

*To whose temple the Arch is starlit,  
In whose temple the Sun is the image of gold,  
To whose temple the Moon goes every month  
And brings the message out every full-moon,  
And whose message the Moon sings as a word of sixteen letters,  
His religion I belong to, His temple I visit,  
His name I utter, His glory I live in.  
To Him I offer the lotus of my day,  
To Him I offer the lotus of my night.*

*These seed thoughts from the Spiritual Psychology meditations of Dr. Ekkirala Krishnamacharya give the note for the Lunar Messenger of the Circle of Good Will. The moon is the reflective principle and symbol of the mind. When pure and calm, it reflects impressions from higher circles. Especially the time of the full moon is conducive for higher alignment, if we are poised enough. The alignment of the sun, moon and earth in the sky helps experiencing the magic of the light of the soul and its manifestation down to the physical.*

*The Lunar Messenger is published every month in time for the full moon. It contains thoughts from the teachings of eternal wisdom. Its purpose is to inspire us to put them into practical life.*

## SIGNS OF TRANSFORMATION 7: THE AJNA CENTRE

### **Beyond Duality**

In us there is a current of energies towards the subtle and a current towards the dense-physical. The energy current into the subtle worlds is called *Pingala* in Yoga; it flows from the right. The other current, from the subtle to the gross, is called *Ida*; it flows from the left.

The esoteric scriptures call *Ida* “Ganga” or “Ganges”; *Pingala* is “Yamuna”. Thus we have both rivers in us. Going to the banks of the *Yamuna* River means to shift the emphasis from the dense-material to the subtle. Lord *Maitreya* is said to sit always on an island between the two rivers coming from right and left. This island is the *Ajna* centre. By its nature the *Ida* current is lunar; it is also called the Mother. The *Pingala* current is solar or the Father. They meet at the *Ajna* centre with the central current of *Sushumna*, which by its nature is fiery and is called the Son. In and above the *Ajna* centre the three currents are one. Their coming together on the forehead is also represented in the eastern scriptures as the three eyes of the World Mother. They are also described as *Soma* (the lunar or fire by friction), *Surya* (the solar fire) and *Agni* (the cosmic fire). The separation of the energies into male and female only happens below the *Ajna* centre; above, the Father and the Mother are one. Beyond the *Ajna* we can hardly perceive anything; the *Ajna* itself is receptive for the higher centre.

The seed sound of the *Ajna* is HAM; it is the sound of the upward movement, so that the I AM might unite with THAT. Through meditation in the *Ajna* we lift our-

selves above duality and thus find the unity and eternity of existence. Through the *Ajna* we invoke the “Light of the World” or the “Mother of the World”. It is also the centre of the Sun in us. We can visualise how from this point the sunlight flows via the channels of the *Nadis* into all the six centres of the body and illumines it. When we are receptive to the light pouring in from the *Ajna*, the *chakras* (energy disks) in us blossom into lotuses. It says that in the *Ajna* all the other centres are included and that like with electricity this centre is the main switch through which everything receives light.

### **The Sun Centre**

When we meditate in the *Ajna* centre we can visualise an unfolding white lotus or a sun disk from which the light radiates and fills everything with golden light. We also can meditate blue in the *Ajna*, the blue of the sky on a clear day. These are the blue waters of space at the higher forehead centre which is linked to Aquarius.

The *Ajna* is the East in us, where the morning sun rises. When awaking, the consciousness rises up from the depth of the heart centre to the *Ajna* centre where it is located during the hours of wakefulness; thus, we become aware of ourselves as “I AM”. When at the moment of awakening we ask ourselves, “Who am I, from where have I awakened, what has awakened me, and where am I?” we establish the conscious connection with the origin and start to consciously take hold of our life. The term “*Ajna*” means order, regulation; it is the command centre from where we should conduct our

life. There we should establish the diamantine consciousness. Diamantine means, radiant, strong, and permanently existing. In the light of the diamantine consciousness we can receive the plan of the soul.

