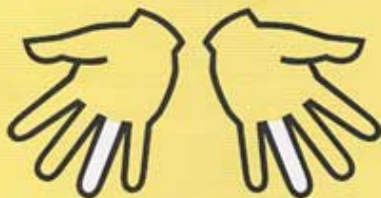


Position in Head



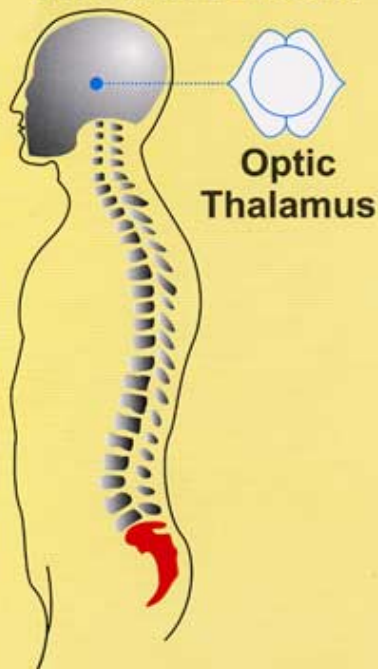
In Hands



In Feet

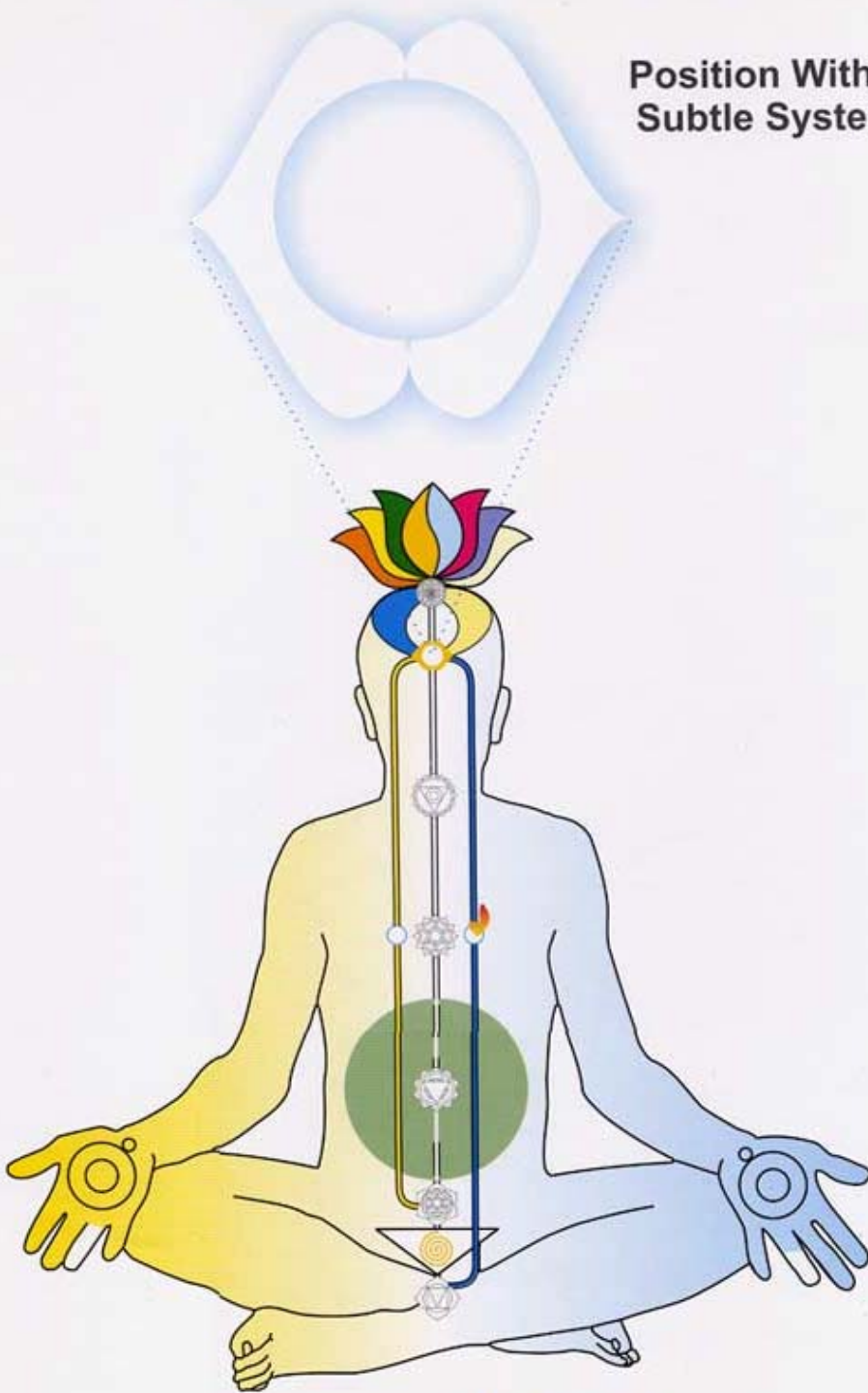


Gross Expression in Vertebral Coloumn



Optic Thalamus

Position Within Subtle System



forgiveness
AGNYA

This two petalled centre is called the Agnya and is placed where the two optic nerves cross each other in the brain (Optic chiasma). This Centre caters to Pituitary and Pineal glands in the body which manifests the two institutions of ego and superego within us.

Since this centre governs our eyes, too much visual engagements like cinema, computers, television, over reading etc, weakens this centre. Indulging in mental callisthenics and intellectual feats leads to blocking of this centre and one develops the notion of I-ness and ego.

When Kundalini pierces this centre, the person immediately becomes thoughtless and forgiving, which is the essence of this centre, that is it allows us to forgive others.

Correspondences

Colour	White
Element	Light
Planet	Sun, Neptune
Day	Sunday
Stone	Diamond
Symbol	Cross
Quality	Forgiveness
Organs controlled	Optic Thalamus, Hypothalamus, Sight

Chakra No. 6: The Agnya

The Agnya (Ag-nee-ya) Chakra, sometimes called the third eye, is placed at the center of the brain. When this chakra is open and healthy, the Kundalini piercing through causes the thought waves to quiet down. The benefit is that the spaces between the thoughts (or pauses between the words) also increase. The attention can then be attached to the pause or silence and a thoughtless state achieved which is full awareness. The subtle system now becomes a receiving instrument, not just a sender.

When the constant chattering of the mind stops, like a blaring radio being turned off, one feels a great sense of relief and peace. As one progresses in the ability to maintain a thoughtless state for longer periods of time, an exploration of a whole new universe begins. You learn to take in more of the life energy that is constantly radiating from the God source. Your own vibratory rate increases tremendously and you become a stronger positive force in the world. You learn to open up your receiving powers at will and you understand that there is a Main Frame data base that is infinite and that it is yours to tap into whenever you need it. You become humble to the vastness of this network in which you are always receiving full, loving attention--yet are such a minute part.

The Agnya Chakra is the gateway to the universal "Data Base" or Universal Unconscious. Without its opening, the Kundalini cannot pass through and enter into the Sahasrara, where your Spirit is then connected to the Divine.

