



SAHAJA YOGA

MEDITATION

Feeling the Chakras

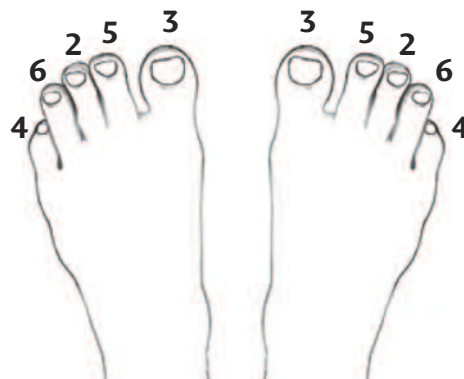
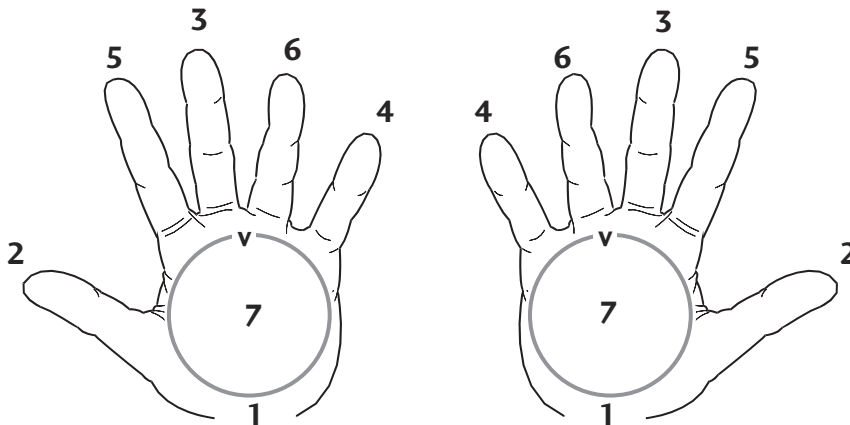
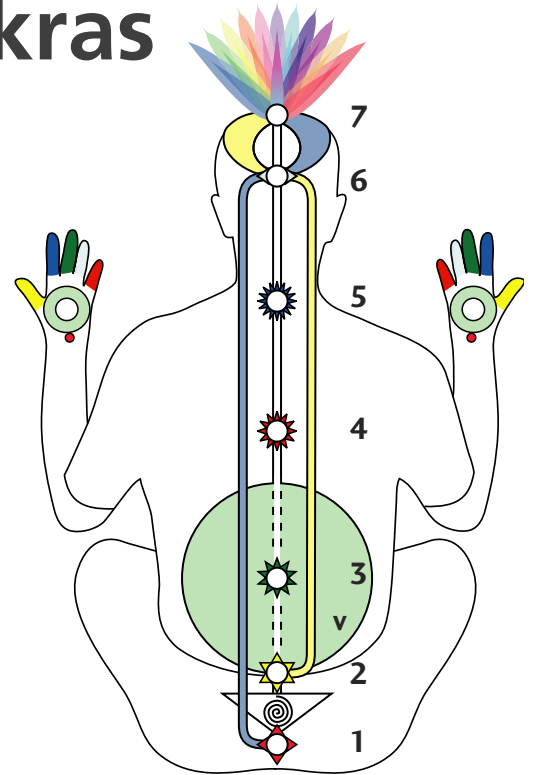
When you meditate, you may notice sensations on individual fingers and toes. For example, you may feel heat, tingling or some other sensation at the tip of your right index finger. This is telling you to pay attention to your right vishuddhi.

These illustrations show the correspondence between what you feel and which chakra is being indicated.

Left hand / left foot = left-side aspect

Right hand / right foot = right-side aspect

Both hands / both feet = center aspect



- 7 Sahasrara (integration)
- 6 Agya (Agya) (forgiveness)
- 5 Vishuddhi (collectivity)
- 4 Heart (compassion)
- 3 Nabhi (satisfaction)
- v Void (self-mastery)
- 2 Swadhishtana (creativity)
- 1 Mooladhara (innocence)

