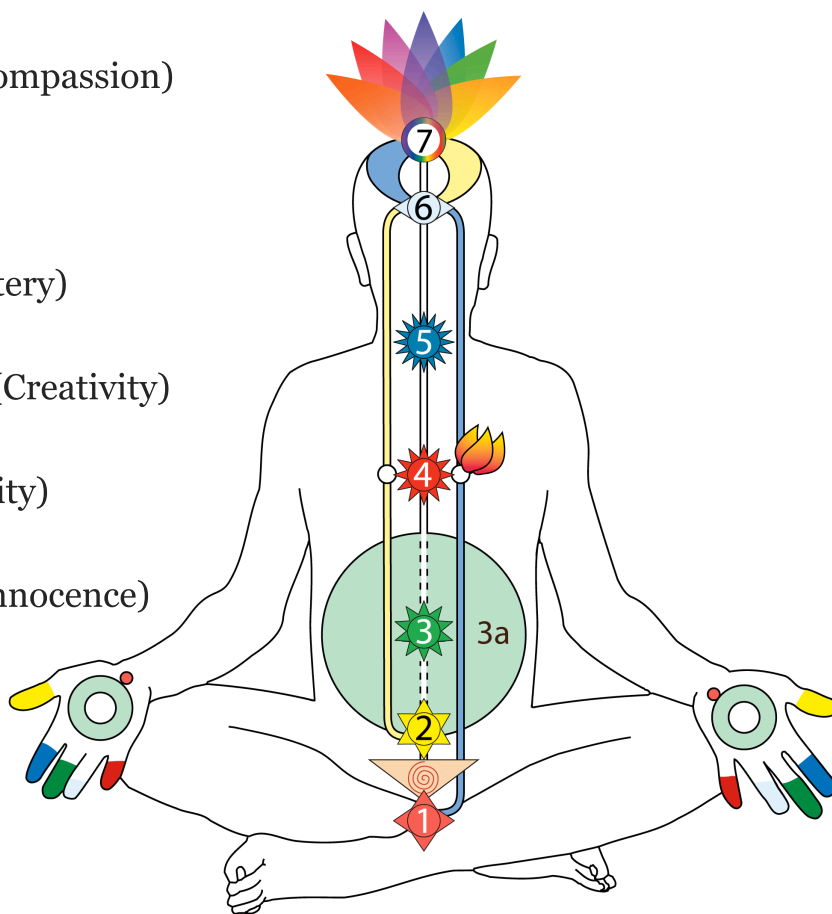


The Subtle System

- 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)

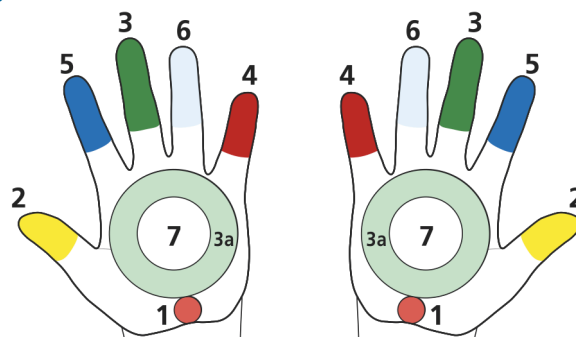


What are you feeling on your hands?

Left hand = Left channel (moon channel)

Right hand = Right channel (sun channel)

Both hands = Central channel (evolution)



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SAHAJA YOGA

MEDITATION

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.

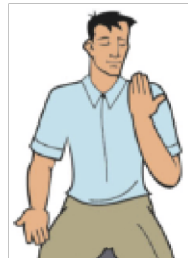
Clearing the Left Channel

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.