

SCIENTIFIC AND SPIRITUAL SIGNIFICANCE OF TILAK



The Tilak cover the spot between the eyebrows, which connects to the Bhrama nadi which is the seat of memory and thinking, it is called as **Third Eye Chakra (Ajna Chakra)**. We know that the human body emits energy in the form of electromagnetic waves especially from the forehead, the subtle spot between the eyebrows. The imbalance in the body causes the energy to destabilize and causes worries and tension and hence headaches.

Most of us have energetic blocks and imbalances as well as energy-sabotaging habits that prevent us from accessing our full vitality, which leads us to feel exhausted, scattered, dull... even ill.

The location of the sixth chakra is between the eyebrows, slightly above at the bridge of your nose. It can also be described as being located behind the eyes in the middle of the head. The Third eye chakra is associated to the pineal gland in charge of regulating biorhythms, including sleep and wake time. It's a gland located in the brain that is a center of attention because of its relationship with the perception and effect of light and altered or "mystical" states of consciousness. It's positioned close to the optical nerves, and as such, sensitive to visual stimulations and changes in lighting.

Third eye chakra is the sixth chakra, it is the center of intuition and foresight. The function of the third eye chakra is driven by the principle of openness and imagination.

The sixth chakra is referred to as:

- Third eye chakra
- Brow chakra
- Ajna chakra
- Bhru Madhya
- Dvidak Padma

The Sanskrit name for the Third eye chakra "Ajna", means "command" and "perceiving". This chakra is related to the "supreme element", which is the combination of all the elements in their pure form.

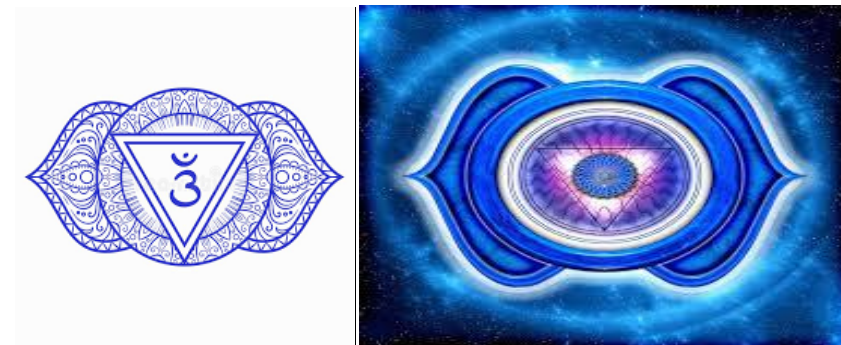
YOGIC MEANING OF THE 3RD EYE CHAKRA

In yogic metaphysics, the third eye or Ajna chakra, is the center where we transcend duality – the duality of a personal “I” separate from the rest of the world, of a personality that exists independently from everything else.

A person who has passed through the Vishuddha Chakra at the throat to the Ajna Chakra transcends the five elements and becomes free (mukta) from the bondage of time-bound consciousness. This is where the I-consciousness is absorbed into super-consciousness.”

THIRD EYE CHAKRA COLOR

The third eye chakra represents purple or bluish purple color. The auric color of third eye chakra energy can also be seen as translucent purple or bluish white.



THIRD EYE CHAKRA SYMBOL

The image of the Third Eye chakra symbol contains two elements frequently associated with wisdom: the upside down triangle and the lotus flower.

Behavioral characteristics of the Third eye chakra

The third eye chakra is associated with the following psychological and behavioral characteristics:

- Vision
- Intuition
- Perception of subtle dimensions and movements of energy
- Psychic abilities related to clairvoyance and clairaudience especially
- Access to mystical states, illumination
- Connection to wisdom, insight
- Motivates inspiration and creativity

The third eye chakra is an instrument to perceive the more subtle qualities of reality. It goes beyond the more physical senses into the realm of subtle energies. Awakening your third eye allows you to open up to an intuitive sensibility and inner perception.

It connects us with a different way of seeing and perceiving, the third eye chakra’s images are often hard to describe verbally. It puts us in touch with the ineffable and the intangible more closely.

Third eye visions are also often more subtle than regular visions, They may appear a bit “blurry”, however, the inner visions might be clear like a movie playing in front of your eyes.

Applying Tilak on regular basis help us sustaining awareness of third eye chakra energy.

With a focused and aligned third eye chakra we can see beyond the distractions and illusions that stand before us and have more insight to live and create more deeply aligned with our highest good.

