



72

Qualities of Ajna Chakra

- Name: Center of command
- Color: Indigo
- Element: Thought or Light
- Location: Space between eyebrows
- Body Region: Eyes, corpus callosum, pineal gland
- Body Systems: Astral body
- Sense: Sight (external and internal)
- Quality: Mindfulness, intuition
- Mantra: 'I see'
- Gemstone: Lapis lazuli
- Ages: 36-42 years old

73

74

Qualities of Ajna Chakra



- **Function:** Archetypal identity, spiritual insight, higher consciousness, Intuition, self-reflection, clairvoyance, visualization
- **When Deficient:** Poor memory, eye problems, hormonal imbalance, Lack of clarity or focus, faulty perception, difficulty recognizing patterns, difficulty concentrating, inability to see what is in front of you, inability to visualize well, holding on to old thought patterns, not trusting your intuition
- **When Excessive:** Headaches, nightmares, hallucinations, delusions, spiritual arrogance, unhealthy pride
- **Fears When Unbalanced:** Fear acknowledging the truth, fearing our shadow side, fear of the future
- **Reaction to Fears:** Unwillingness to look within
- **When Balanced:** Mental insight, clairvoyance, telepathy, intuition, psychic perception, accurate interpretation, imagination, seeing the 'big picture', imagination and creativity, deep self-awareness, visualizing the life you want, being open to guidance from the other chakras
- **Balance Inhibited By:** Cynicism, closed-mindedness

74

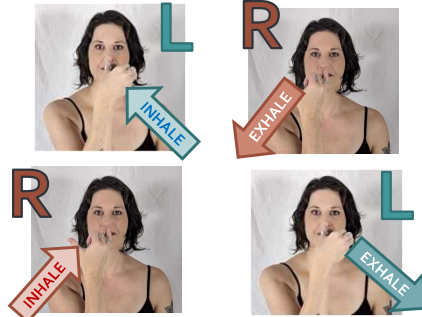
75

Ajna Chakra Protocol

<p>Eyes Up/Down</p>	<p>Eyes Side to Side</p>	<p>Eye Rainbow</p>	<p>Eye Pendulum</p>
<p>Eye Circles</p>	<p>Chant AUM</p>	<p>Warm Hands Over Eyes</p>	<p>Jnana Mudra Press tips of index and thumb together, palms up (improves intuition)</p>
<p>Chin Mudra Press tips of index and thumb together, palms down (grounds overactive mind)</p>	<p>Alternate Nostril Breath Inhale-L, Exhale-R, Inhale-R, Exhale-L</p>	<p>Japa Mala</p>	<p>Chant AUM</p>

75

Nadi Shodhana



Alternate Nostril Breath

PSYCHIC: Use your imagination to *Inhale LEFT, Exhale RIGHT, Inhale RIGHT, Exhale LEFT*; best done reclining and more subtle than digital

DIGITAL: Close the nostrils to *Inhale LEFT, Exhale RIGHT, Inhale RIGHT, Exhale LEFT*; best done seated; stronger effect

- **Physical Benefits:** Purifies Ida and Pingala nadis, balances the sympathetic and parasympathetic nervous systems, promotes immunity
- **Emotional:** Stabilizes mood
- **Mental:** Increases communication between the right and left hemispheres of the brain
- **Practice Tips:** May add retentions and/or vent open nostril.

Imagine cooling silver-blue moonlight and golden sunlight balanced in the body.

"I am balanced"

76

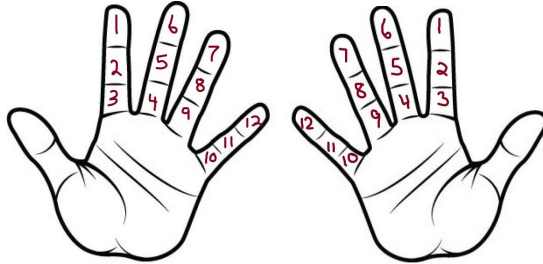
Using a Mala



- A mala is a set of 108 prayer beads that are used to count the recitation of a *mantra* or sound.
- Chanting a mantra with a mala is called *japa mala*.
- Hold the mala over your middle finger, the index finger represents the ego and has no place in this meditative practice.
- The large tasseled bead, called the "guru" bead should face the heart.
- Using the thumb, pull the beads towards the heart starting with the bead beside the guru bead.
- For each recitation of your mantra, count off another bead until you reach the guru bead again.

77

Mala Finger Counting



If you do not have access to a mala, you may use your fingers in order to count to 108.

- You will count to twelve on your dominant hand using your thumb as the counting finger.
- With the other hand you will keep track of the sets of twelve in the same pattern.
- Once nine sets of twelve have been counted, you will have reached 108

78

Why 108?

