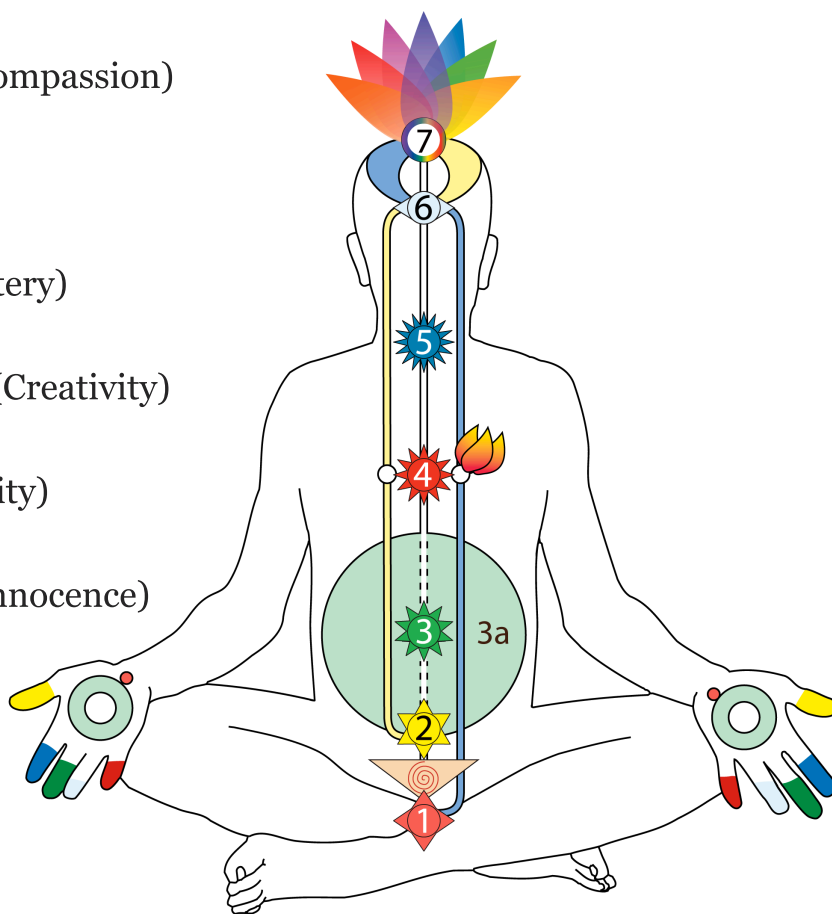


# The Subtle System

- 7 Sahasrara (Integration)
- 6 Agnya (Forgiveness)
- 5 Vishuddhi (Collectivity)
- 4 Heart (Love, Compassion)
- 3 Nabhi (Peace)
- 3a Void (Self-mastery)
- 2 Swadishthana (Creativity)
- Kundalini (Purity)
- 1 Mooladhara (Innocence)

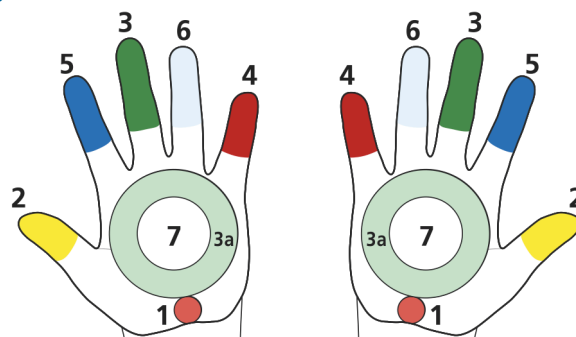


## What are you feeling on your hands?

Left hand = Left channel (moon channel)

Right hand = Right channel (sun channel)

Both hands = Central channel (evolution)



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# SAHAJA YOGA

## M E D I T A T I O N

### How to Meditate

- 1 Find a relatively quiet space with minimum disturbances and, if you like, light a small candle in front of the photo of Shri Mataji, and some incense to help you establish a calm, peaceful environment.
- 2 Remove shoes, glasses, and loosen any tight clothing.
- 3 Sit comfortably with both hands open, palms up, on your lap.
- 4 Take a few deep breaths, then breathe in a quiet, relaxed way.
- 5 Try the Self-Realization Affirmations and hand positions sequence. This will help you to develop the experience of deeper peace — the space between the thoughts.
- 6 If you find it difficult to quieten the mind, repeat Step 5, or say, “Not this thought, not this thought.” Or, clear your left side or right side as shown below.

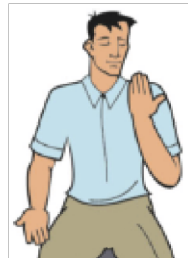
#### Clearing the Left Channel

Left hand on your lap, right hand towards the floor (Mother Earth). If you're sitting on the floor, rest your right hand on Mother Earth.



#### Clearing the Right Channel

Right hand on your lap, bend your left elbow and point your left hand towards the sky.



- 7 Allow your attention to dissolve into the silent space above your head.
- 8 When silent inside, check above your head and see what you feel. Is it cool?
- 9 Take the time to enjoy the peace.