

AJNA FOCUS MEDITATION

Sit comfortably in an upright position with eyes closed and begin to breathe deeply.

PHYSICAL BODY RELAXATION

Take a deep breath and fill the legs with light, all the way to the toes. Breathe out and release all tension, relax the muscles of the feet and legs.

Take a deep breath and fill the cavity below the diaphragm with light and a sense of well-being. Breathe out and release all tension, relax the muscles of the stomach and the lower back.

Take a deep breath and fill the chest with light and a sense of well-being. Breathe out and release all tension, relaxing the muscles of the chest, the shoulders, and the back.

Take a deep breath and fill the arms with light, all the way to the tips of the fingers. Breathe out and release all tension, relax the muscles of the hands, the arms, the shoulders.

Take a deep breath and sense light swirling around the neck and throat in a counter-clockwise direction. Breathe out and release all tension, relax the muscles of the throat, the neck, the shoulders.

Take a deep breath and fill the entire head with light. Breathe out and release all tension, relax the muscles of the neck, the base of the tongue, the jaws, the muscles of the ears, the scalp, and the muscles behind the eyes.

Breathe deeply and fill the entire body with light. Breathe out all remaining tension and knowing that it will obey, command the physical body to be completely at rest, in a state of perfect well-being.

EMOTIONAL BODY CALMING

Now tighten your attention up to the frequency of the Emotional Body. See the emotions as a body of water. Observe the ripples, the turmoils, the patterns of the emotions.

Know that you are not your emotions: you are a consciousness which has emotions. Recognize that you share the emotional body with that of humanity; that some emotions in your field may not belong to you. Know that all of humanity has access to the emotional field.

Begin to calm the emotions via your conscious will. See the pool of water becoming still and calm. Do not suppress the emotions, but calm them. The emotions are the power-factor of manifestation: you want them ready when necessary, but always under your conscious control.

As the emotions become calm and tranquil, begin to see that they reflect the higher energies. The surface becomes as a mirror, capable of perfect reflection.

MENTAL BODY POISE

Knowing that your emotional body is now calmed and reflective, tighten the focus of your attention and move up to the frequency of the Mental Body.

Consciously perceive the mental body, your thoughts, the thoughts of others, the thoughts of humanity past and present. See the lines of connection, the geometries of relationships, the progressions of thoughts. See the places where thought patterns are snarled, obscure, or exerting undue influence.

Know that you are not your thoughts; you are a consciousness which has thoughts. Recognize that you also share the mental field with all of humanity and by the awareness and control of your own thoughts you can affect the mental body of humanity.

Begin to arrange the thoughts into order and poise. Perceive and create proper relationships.

Lovingly order the mental plane to become alert and aware.

THE AJNA FOCUS

Knowing that your mental body is poised and alert to the higher energies, tighten the focus of your consciousness and move into the Ajna Centre. Perceive it as a small golden sun in front of the forehead.

Take a deep breath and bring all consciousness remaining in the physical body up into the Ajna.

Take another deep breath and bring all consciousness remaining in the emotional body up into the Ajna.

Take another deep breath and bring all consciousness remaining in the mental body up into the Ajna.

Completely focused in the Ajna Centre, know that you have perfectly integrated and balanced the three-fold instrument of your persona: the physical, emotional, and mental bodies.

Now holding your focus in the Ajna Centre, turn your attention upward to receive the insights and energies of the overshadowing Spiritual Soul.

Hold in that receptive stillness for a while, knowing yourself in the Ajna Centre as "receptive to the higher alignment; causative to the lower alignment".

Now still holding the Ajna Focus, relax the attention slightly. Take a deep breath, and return to the here and now.

A QUICK VERSION

Take a deep breath and relax the physical body into a state of complete well-being.

Take a second deep breath and calm the emotional body into a state of perfect reflectivity.

Take a third deep breath and arrange the mental body into a state of perfect poise and attention.

Take your position in the Ajna Centre. Turn your attention upwards and become consciously receptive to the higher alignment. Hold your focus as the neck of the hourglass: "receptive to the higher; causative to the lower". Slightly relax the attention into the here and now.

SUGGESTED PRACTICE

As a daily morning focus, this is great. It's also a good before-sleep calming device.

As you begin to shift your focus of awareness from thinking of yourself as a personality with a soul to a soul expressing in this time and place as a personality, you might pick a key-word and every time you hear or speak that key-word, place yourself in your Ajna Centre.

You will eventually begin to sense the shifts in frequency as you move around from Emotional focus to Mental, to the balanced integrated Ajna Focus. That awareness will make it all the easier to find and hold the Ajna Focus.

Remember that the icon for this Centre is the Warrior Prince Arjuna in his chariot. It's being pulled by three horses: the physical, emotional and mental bodies all going in the same direction at the same speed. The Chariot Driver is the god Krishna. Symbolically then, the persona [Arjuna/Ajna] is being directed by the overshadowing spiritual soul and it uses the three-fold body to accomplish its service in the here and now.

A salutation of the Wisdom teachings which embodies quite well the Ajna Centre is - "LOVE, LIGHT, & POWER".

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