

Activating Ajna Chakra (Charging the Laser Beam)

The Ajna Chakra governs our sense of intuition. Practices geared towards the Ajna Chakra, in theory, will help you gain increased understanding of yourself and the world around you. In this practice, I'll teach you a basic practice to start to activate your Ajna Chakra.

References and further reading

- Dr. Teena Jain & Dr. Sunil Kumar Yadav: A study on Ajna Chakra W.S.R. To Pineal Gland. International Ayurvedic Medical Journal [online] 2016. [Link](#).