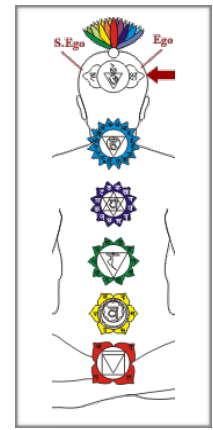


# Agnya chakra



## Properties

Agnya is placed in the middle of the forehead. It is the door to Sahasrara, which we only can enter when we forgive. When Mother Kundalini passes through this chakra we stop thinking and start to enjoy a wonderful silence within.

## Function

The human brain is divided into Ego and Superego. They are placed on top of the left and right channel. The channels are crossing each other in Agnya.

## Forgiveness

Memories, habits and emotions are gathered in the Superego - in the right part of the brain. Actions, planning and thoughts are gathered in the Ego - in the left part of the brain.

If there is an unbalance in the Superego we are often tired and sad, this blocks Mother Kundalini from reaching Sahasrara. If there is an unbalance in the Ego we get overactive and want to plan every detail of our lives. Also here Mother Kundalini cannot reach Sahasrara and we will not be able to receive our Self Realisation. The solution to both of these problems is to forgive.

## Qualities

Left side:	Free from habits
Centre:	Forgiveness
Right side:	Thoughtless awareness and doubtless awareness.
Physical aspect:	Temples
Number of petals:	2
Element:	Light

## Causes of obstruction

Left side:	Self pity and too much attention on the past.
Right side:	Egoism and too much attention on the future.

## Affirmations

Left:	Mother, please forgive me
Centre:	Mother, teach me how to forgive
Right:	Mother, I forgive

When Abraham Lincoln said that the two parties in the American civil war should forgive each other he was mocked by many people. He answered them: "Do I not destroy my enemies when I make them my friends?"

Humor is also a good way to puncture our Ego.

