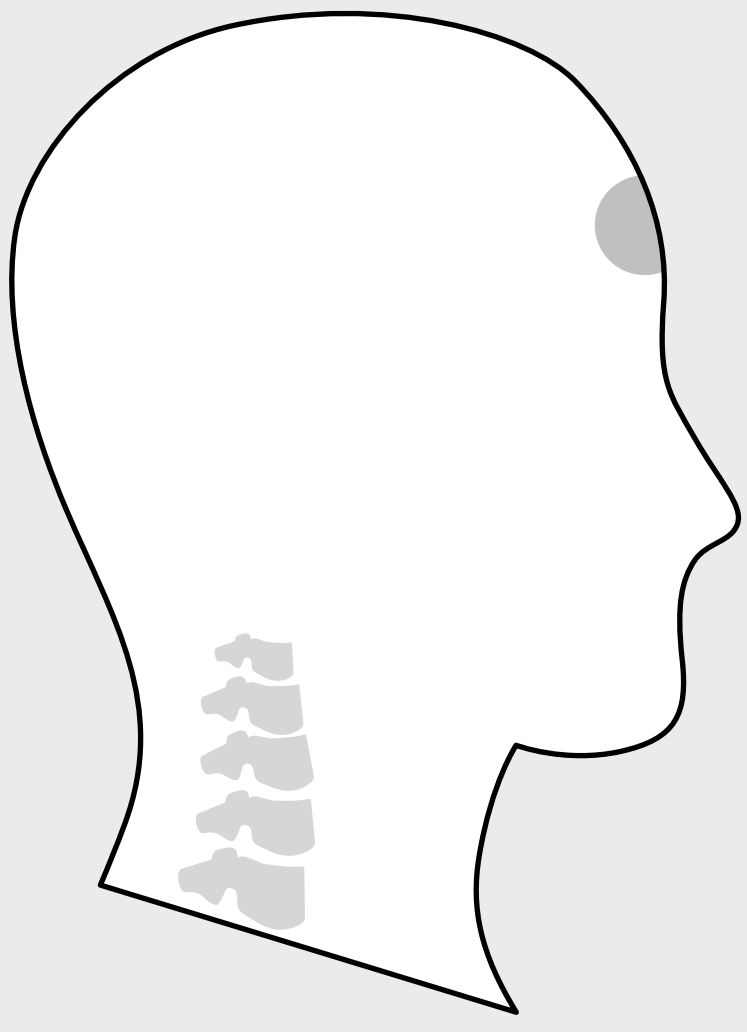
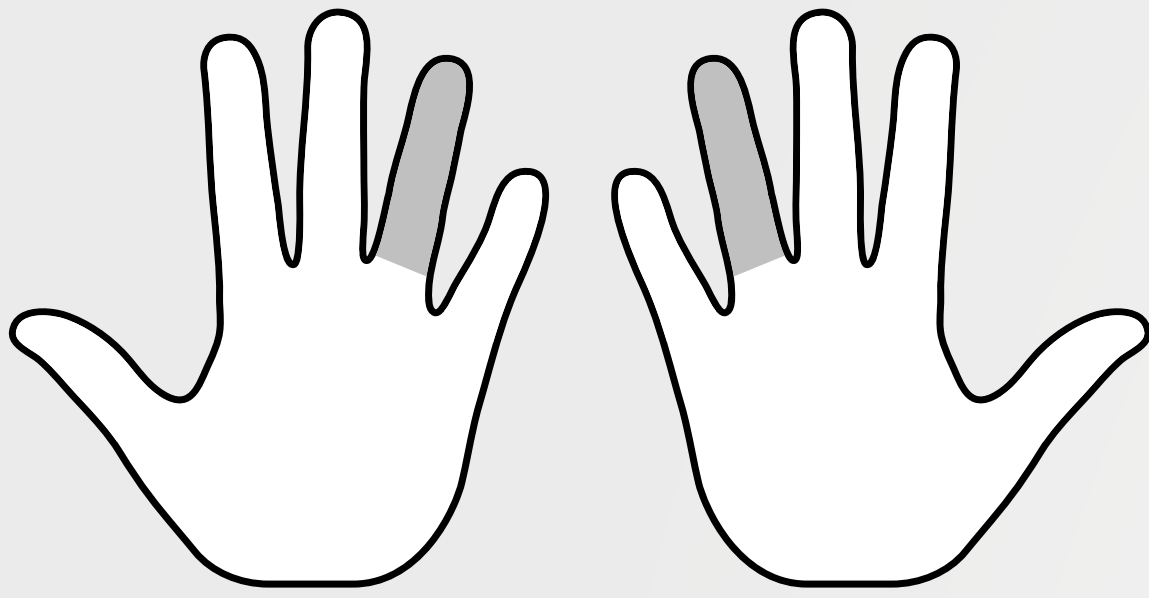


