

# VIBRATIONS

## COOL AND HOT

Amongst people who practice Sahaja Yoga, you will hear things like “it feels cool” or “I feel cool vibrations when you say that.” A cool feeling in our hands, or on top of our head, means something is nourishing for our personal growth, and a “hot” feeling means it is not. Developing our awareness to vibrations makes our lives a lot easier, since a wise and positive decision will give us cool vibrations.

Not only can we feel our own vibrations, but also the vibrations of other people. Instead of having a mental opinion about someone, feeling their vibrations allows us to use our pure compassion. We can help the other person to get into a state of meditation, and watch their body relax as they stop worrying about the past and the future and start enjoying the present moment.

## SENSITIVITY TO VIBRATIONS

Some people are very sensitive to vibrations and can feel the vibrations of everyone they meet, and even the vibrations of inanimate objects. With practice, most of will feel whether a piece of music or art, or a particular idea, has cool or hot vibrations.

In the beginning, we may not feel vibrations clearly. It may take some time for our nervous

system to calm down enough so it can tell us what is happening at the subtle level of vibrations. After several weeks of daily meditation, most people find their sensitivity improves and they are able to distinguish cool or warm sensations on different fingers and parts of the hand.

## STRENGTHENING THE EXPERIENCE

Try a few simple exercises to strengthen the experience of the meditation. They will also help you feel vibrations if you are not feeling them.

- Raise your inner energy (kundalini) slowly with your right hand.
- Place your right hand on top of your head. Stretch your fingers upwards. Then slowly raise your right hand above your head. Move your hand up until it is about six to ten inches above your head. Notice what you feel. Now lower your right hand, and do the same thing with your left hand. Does it feel the same?

Confidence in your own sensitivity to vibrations will grow the more you practice the meditation. If you have any doubts, ask one of the Sahaja Yoga teachers and you will often find that what you are feeling is also felt by others.