

The Brow Chakra



Western Colour: Indigo

Traditional Colour: None

Bija Mantra: Om

The chakra located in the centre of the forehead is 'ajña', meaning to perceive and to command. It is directly related to the senses of sight and hearing although the upper three chakras – the throat, brow and crown are all physically close together and share many correspondences. Throat chakra influences extend to the mouth, jaw and up to the ears whilst the brow has more links with the face, eyes, nose and forehead. The neck and base of the skull can be influenced by both brow and throat energies. Crown chakra energies relate to the cranium, the bones of the top of the head, approximately the hairline and above. Traditional texts never linked endocrine glands to the chakras, but the pineal gland is usually linked to the brow chakra, due its use of light. In some books you will find the pituitary gland linked to the brow chakra

The consciousness of self, of unique personality of the mind is felt to be seated at the brow, like a commander at his control post. We are very much in our heads. The physical body belongs to us but it is not thought of as being us. The awareness at the brow chakra, we begin to make sense of and interpret the world. The brow chakra is all about seeing, not just seeing with the eyes, but seeing with the mind- making sense and understanding what is being perceived. It is the brain that organises the visual information so that we can understand and really 'see'. Perception is the art of creating order from potential chaos, meaning from random impulses. Perception is the main function of the brow chakra.

Physical problems with the eyes can be helped by balancing this chakra. Clear seeing, understanding, perspective are all mental skills needed to interpret visual data as well as the mental pictures that are our thoughts, memories and ideas.

The brow chakra has a certain degree of detachment from emotional concerns. Silence and detachment allows the brow chakra to keep its perspective. Jumping to conclusions and making assumptions are signs that the brow chakra is becoming confused.

Detachment at the mental level gives the ability to step back from the normal waking experiences of time and space. The internal world of dreams, daydreams and the imagination, is not limited to the rules of the physical universe. The brow chakra's language is light, a straightforward communication of energy that directly affects the electrical impulses of the brain, and from there, the whole system.

Intuition can be understood as a prompting from all the levels of awareness beyond the everyday conscious mind. Intuition presents a whole picture, an overview, an understanding that goes beyond simple explanation of parts. 'Clear seeing' or clairvoyance isn't necessarily only a visual experience, it is 'clear seeing' in the sense of clear, penetrating insight.

Imbalances in the Brow Chakra: headaches, eye problems, inability to relax, dislike of silence, constant daydreaming, lack of perception.