



## Ajna Chakra

By Rishi Nityabodhananda

Yoga Publications Trust (Bihar School of Yoga), Munger, India. Paperback. Book Condition: New. While knowledge of the external world is gained through the senses, it is through our sixth sense, ajna chakra, also known as the third eye or the eye of intuition, that higher intelligence, both unmanifest and manifest, is experienced. Awakening ajna chakra is opening the channel to experience answers to what lies beyond external reality, questions haunting every seeker. This new edition of Ajna Chakra by Rishi Nityabodhananda has been revised and updated. Included are discussions on kundalini yoga, ajna chakra in the tantric texts, yogic practices to awaken ajna chakra, attempts by science to validate dimensions of consciousness beyond objective external reality, and research into the role of the pineal gland and its relationship with ajna chakra. Printed Pages: 154. Size: 14 Cms x 22 Cms.



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