

## Sixth Chakra (Ajna – To perceive and command) Correspondence Chart

Sanskrit Name	Ajna
Meaning	To know, to perceive, to command
Location	Forehead, brow, carotid plexus, third eye. Technically, the cave of Brahma, or the center of the head behind the eyebrows. Otherwise known as the bow chakra; the third eye is between the two physical eyes.
Element	Light
Purpose	Pattern recognition
Issues	Image; Intuition; Imagination; Visualization; Insight; Dreams; Vision; Color; Beauty; Pattern; Memory; Clairvoyance; Light; Darkness
Goals	Ability to perceive patterns; To “see”
Identity	Archetypal
Demon	Illusion
Malfunctions	<p><b>Deficiency:</b> Poor visual perception; Insensitivity; Poor memory; Difficulty seeing future; Lack of imagination; Difficulty visualizing; Poor dream recall; Denial; Monopolarized (one true right and only way)</p> <p><b>Excess:</b> Delusions; Obsessions; Difficulty concentrating; Nightmares; Hallucinations</p> <p><b>Physical:</b> Headaches; Vision problems</p>
Balanced Characteristics	Intuitive; Perceptive; Imaginative; Good memory; Good dream recall; Able to think symbolically; Able to visualize
Color	Indigo
Planet	Neptune

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Foods	None. Consciousness-altering substances
Basic Rights	To see
Stones	Lapis lazuli, Some quartz crystals
Animals	Owl, Butterfly
Operating Principle	Image formation
Archetype	Hermit, Psychic, Dreamer
Yoga Path	Yantra Yoga (the Yoga of meditating on visual objects)
Asanas	Matsyasana, Setu Bandhasana; Sarvangasana; Balasana; Sirsasana; Yogamudrasana *Meditation is key – concentrate on space between the eyebrows*
Seed Sound	Om
Affirmations	I am open to my inner guidance /or/ I follow my inner guidance. I see all things in clarity. I am open to the wisdom within. I can manifest my vision.
Healing Practices	Create visual art; Visual stimulation; Meditation; Psychotherapy: Coloring or drawing; Art therapy; Working with memory; Connecting image with feeling; Dreamwork; Hypnosis; Guided visualizations; Past life regression therapy