

# 6th Chakra: Power of the Mind

The sixth chakra, or energy center in the body relates to our mental and psychological skills at evaluating our own attitudes and responses. Eastern spiritual traditions define the location at the third eye. The brain and neurological system, pituitary and pineal glands, as well as the eyes, ears, and nose are considered to be part of the 6th chakra. Development in this area leads us to wisdom as we mature through life experiences and are able to cultivate a discriminating mind -- enabling detachment which creates an open mind. Lack of strength in the sixth chakra is said to be exhibited when we are unwilling to look within to address fears, as well as situations that rely on mental and spiritual discipline. Strength in this area enables our creative and intuitive capabilities to flourish. We are able to forward our intellectual skills because of a strong understanding of our capabilities because of our insights of our consciousness.

## Asanas



Anjaneyasana



8 point pose



Parsvakonasana



Parvrtta  
Parsvakonasana



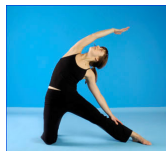
Parvrtta Ardha  
Chandrasana



Adho Mukha  
Vrksasana



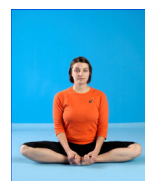
Navasana



Parighasana



Malasana



Badha Konasana



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Application: Insights come through practice, so to cultivate the 6th Chakra in your hatha yoga postures, work on the discipline of regular classes and home practice to build greater self-understanding, awareness, and insight in your practice. After some time, you may find that your home practice is somewhat routine; you tend to do the same practice each day. It is good to change the practice; most people find that the simplest way to do that is to go to a class, enabling your practice to vary.

Photos by Alyce Henson

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For other practice sheets, see [www.fulcrumblu.com](http://www.fulcrumblu.com).