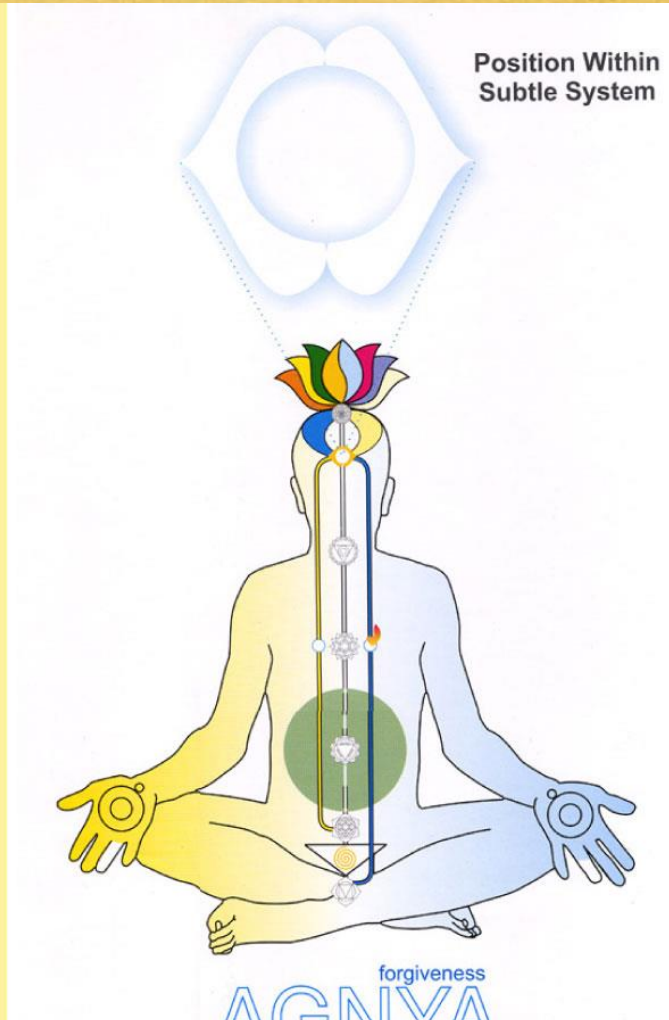
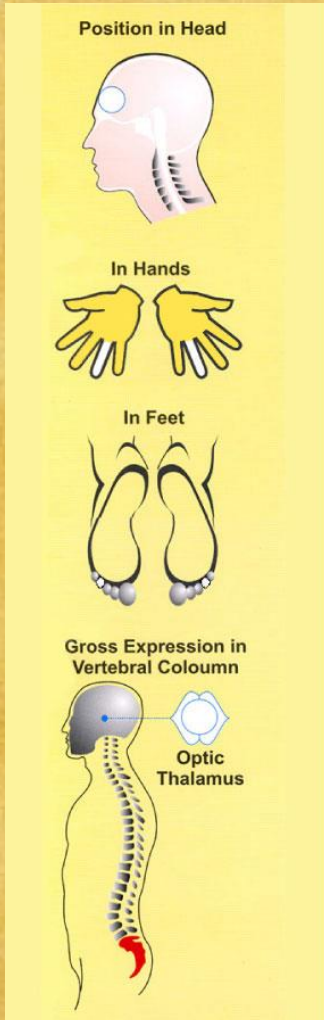


# The Agnya Chakra



DAY 15 of 21 Days of Meditation

# Agnya Knowledge



Located  
at the base  
of the brain  
(at the level of  
the forehead)



# Agnya Knowledge



- 2 Petals
- Element: Light
- Color: Silver
- Physical plexus: Crossing of optic thalamus (pineal and pituitary glands)
- Planet: Sun
- Place on hand: Ring finger



# Agnya Qualities



- Forgiveness
- Thoughtless awareness
- Resurrection
- Humility and compassion



# Agnya Benefits



- The power to forgive
- Humility
- Makes us peaceful
- Makes us compassionate
- Mental silence



# Agnya How to Balance



## Affirmations

- “Mother, I forgive everyone and I forgive myself”
- “Mother, please forgive me any mistakes against my spirit, made either knowingly or unknowingly”



SAHAJAYOGA