



# SAHAJA YOGA

## MEDITATION

# Balancing the Left and Right Channels

It is normal to sometimes feel tingling, heat or heaviness in one or both hands when we meditate.

Sit comfortably. You can sit on the floor, or sit on a chair. After trying the positions shown below for a minute or two, return both hands to resting on your lap and see if you feel any difference. Do your hands now feel the same?



### Balancing the Left Side

When you feel tingling, heat or heaviness on the left hand, rest your left hand on your lap, the fingers gently stretched out, palm upwards. Place the right hand on the earth, or direct it towards the earth.

### Balancing the Right Side

When you feel tingling, heat or heaviness on the right hand, rest your right hand on your lap, the fingers gently stretched out, palm upwards. Bend the left arm up from the elbow and direct the left palm towards the back.

