



In yogic philosophy, the chakras, or the body's subtle energy centers, channel our energies and keep us balanced and spiritually aligned . The lower chakras, such as the Root Chakra, ground us in our earthly realities, while the higher chakras, such as the Ajna, or Third Eye Chakra, connect us to a more ethereal plane. Yogis associate the Third Eye with transcendentalism and refer to it as the stage of the true yogi.

But you don't have to be a yogi to have an understanding of the Third Eye. It does not, as some would guess, involve any ESP or psychic ability, but rather an innate understanding of people or situations. The Ajna Chakra is the seat of wisdom, our intuition, and is the center of self-realization and self-knowledge. We hear references to the Third Eye every day: a woman's intuition, a mother always knows, etc....

When we are in balance, and our chakras open and flowing with energy, our Anja Chakra allows us to see things clearly and put things in perspective. Combined with the other chakras, such as the Heart and Throat, we are able to feel compassion and communicate freely as we innately understand the situations we encounter.

If the Third Eye is under-active, it may foster a lack of imagination, and cause confusion and indecisiveness. If you are feeling stuck in a rut, try turning to your Third Eye and looking for guidance. When we feel stuck, it is often a sign that we need a change or a shift in our lives. What does your inner wisdom tell you? Is there something you have been wanting to do or try? Maybe now is the time.

When over-active, The Ajna Chakra may cause a lack of grounding and a flighty feeling. If you are feeling like your head is in the clouds, consider asking your inner voice for direction. Often when we feel out of whack or ungrounded, our inner voice can be our best guide.

Ayurveda, yoga's sister science, tells us that there are many healing foods associated with the Third Eye Chakra, such as grapes, pomegranates, blueberries, beets and dark chocolate. Try these healing, healthy foods to help balance and align this chakra.

As a yoga teacher, I often tell my students to bring their gaze inward. Close your eyes and bring your attention to the space between your brows. Breathe into the space there, and imagine a bright, indigo blue light. Allow your intuition to speak to you. When you are guided by intuition, you can follow the path of your highest potential. Listen to your inner wisdom, and prosper.

For more information on the chakras, visit www.dancingdogsyoga.com/aboutus/resources/

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