Position on the head



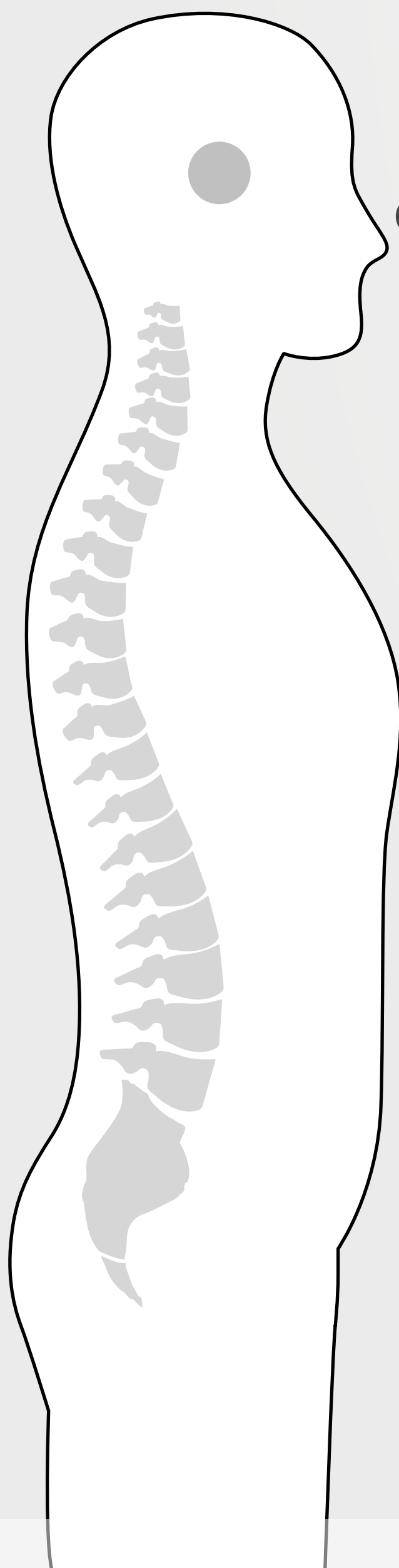
On the hands



On the feet

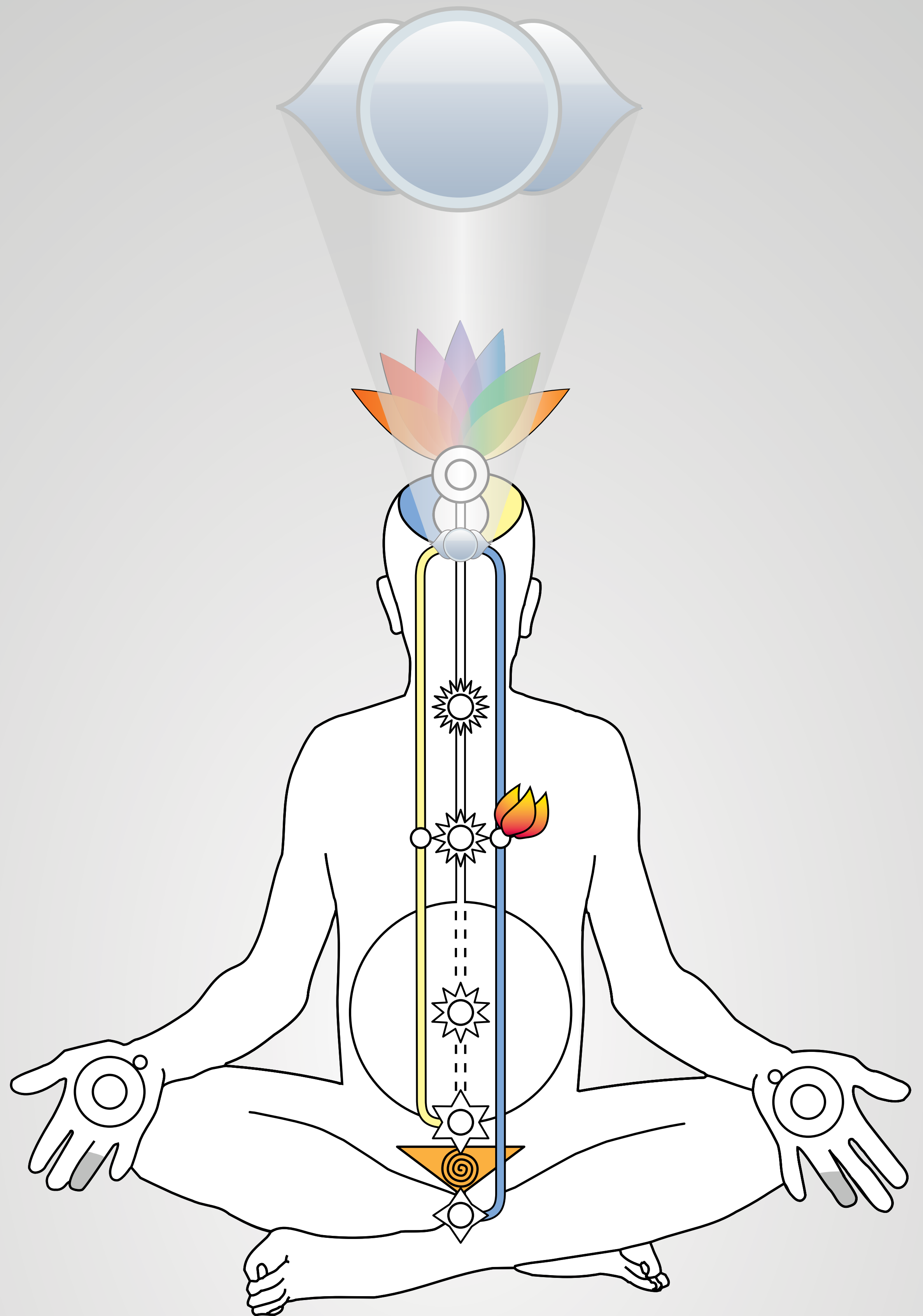


Gross expression in our body



Optic chiasma

Position within our Subtle System



Agnya

Correspondences

Colour	Smokey grey
Element	Ether
Planet	Saturn
Day	Saturday
Stone	Sapphire
Symbol	Time wheel
Quality	Diplomacy, collectivity, communication
Organs controlled	Mouth, ears, nose, tongue, face, teeth, throat

This two petalled centre is called Agnya and is placed where the two optic nerves cross each other in the brain (optic chiasma).

This centre caters to pituitary and pineal glands in the body, which manifests the two institutions of ego and superego within us.

Since this centre governs our eyes, too much visual engagements like cinema, computers, television, over-reading etc, weakens this centre. Indulging in mental callisthenics and intellectual feats leads to blocking of this centre and one develops the notion of over-developed I-ness and ego.

When the Kundalini pierces this centre, the person immediately becomes thoughtless and forgiving, which is the essence of this centre. That is, it allows us to forgive others.

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