When we regularly worship the Solar God in the brow centre, the *Kundalini* energy ascends in us. For this purpose the *Gayatri mantram* is also sung in the morning, because the energy of the dawn has a great influence on the *Ajna* centre. Its essential meaning is, "May the Light which comes from beyond the Sun reach and embrace me, fulfil and awaken me." Thus, our being is charged through the *Ajna* centre with energy. It is the energy of the soul with its triple quality - Will, Love and Light. It enters into us from above via the luminous bridge of which Master CVV speaks, "Higher Bridge Beginning". The one shore of the bridge is in the *Ajna*, the other is no shore, for it is infinite, THAT. But IT can build a bridge towards us and reach us. We cannot reach the sun, but a sunray can come to us. We should feel this energy; otherwise everything remains just a mental activity.

### The Centres on the Forehead

Via the *Ajna* centre the consciousness of the space surrounding us also enters into us; this way the indwelling God and the God beyond our system meet in the *Ajna*. The vertical line between the centre between the eyebrows and the top of the forehead belongs to the energy of Uranus. On this line there are several centres:

The centre between the eyebrows is the highest point to which the human awareness, i.e. the personality, can rise. It is connected with the pituitary and should not be confounded with the *Ajna*. Its Sanskrit name is *Bhrumadhya*. *Bhru* means the eyebrows, *Madhya* the centre. We rise to the brow centre by applying the wisdom in life and transforming our lower nature with Saturnian discipline.

The *Ajna* is a two-petalled lotus on the middle of the forehead and is also called the third eye. This centre is connected with the pineal gland; it is the seat of the soul from where we direct our life.

Between the eyebrow and the *Ajna* centres there is a point which in the Vedas is called the birthplace of *Indra*. *Indra* is the ruler and protector of the created worlds. The *Puranas* describe how *Indra* fights against the devils. His work consists in protecting the personality, which is open to duality, from the invasion of diabolic tendencies and in maintaining its integrity.

Thus, the soul descends from the *Ajna* centre to the birthplace of *Indra* and meets there the personality to work through it in the world. We also call this the soul-infused personality. When the bridge is built between the pituitary and the pineal gland, this central point between soul and personality gets activated and Light is created. The union of the eyebrow and the *Ajna* centres manifests the Light, the birth of *Indra*. If there is no more need for action, the soul returns to the third eye.

We should not believe that we have already opened the *Ajna* when we simply sit down and think of the eye. First we must have established right horizontal relations in life through right action; then we can ascend vertically. When the third eye is opened, the person is said to have become an adept and to completely know the plan in all its details - as it has worked itself out in the past, from the beginning, and how it is planned by the *Devas* for the future.

### The Eye of Shiva

Above the third eye of man there is a third eye of God in us. It is called the "Eye of *Shiva*". The Sanskrit name is *Pala Lokshana*. *Pala* means the forehead, *Lokshana* the eye. The Eye of *Shiva* is far superior to the third eye in us up to which we can grow. It is at the upper part of the forehead, directly under the hairline. The Eye of *Shiva* is not for us, but for him. It opens when the cosmic energy decides to reveal itself and to function through a human unit. Then this centre gets stimulated and the descent of the cosmic energy happens to reinforce an individual soul, before expressing through all the centres and thus manifesting itself.

Very infrequently the cosmic energy called *Shiva* uses this centre in the human being to pour down the energy. When the Eye of *Shiva* is linked up to the third eye man knows the secret of the passage through death into pure existence and the passage from pure existence to the conscious state. This is the Aquarian passage from out of which all manifests. It also stands for the passage between one creation and the next one, where the whole creation is sucked in and then is drawn out again. That is how Aquarius is considered the last of the sun signs before a major dissolution and the first when the creation is to be.

Sources: K.P. Kumar: *The Aquarian Cross / notes from seminars*. E. Krishnamacharya: *Spiritual Astrology. The World Teacher Trust - Dhanishta, Visakhapatnam, India (www.worldteachertrust.org)*



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