THIRD EYE CHAKRA IMBALANCE:

When the Third eye chakra has an imbalance, it can manifest as:

Feeling stuck in the daily grind without being able to look beyond your problems and set a guiding vision for yourself

Overactive third chakra without support from the rest of the chakra system may manifest as fantasies that appear more real than reality, indulgence in psychic fantasies and illusions

Not being able to establish a vision for oneself and realize it

Rejection of everything spiritual or beyond the usual

Not being able to see the greater picture

Lack of clarity

THE SATURN TAKES CARE OF THIS CHAKRA:

Each planet is associated with a different chakra and describes different paths we can be taking in any moment- on any day of our lives. The planets in our solar system are in a perfect balance as they orbit the sun and the chakras reflect that we are in harmony inside and out with the Universe and our solar system. In the advanced teachings of the chakras, the planets, colors, tastes are woven with your spiritual development and states of consciousness. The path of the chakras is about your connection and harmony with states of mind. The chakras are all about vibration.

Saturn is associated with the 6th Chakra, guiding us to one of the highest levels on our path of spiritual evolution. Saturn is associated with time and is timeless. Saturn is the planet of time and in its highest sense, it helps us realize that we are beyond time and that we are one with the Universe and that we come from stardust. We literally are made of the complex molecules which had to have passed through numerous stars to even exist.

Saturn gives us each the long term view with our problems and our focus in life. Breathe into the timelessness and be filled with light and stardust. Meditation is also associated with Saturn. This is why developing a meditation practice brings perspective. Science has even proven the positive side effects to handling stress and being resilient from meditation and that meditation or building any regular disciplined self awareness practice, even just 10 minutes a day, brings great benefit, over time.

Neutrality and Peace are the energies of the higher chakras, non-judgement of self and others and non-identity with our bodies or individual self are one of the natural things that flow when we are vibrating with the 6th chakra.

When you start to see that discipline, building habits, delayed gratification, meditation are all associated with reduced stress, higher success and long term happiness, why wouldn't we each strive for building these healthy habits? You will be happier, understand the timelessness of the Universe and be more successful when you embrace the energy, knowledge and patterns associated with Saturn in your life – it is the path of the 6th chakra.

After all, something existed before the big bang, and the Vedic Sages describe this process of an expanding and contracting Universe as the breath of Brahma.

The event horizon at the edge of a black hole is where all of the matter of stars collide, creating immense forces, plasma, energy and light that is often propelled light years out into the surrounding areas. When we begin to look at Saturn connected with black holes, we begin to see how the planet of something that appears to be a negative, dark place where matter is annihilated is

actually a place where NEW matter, light and energy is being expelled into the Universe which becomes the new building blocks for future galaxies and possibly new solar systems.

How is that for transforming an idea of darkness into light? It is literal. A black hole creates new forms of energy and Saturn in its connection with the Sixth Chakra connects us with understanding timelessness, understanding our world beyond the duality of good / evil, Yin /Yang, light /darkness.

When one is vibrating at the 6th chakra the distress of this complicated world melts away.

Applying tilak keep your third eye chakra aligned so that you are focused and disciplined always and lead a happy and healthy life.

The tilak of chandan cools the forehead, protects us and prevents the loss of energy. Behind the Third eye chakra is Lymbic System, so that it is also protected and shielded.

We are hypnotised from the agya chakra, one cannot be easily hypnotized when he/she is wearing the Tilak, This is also the logic behind applying the **Bindi** on forehead in women. It also protects one from other's evil eyes because it neutralizes the negative thoughts of others when they see the face with tilak that is why young babies are put the Black Kajal (a purified and medicated charcoal) on the side of their forehead and or on cheeks and it is replaced by Kumkum, Sandal for adults.

Using **PIOUS OIL** as **Tilak** on **Agya Chakra** creates a shield on the chakra protecting the internal organs directly from the negativities of the universe or we can say the most dangerous electromagnetic radiations getting emitted from the gadgets. Pious oil being pacifying and relieving (nurturing and cool in nature) keep our brain protected from everything. When applied to the forehead (middle of eyebrows) regulate your body aura and eliminate negative energy and promote good health. Jatamansi (Nordostachys Jatamansi) being the best brain tonic and best and important herb being used in Devv Vyapashryya Chiktsa (Tantra and Mantra) protects one from every negativity even the evil eye.

I will be taking the effects of PIOUS OIL separately, how the contents affect the body and the mind.

STAY HEALTHY AND BLESSED

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