



# Agnya Chakra

## Forgiveness

The Agnya chakra is located in the brain, within the junction of the optic nerves. The vibrations of the Agnya chakra can be felt on the ring fingers.

### Agnya chakra qualities:

Forgiveness

Freedom from conditionings

Freedom from ego

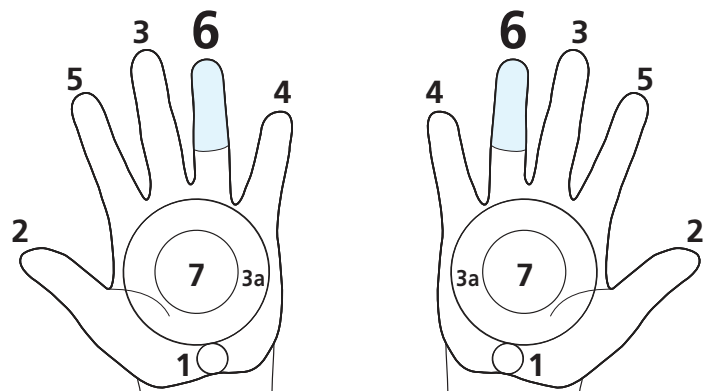
Humility

It is through the Agnya chakra that you learn to forgive yourself and others for human shortcomings. When clear, this chakra allows the kundalini to rise to the seventh chakra.

The mental silence that comes from meditation instills humility. Through humility, we develop the power of forgiveness. We are freed from the bonds of anger and resentment, and enjoy a state of peace.

Your left Agnya is connected to your superego which retains your memories, habits, and emotions. If your left Agnya is overactive, too much focus on the past may lead to a highly emotional temperament and self-harming thoughts or behaviors.

Your right Agnya is connected to the ego, which focuses on the future. If your right Agnya is



overactive, your ego will balloon up with excessive thinking and planning. This may lead to feeling agitated, frequent loss of temper and aggressive behavior towards others.

Many of us spend long hours on our phone, computer or in front of the television. An excessive amount of this kind of stimulation can interfere with keeping the Agnya chakra clear.

To balance your Agnya chakra, meditate outdoors while looking at the sky. You can place your right hand on your forehead, tilt your head slightly forward and say, "I forgive everyone, including myself."

Keep your Agnya chakra balanced by avoiding excessive thinking and planning. A clear Agnya allows you to live in the present and enjoy every moment.