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## **Our Sixth Chakra, Ajna**

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As the summer months begin to approach, do you find yourself feeling lighter, happier, and more alive? Do things tend to look better to you when the weather is warmer and sunnier? Do you find yourself enjoying your commute to work suddenly, whereas in the cold, winter months, you dreaded your commute? I'm sure that most of you, if not all of you, are nodding your head or communicating the word "YES" in some fashion! I know I enjoy my car rides a lot more in the springtime, with the windows down, my hair blowing in the wind, while a favorite song is playing on the radio.

Truth be told, however, I could enjoy my car rides just as much in the winter, if I SAW things from a different perspective. There are things I could see about my winter commute that would make my rides more appealing: less traffic on the Garden State Parkway on the weekends for one; the sunlight as it glistens down upon freshly fallen snow from the day before; or the safety that I might take for granted from the hard work of a snowplow operator who has been up all night plowing and sanding the streets for the public's safety. And that, my spirited friends, is what our 6<sup>th</sup> Chakra, Ajna, is all about: how we "see" or how we perceive and command things. (In Sanskrit, that's what Ajna means – to perceive and command.)

One of the biggest attributes of Ajna is perception. Other attributes, however, include: intuition, clairvoyance, memory, detachment and having an open mind.

If a group of ten people is shown the very same picture, each person will notice different things about the picture. Although the picture is exactly the same, depending on a person's passions, upbringing, past experiences in life, etc., different things will resonate with that person. For instance, if there was an elderly man in the picture, shown walking with a cane and wearing a bowtie, a daughter whose father recently passed on may instantly "see" the bowtie and reflect upon how her father would get all dressed up, donning a matching bowtie, for church every Sunday morning. Whereas to a younger person, the bowtie would not even make an impression; instead, he would notice a young boy riding down a hill on a "cool" skateboard, the very same skateboard that the younger boy looking at the picture just so happens to strongly desire himself. And yet to a newlywed couple, nature's scenery that adorns the picture could encourage them to reminisce of the very place where they met by chance and soon thereafter fell in love. Different things make different impressions to different people.

Every day, we are bombarded with an overwhelming amount of sights, scenes, scenarios, backgrounds and foregrounds, which we are encouraged to take in minute-by-minute, and second-by-second. There is no way that we can take it "all in." However, what we ultimately do take in, we should take in with an open mind, thereby affording ourselves the opportunity to see things as clearly as possible. What may look like an obstacle to you could be a huge blessing through the eyes of someone else. Or a piece of clothing you thought you just had to have, may not look as appealing, once you see the price tag dangling from its sleeve.

Consider this: How many times have you gone out and purchased something new, let's say a new car, because it's unique and different? Something that will stand out! You purchase it with excited anticipation of setting a new trend; you can't wait to turn heads on the road in your new "one-of-a-kind" car. Much to your dismay, however, as you're traveling down the highway after leaving the car dealership, you see a car just like yours fly past you on the left.

You're shocked to see that someone has a car just like yours, but you shrug it off as a mere coincidence. A few minutes later, however, yet another car exactly identical to your brand new "one-of-a-kind" car, parks right next to you at the mall. Suddenly, you SEE that your "one-of-a-kind" car is really not "one-of-a-kind" at all. You just never noticed it before.

Ajna, which is located at the center of our forehead, between our two eyes, is oftentimes referred to as our "third eye." This is because Ajna is where our mind perceives that which we see. If your 6<sup>th</sup> chakra is too closed, you might be challenged with eye problems, learning disabilities, depression or headaches. Whereas if it's too open, you may experience hallucinations or over-interpret things, causing you to be weighed down from too much information. If, on the other hand, your 6<sup>th</sup> chakra is in a state of harmonious balance, you are able to take things in, digest them with an open mind through the art of detachment, and then take steps of action, based upon what you have just perceived.

Ajna, whose sound is SHAM, is represented by the color of indigo blue (like the color of blueberries or a midnight sky). Its verb is "I See" and its element is "Light." And we all know how much better things look when we allow light to shine upon the very things that we are looking at. © Copyright Protected