

## 16 EXPANDING INTUITION

6' / 9' / 11'

### Ajna Meditation

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ASANA  
(POSITION OF THE BODY)

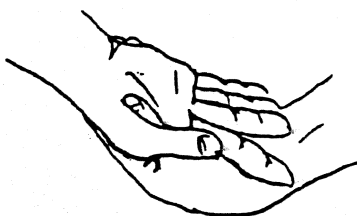
**Easy Pose.** Sit with a straight spine.



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MUDRA  
(HANDS AND ARMS)

The right palm crosses the left palm. The left thumb fits into the right palm with the right thumb crossing it; the hands are placed in the lap. The palms are facing up with the fingers pointing toward the body.



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PRANAYAM  
(BREATH)

The breath will adjust itself to the silent mantra.

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EYES

The eyes are slightly open (1/10 open, 9/10 closed).

SAT NAM HARÉE NA-A-N HARÉE NA-A-N HARÉE:  
HAR-E-E NA-A-N SAT NA-A-N SAT NA-A-N HARÉE

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MANTRA  
(CHANT)

There are two different ways to chant this mantra.

- 1.) Chant the mantra once in each breath.
- 2.) Chant the mantra twice in each breath.

Focus on the breath and on the chanted mantra. After chanting for a period of time you may begin to loose track of what you are saying. Be alert and keep a strong focus on the mantra

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MENTAL FOCUS

There are no time restrictions. Start with 11 minutes and build up to 31 minutes per session.

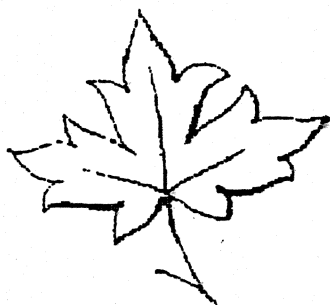
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TIME

This meditation can give you the power to control your mind. The mantra is known as the Nirgun Doi mantra in ashtang (eight-beat) when it is chanted once per breath. When it is repeated twice per breath it is known as the 16 naad variation(sixteen beats).

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COMMENTS



"The greatest power of woman is her sensitivity, not complaining.

If you just agree that you're not going to complain from this minute anymore then you'll get the second part. The second part is that you will automatically become sensitive. If you switch off one side, the other side will go on.

When you give up your right to complain, you will become sensitive and you will become intuitive.

Kundalini yoga makes you extremely sensitive. From the point of sensitivity you will become conscious. Then your higher consciousness starts governing you. You'll have great knowledge.

The mind is above time and space. If you decide not to complain, it will immediately compensate you with intuition."

**Yogi Bajan**

*Bhajan, The Excellence of Woman  
Women in Training IX 1984 p. 131.*