

# Ajna & Alta: The Spiraling Energy Of Deep Knowing And Acceptance

[BY REBECCA ESCHENROEDER](#)

Spiraling outward...passionate energy...knowing from deep within...Yang...counter-clockwise...strong...direct...May all that you give be cleansed and be cleared...Ajna.

Spiraling inward...nurturing energy...acceptance from deep within...Yin...clockwise...steady...open...May all that you receive be cleansed and be cleared...Alta.

Photo by [Jase Ess](#) on [Unsplash](#)

For more self-study, [The Urban Howl](#) recommends [The Universe Has Your Back: Transform Fear to Faith](#) .

***Sip a little more:***

***She Reminds Me To Stop, Pause & Drink The Sun  
Through My Skin***

***Home Is Not So Far Away – It Lies Within***

***I Choose To Turn My Face To The Sun – I Choose  
Love***

"Allow yourself to be  
nourished and blessed.  
Get excited about the  
magic beating in your  
wild flower chest."

ThugUnicorn.com

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**#AJNAANDALTA**

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