

Sixth Chakra

AJNA



i Adopt Virasan by sitting on your left heel, right foot on the floor, palms together. Stretch your left arm out at 60 degrees, and move your left hand up and down at the wrist as rapidly as you can. Coordinate the movement with Breath of Fire (see p.120) for 3 minutes. Swap arms and continue for 3 minutes. Swap arms again and carry on for 3 minutes. Finally, stretch out both arms and restart with both arms for 2 minutes. Shut your eyes and imagine yourself flying. Move through the 5 elements and identify with each one — Ether, Air, Fire, Water, Earth, and Ether again. Sense the differences. Spend about 15 seconds on each.

6a Kriya for the Sixth Chakra

Originally taught by Yogi Bhajan as
SYNCHRONIZE THE BRAIN AND BALANCE THE TATTVAS in 1985



ii *Sit in Easy Pose (see p.130). Make fists, thumbs inside, and position them at heart level, knuckles uppermost. Without moving your wrists, rotate the fists rapidly around each other, in coordination with Breath of Fire (see p.120), for 1 minute.*



Yogi Bhajan comments:

All living matter comprises five elements: Earth, Air, Fire, Water, and Ether. These are the five tattvas. Practice of this kriya will bring the tattvas into balance, synchronizing the hemispheres of the brain. The first exercise helps differentiate the left from right hemisphere. Normally Breath of Fire creates a neutral state; here, however, hand movement creates a differentiation and synchronizes the hemispheres as well.