The major problems of Western conditioning that have tended to block the opening of this chakra focus on the ego and super ego. These two essential features tend to swell up like balloons from the excess energy we generate from too much mental and physical activity on the right side or too much emotional activity on the left side. In this swollen state, the central channel is blocked, stopping the Kundalini from rising through and out the top of the head. This is why our behavior in the past tended to be like a pendulum swing from left to right --from very happy to very sad, or from very angry to very peaceful, or very energetic to very tired.

From overly inflated egos, many kinds of problematic attitudes and behaviors have resulted. One of the most detrimental to Western civilization has been arrogance and aggressiveness which result in condemnation and contempt. These negative attitudes create tensions in the cells inside the body that if held in place, become a primary cause of malfunctioning organs and glands. This malfunctioning leads to disease. In order to release the tensions that we create inside our subtle systems from such attitudes, we

must develop the positive attitude of forgiveness. Forgiveness that comes from the heart is sending powerful positive energy in the form of compassion into the subtle system, it works like a soothing message to dissolve the tensions away. Forgiveness works as an essential treatment for helping to clear other chakras as tensions from our past have tended to settle all over the body, not just at the Agnya Chakra.

Another problematic conditioning that most of us share that blocks the agnya chakra is worry. This practice sends anxiety into the body that also creates tensions in our cells which obstruct the smooth workings of the subtle system. The habit of worrying comes from the egocentric false belief that we have to think of and take care of everything by ourselves. You'll be glad to know that God actually is the one who "does everything." Instead of worrying, you can "kick the problem upstairs"... let God take care of it. You'll be amazed at how taking your worried or negative attention off a problem helps its resolution ... and in a much more effective way than we could have ever brought about through our narrow uncreative egocentric thoughts.

Finally, taking aggression upon ourselves is as wrong as aggressing others for it inflates the other obstructing balloon, the superego where all past conditionings are stored. People slipping into the superego tend to be depressed, lethargic... or just messy.