Themes

Inner sight, vision
Witness consciousness
Open to light, receiving insight, top-down receptivity
Receiving information through intuition
Intention
Attention: concentration and absorption
Contemplation: sustaining attention on sound, feeling, essence
Imagination
Clear perception, discernment:
- What happened vs. the story I'm making up
- What do I see; which part of me is looking?
- Knowing and not knowing, surrendering certainty
- Shadow-work: what do I disown and project?
- Co-arising (synchronicity) vs. causation

Emergent wisdom, maturing perspective
Holding complexity, hosting multiple perspectives

Elements & Senses

Mind • Beyond the senses
Perception • Insight

Physiology

Brain • Pituitary gland
Eyes, forehead
Center of the brain, top of the spine
Back of the head (Bindu point)

An Invitation to Explore Your Experience

Gently bring your attention to the space behind your eyes, between your ears, between your forehead and the bindu point. Briefly touch the tip of your tongue to the roof of your mouth. Resting awareness here.

What is your experience with resting awareness in the center of the brain? Is there a sense of stillness?

Prayer

What prayer connected to the brain center resonates for you? What follows may inspire some ideas.

Illuminate our vision.
Guide our maturing perspective.

Ajna Integration Invitation

Cultivating openness and humility toward what you see and what you don't see, without making your experience wrong.

Bringing witnessing awareness to the beliefs you carry, their origins, and their functions.

The brain eye as the center of discernment, inquiry, perspective, and openness to change and growth.

Mantra

Seed Sound AUM (or OM) Trataka (candle gazing) • Contemplative seeing • Mantras for clarity and insight

What ajna prayers resonate for you, in your life, or informed by your ancestors, sacred traditions, or the Earth?

What is most essential for you in listening through Ajna?

Potential Explorations to Deepen Connection with Your Ajna Center

- Noticing the quality of awareness in your forehead, brain, and behind your eyes. Is there tension here? Soften any pressure in this area.
- Presence breath in the nostrils — explore the temperature of the in-breath and out-breath
- Third eye meditation: soften the inner corners of the eyes, rest awareness at the point between the eyebrows
- Observing thoughts, as if thoughts are like clouds moving through the open sky of awareness
- Witness. How do you turn towards or witness your witness?
- Exploring the origins of a belief: where did it come from? Whose voice is in it? What function does it serve?
- Practicing surrendering certainty — holding your point of view with lightness and curiosity
- Contemplative seeing. Looking at something slowly. What's in the foreground, background, and the lens you're looking through?
- Exploring shadow: something in yourself or others that provokes a strong reaction, as a place of inquiry rather than rejection
- Social witnessing: observing collective dynamics without immediately fixing, explaining, or assigning meaning
- Harvesting collective wisdom — what does the group see together that no one can see alone?
- Feedback partnerships: asking for honest reflection from someone you trust
- Discernment practice: noticing when you are receiving insight and when you are rationalizing
- What beliefs related to yourself, others, or the world are ready for an update?
- How did your ancestors cultivate wisdom, sight, and perspective?
- What practices in your life already connect you with clear seeing?