher" or "the mother". Symbols for such archetypes may be James Bond as "the hero", Robert Dijkgraaf (Dutch scientist) as "the teacher" or Maria as "the mother". Symbols can also be more abstract and therefore open to more interpretations. Think, for example, of "the sun" as a symbol. The sun can stand for a celestial body but also for energy and strength (3rd chakra, 'solar plexus'), the sun can be a symbol for growth, etc.

In our dreams, symbols speak to us and dreams can teach us to think symbolically and thus develop our 6th chakra. After all, dreams make the connection between conscious and unconscious.

Working with our dreams requires us to remember them in the first place. If you have clear memories of your dreams in the morning, write your dreams down when you wake up in the morning, you'll see that in time your memories become more and more clear by doing so. Write down your dreams in the present tense, as if you are experiencing them now, for example: "I go down the stairs to the basement, I see a figure coming at me. I'm scared and I can't move." Write in as much detail as you can. In your dream, you can be in a state

such as terrified, excited, angry. Just start wondering what you're trying to achieve in your dream, how do you handle it, what makes it fail? You practice your ability to visualize and think outside of the here and now.

Tips to increase memory of dreams:

1. Before you go to sleep, place the affirmation that you will remember your dreams
2. Before you go to sleep, go through the day in reverse order, you start with the last event and go back to the moment you got up
3. When you wake up, stay motionless until you have turned “your dream back on”, only when you have completely finished your dream, you can move. If you have already turned around, turn back in the position you were sleeping in, maybe the dream will come back
4. Put writing utensils next to your bed and teach yourself to write down everything you remember, even if they're just shreds of information. You practice your psyche with this and that usually improves the memory of dreams.

Development of the 6th chakra

The development of this chakra starts in most people from the 12th year of life. The child will focus more and more on the form and less on the content, learns to think symbolically and abstractly. Thinking and philosophizing about life begins. The child begins to think about something it has not actually experienced and gains access to the symbolic world. Example: our son who at the age of 12 starts to wonder what is after death, what that looks like and if there is nothing, for example, what is the point of his life- who am I anyway?

The child awakens from the belief that everything he perceives relates to himself, he discovers larger patterns that go beyond the friends at school, the family, even outside our society. This requires us to learn to define ourselves further in order to cope with the increased space. For example, young people choose to identify with archetypes such as a hero or girls with a well-known fashion model. It gives guidance in the process of defining oneself.

Imagination is an important part of this phase. Who doesn't know the adolescent's sigh that the older generations are so unimaginative. His imagination develops rapidly, he discovers new dimensions and does not understand that we elderly people do not find it as interesting as he does.

The discovery of the greatness of life is also the first step towards saying goodbye to the narrow-mindedness of childhood in which you are mainly concerned with satisfying your parents. Now our identity becomes more important in our relations with friends. This new identity requires meaning, and the search for that meaning brings us to the 7th chakra.

Trauma

If an image or memory is accompanied by very unpleasant feelings, we can avoid those feelings in two ways: we can *displace the memory* or we can *split the memory from us*. When we are displacing the memory, we put on blinkers, as it were, we limit our perception. When we split off or dissociate, we inhibit our ability to make sense of what we see, we strip that of its meaning and value. At the same time, our unconscious reactions are separate from our conscious insights.

Example of displacement: father of daughter abused mother and endangered daughter. This was too painful to experience, so daughter supplanted the memory of the feelings she had as a child- she remembers her father as loving. As an adult woman, she finds herself in a relationship with a man who abuses their daughter. When she is asked about this, she reacts defensively. She defends her husband who she says loves their daughter dearly. She cannot separate love from the abuse and defends her illusion of the loving father.

Example of splitting off: someone can talk seemingly composed about terrible events from a traumatic childhood. He comes across as cold and insensitive and often has no idea of the effect of his words on others. He can't see what he can't (anymore) feel.

Healing of the 6th chakra/stimulating of the 6th chakra

- Working with dreams (see above)
- Meditation
- Hypnosis
- Visual creativity: cut out pictures you're attracted to and make a collage on a large sheet of paper. Don't wonder why you include a picture in the collage, follow your feeling. After your collage is finished, you hang it somewhere where you see it every day. And with time, let insights about the collage come at you.
- Guided visualizations
- Colors and signs

Affirmations at the 6th chakra

- I see everything clearly
- I am open to the wisdom within
- I can manifest my vision.

Fundamental Right of the 6th chakra

The right to see.

Balance

A balanced 6th chakra shows itself among other things in humans as follows:

- You're intuitive
- You are perceptive
- You have imagination
- You have a good memory
- You have access to your dreams and have the ability to remember them
- You have the capacity to think symbolically
- You have the ability to visualize.

If your sixth chakra is not balanced:

From deficiency	Out of excess
<ul style="list-style-type: none"> • Insensitivity • Poor eyesight • Poor memory • Difficulty seeing the future or being able to imagine alternatives • Lack of imagination • Don't remember dreams • Knows only one true, right and only way to do something 	<ul style="list-style-type: none"> • Hallucinations • Delusions • Obsessions • Concentration problems • Nightmares

Exercise: yoga eye exercise

Sit in a meditation position with a straight back. Close your eyes and enjoy the darkness. Focus your consciousness at the point between your eyes, in the middle of your head, feel the darkness and let yourself sink into peace and quiet.

Then open your eyes and look straight in front of you. Point your gaze up slowly without moving your head, then in a straight line down, repeat this movement. Back in the middle, close your eyes and return to darkness.

Then open your eyes again and look from the top right to bottom left (2x) and then top left to the bottom right (2x). Close your eyes again, return to the peace of darkness.

Then you do the same from the far right to the far left, also 2x. Close your eyes. Then you open your eyes again and make your semi circles, first at the top, then at the bottom. Finally, you rotate full circles clockwise.

Close your eyes.

Rub your palms firmly against each other and create heat. When they are warm, put your palms over your eyelids and feel the warmth. As the heat fades, gently stroke your eyelids and massage your forehead and face with your fingertips.

For home....

- Find out for yourself what images or images you have of yourself.
- What do you take on other people and how often do you judge people based on how they look?
- What image of myself do I like to convey to others? Is that consistent with the feedback I get from others?
- Keep a dream diary.