- 108 represents wholeness in Hindu mythology
- Celestial Measurements
 - The distance between the earth and the sun is approximately 108 times the sun's diameter.
 - The diameter of the sun is about 108 times the earth's diameter.
 - And the distance between the earth and the moon is 108 times the moon's diameter.
- Tantra estimates the average number of breaths per day at 21,600, of which 10,800 are solar energy, and 10,800 are lunar energy (15 times per minute, 900 times per hour).
 - The maximum number of times we could chant japa mala is 10,800. Divide that by 100 and you have the 108 beads on the mala which produces 100% benefit.
 - If one is able to be so calm in meditation as to have only 108 breaths in a day, enlightenment will come.

79

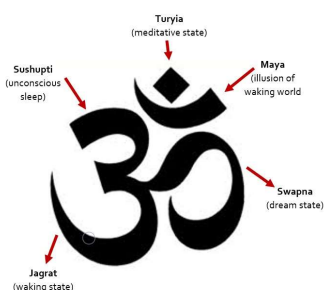
Why 108?

- Hindu deities have 108 names, and India is said to have 108 sacred sites, there are also 108 Upanishads, and 108 types of meditation
- There are 108 energy lines, or *nadis*, converging to form the heart chakra and 108 marma points in the body.
- 108 is a Harshad number, which is an integer divisible by the sum of its digits (Harshad means "great joy")
- There are said to be 108 earthly desires in mortals, 108 lies that humans tell, 108 human delusions, and 108 feelings
- There are 54 letters in the Sanskrit alphabet. Each has masculine and feminine, Shiva and shakti.

https://www.stephen-knapp.com/108_the_significance_of_the_number.htm

80

The Symbol Aum/Om



- The **lower curve of the Sanskrit letter A** symbolizes the waking state, or *jagrat*, which is experienced through the senses.
- The **upper curve of the A** symbolizes unconscious sleep, or *sushupti*, where desires are not present.
- The **middle curve of the A** which lies to the right symbolizes the dream state, or *swapna*, where consciousness turns towards the ethereal visions and impressions of the sleeping mind.
- The **dot at the top, or M**, symbolizes the meditative state or quiet pause, the *turiya*, where consciousness turns away from all sense perceptions and imagination and experiences pure blissful peace and connection with universal consciousness.
- The **curve under the dot, or U**, symbolizes the illusion of the world, or *maya* that catches us in its seductive net and prevents us from experiencing the blissful state of union with universal consciousness.

81

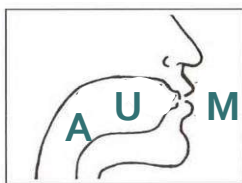
Meaning of Aum

- According to Hinduism, Brahman first created primal sound from which the material world manifested. This sound was aum, the cosmic vibration that is the mantra of all mantras, or mother sound. This vibration holds the atoms of the universe in resonance and can still be heard reverberating in deep space.
- The Latin word *omne* and the Sanskrit word *aum* are both derived from the same root meaning 'all,' and both words convey the concepts of omniscience, omnipresence, and omnipotence.
 - 'Amen' comes from *omne*
- Each letter arises from a specific location in the mouth and represents the act of manifestation
- Aum represents reality coming into being as it is vocalized

<https://health.usnews.com/health-news/blogs/eat-run/2013/10/02/your-brain-on-om-the-science-of-mantra>

82

Chanting Aum



- **A** (ā, as in "car") is the first letter of the Sanskrit alphabet and is formed at the back of the mouth.
 - It is expressive and usually lasts just a moment as the sound is begun.
 - Feels expansive when chanted, represents the awake conscious mind
- **U** (oō, as in "soup") is created as the sound continues through the center of the mouth as the lips begin to close
 - Narrows and funnels consciousness into the subtle dream state
- **M** is pronounced by closing the lips, vibrating the skull (anuswara)
 - "it makes the cranium vibrate in a kind of undifferentiated and ubiquitous earthquake over the convolutions or valleys in the cerebral cortex, approximating the deep dreamless sleep state of consciousness" Gabriel Axel
- **Turyia** is the silence after the sound when you breathe in.
 - Just as important as the aum itself and is where the benefit of the chant is absorbed.

83

Which Pitch?

- When you chant by yourself, you can choose a note or tone that is comfortable to chant with:
 - Higher notes resonate more in the head
 - Lower notes resonate more in the pelvis and lower body
 - Your speaking pitch is also called the "heart pitch" and is best for all-purpose chanting.
 - For women, this tends to be in the A-G range
 - For men, this tends to be in the C-E range

84

85

Yantra & Mantra for Ajna Chakra



A circle surrounded by two lotus petals

- The downward-pointed triangle represents this chakra's ability to channel energy downwards
- The wide upper edge represents the mind opening toward pure consciousness

- OM stimulates the chakra's location at the third eye
 - G#5 or 852 Hz
- Each petal in the yantra symbol also contains a Sanskrit vowel bijas
 - Ham and Ksam
- They represent the Ida and Pingala nadis that join here, sun/moon, and all other dualities

85