

FOUR YOGA POSTURES TO AWAKEN THE THIRD EYE



The sixth chakra or third eye chakra is the seat of consciousness and as well as our 'sixth' sense, often referred to as the psychic chakra. Controlling the mental activities of the lower brain (cerebellum) and the nervous system, sixth chakra is also known as Ajna Chakra, meaning 'to perceive' in Sanskrit.

Our eyes see the material world, the Ajna chakra helps you explore deeper realms: intuition, clairvoyance, imagination, creativity and visualization. Our two energy channels (nadis) – Ida and Pingala – merge with the central channel Sushumna, signifying the end of duality.

The Ajna chakra is symbolised by a lotus with two petals. A powerful and balanced third eye chakra provides a strong psychic ability, spiritual awareness and the desire to deepen our connection with Spirit and the Universe. When this chakra is clear we gain the ability to see ourselves and others as spiritually interconnected beings.

You can find out more about the Third Eye Chakra (Ajna) and how to balance it on my website at <https://www.jyotiholistics.com/third-eye>

remember to always practice within your capabilities
START WHERE YOU ARE, USE WHAT YOU HAVE AND DO WHAT YOU CAN

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STANDING FORWARD FOLD

uttanasana

benefits:

- stimulates digestive, uro-genital, nervous and endocrine systems
- the tapping of the third eye, awakens the energy stored in the vortex and cleanses it
- this pose further accentuates the feeling of relaxation, lengthens the spine and stretches the muscles in the backs of the legs and the back
- the flow of blood is directed towards third eye chakra



contra-indications: please do not practice if suffering with recent or chronic injury to the legs, hips, back or shoulders.

practice:

standing in mountain pose (tadasana), exhale forward hinging at the hips. Bend the knees enough to bring the palms flat to the floor. The spine stretches in the opposite direction as the head goes down and in towards the knees. and the hips raise up. Gently try to straighten the legs to deepen the stretch in the back-leg muscles.

breathe and hold for 4 to 8 breaths, actively pressing the belly into the thighs on the inhalation.

modifications: if the palms do not reach the floor then place yoga blocks under the hands

variations:

- clasp the hands around the backs of the ankles
- hold the fingers under the feet until the toes reach the wrists
- cross the arms behind the legs, clasping the front of the ankles
- clasp the elbows behind the legs

HEAD-TO-KNEE FORWARD FOLD

janu sirsasana

benefits:

- ajna chakra is highly stimulated by the forward bending movement and tapping of the eyebrow centre
- increases flow of the blood to the face, relaxing and activating the third eye
- stretches the spine, back of the legs/hamstring
- calms the mind and emotions
- stimulates the digestive, nervous, reproductive, endocrine and urinary systems



contra-indications: please do not practice if suffering from any recent or chronic back or knee injury or inflammation.

practice:

start in a comfortable sitting position, extend the right leg out straight in front, placing the sole of the left foot against the right thigh. Keep the square the hips to the front. Inhale the arms up and reach out of the waist, lengthening the spine. Exhale forward and keep lengthening. Bend the right knee just enough to interlace the fingers around the foot and place the head against the knee.

inhale and exhale sliding the right heel away from you to lengthen the right leg, pressing the head down into the knee. Straighten the leg as much possible, keeping the head pressed to the knee. For a deeper stretch, press the heel away and pull the toes towards the head. Relax the shoulders, neck and face. Make sure the shoulders are parallel to the floor. Use the arms only enough to keep the head in contact with the knee.

stay for 3 to 5 breaths. Inhale and release the arms up over the head, exhale and lower them to the floor. Repeat on the other side, extending the left leg straight out in front.

modifications: you can use a yoga strap around foot of the straight leg and hold with both hands and a blanket under the bent knee to reduce straining the knee joint

variations: if there is ample flexibility, reach the hands in front of the foot, clasping hand to wrist.

DOLPHIN POSE

ardha pincha mayurasana

benefits:

- this is a restorative pose that stretches the hamstrings, back, shoulders and arms
- provides a sense of balance, as it partially reverses the flow of the blood, thereby increasing circulation to the face and brain
- relieves headache, eyesight issues, hearing issues, it is a great stress busting pose.



contra-indications: please do not practice if you have a recent or current shoulder, back, arm, or neck injury. Avoid this pose if you have high blood pressure, or infections of the eye or inner ear.

practice:

start on your hands and knees, aligning your wrists directly under your shoulders, and your knees directly under your hips. Check that the folds of your wrists are parallel to the top edge of your mat, and your middle fingers are pointing directly forward. Lower your elbows to the floor directly beneath your shoulders. Keep your forearms parallel to each other and to the side edges of your mat. Distribute your weight evenly across both forearms.

tuck your toes and lift your knees off the floor. Reach your pelvis upwards, then draw your sit bones toward the wall behind you. Keep your knees bent as you lengthen your spine and broaden across your shoulder blades. Then, gently begin to straighten your legs. Bring your torso and legs into the shape of an "A." Do not walk your feet closer to your hands, keep your body extended. If your upper back begins to round, bend your knees again until your spine is straight. Draw your shoulder blades into your upper back ribs and toward your tailbone. Widen across your collarbones. Align your ears with your upper arms. Relax your head, but do not let it hang. Gaze between your legs or toward your navel.

Stay for 5 to 25 breaths. To release, exhale as you gently bend your knees and come back to the floor.

modifications: to learn the correct alignment for your spine, bend your knees in the pose. Come onto the balls of your feet, bringing your shins parallel to the mat. Continue lifting your sit bones high and back. Press your hips toward the wall behind you. Then, slowly straighten your legs.

variations: press yourself from Dolphin Pose directly into Downward-Dog. Then, bend your elbows and lower your forearms back to the mat into Dolphin Pose again. Repeat 10-20 times (but be careful not to over-strain your shoulders, elbows, or wrists).

CHILD'S POSE

balasana

benefits:

- gently stretches the lower back and neck, massages and tones the abdominal organs, and stimulates digestion and elimination
- reduces headaches as blood circulation increases to the head
- calms the mind, body and spirit and stimulates Ajna (third eye chakra) providing a great relief from stress
- helps to restore balance and reconnect with the breath, encouraging deeper breathing
- the movement of touching the forehead on the floor is the key. This grounds all negativity from the third eye chakra and taps into the positivity

contra-indications: please do not practice if suffering with any recent or chronic injury to the knees.

practice:

from lying on the floor, exhale and push back with the hands, bend the knees, push the hips back and lower them to the heels. Lower the forehead back to the floor. Have the knees together or spread the knees slightly apart if more comfortable. The arms can be placed overhead with the palms on the floor, the palms or fists can be stacked under the forehead, or the arms can be alongside the body with the palms up. Do what feels comfortable. Breathe slowly and deeply, actively pressing the abdomen against the thighs on the inhale.

stay for up to 12 breaths.

release placing the palms under the shoulders and slowly inhale up to a seated position.

modifications: place a blanket under the hips, knees and/or head. If pregnant, spread the knees wide apart to remove any pressure on the abdomen.

variations: open the knees wider to slide the arms between the legs reaching under the body and turn the head to the side.



namaste