

## How to Meditate

Sit comfortably with your back straight. A well lit room with a photograph of Shri Mataji and a candle and some incense placed in front is suggested. Place both your hands with palms upwards on your lap, relax and close your eyes. Sit quietly for a minute or two and gently slow down your breathing.



### Balance the Left Side (approx. 2-3 minutes)

If you are sitting on a chair, point your right hand towards the earth. If you are sitting on the ground, place your right hand on the earth.

With your left hand open in your lap, please ask silently in your heart: “Mother, please remove all the imbalances of my left side into the mother earth.” You can ask this of Shri Mataji or your own Kundalini energy which is your own individual spiritual Mother.



### Balance the Right Side (approx. 2-3 minutes)

With your right hand open in your lap, bend the left arm up and point the palm towards the back.

Please ask silently in your heart: “Please remove all the imbalances of my right side into the ether/sky.”

Place both hands back in your lap with palms facing upwards. With pure desire from your heart, please ask: “Mother, please grant me the state of meditation.” Say this 2-3 times and put your attention at the top of your head.

To help your attention, you can put the palm of your right hand on the top of your head for a few minutes. Then place the hand back in your lap. Sit in this state of silence for as long as you like.

Meditation has just begun.

## Raising the Kundalini Energy

Sit comfortably on a chair. Try to keep your attention relaxed and focused on the top of your head. Raise and “tie up” the Kundalini (A) and put a “shield of protection” (B) around yourself, as shown below, before and after meditation.

### Raising the Kundalini (A)

As the Kundalini rises up the spine, it takes our attention into a state of thoughtless awareness.



The Kundalini strengthens, steadies, and establishes our attention in the highest chakra (Sahasrara), located at the top of our head.

Place the left hand in front of your lower abdomen, palm facing your body. While your left hand is ascending, the right hand rotates around it clockwise, until both hands are above your head. Use both hands to tie a knot. Repeat two more times, finishing with three knots, which fixes your attention and the Kundalini energy above your head.

### Shield of Protection (B)

When a Shield of Protection is taken, it protects our subtle body and preserves the state of meditation.



Hold your left hand out on your lap, palms upwards. Place your right hand over your left hip and slowly raise your right hand over your head and down the right side of your body. Then raise the right hand back up the right side, over your head and down the left side. This is considered as one shield. Repeat this seven times.

## How to Footsoak

This exercise is best done as the last thing before going to bed. It is advised to do this every evening as it greatly helps with the state of meditation.

Take a bowl of water which is at regular temperature, neither too hot or cold. The amount of water should be enough to cover your feet upto the ankles. Put roughly about two teaspoons of salt in this water. Also, keep a mug of clean water (water without salt) and a towel by your side.



Sit comfortably on a chair with your back straight. Place both your hands with palms upwards on your lap, relax and close your eyes.

With pure desire from your heart, please ask: “Mother, please grant me the state of meditation.” Say this 2-3 times and put your attention at the top of your head.

To help your attention, you can put the palm of your right hand on the top of your head for a few minutes. Then place the hand back in your lap.

Sit in this state for 10-15 minutes. Before you get up, rinse your feet into the bowl using the clean water from the mug, dry your feet.

Take the bowl and flush the water down the toilet, then wash your hands.

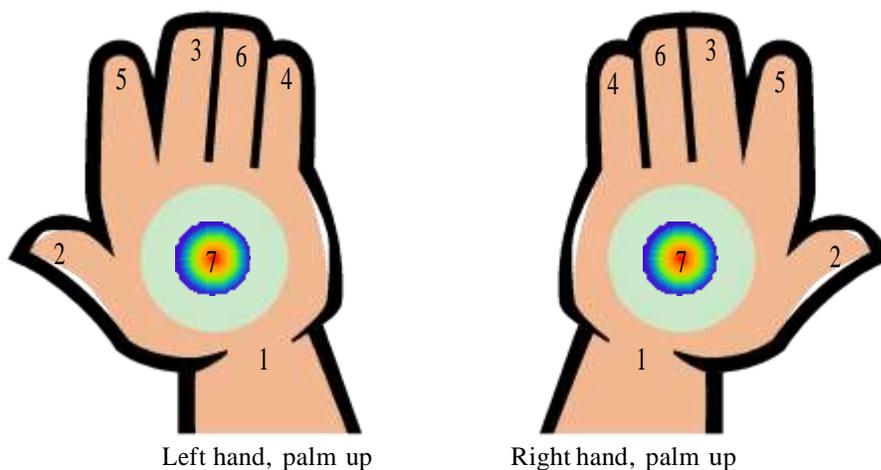
You can continue to meditate if you like.

## How to Decode the Chakras on Your Hands

When you are in meditation you can help your Kundalini to correct problems which cause imbalances in your chakras which we call “catches”, or restrictions to the flow of subtle energy. In order to do this, you need to know the correlation between each finger and its related center.

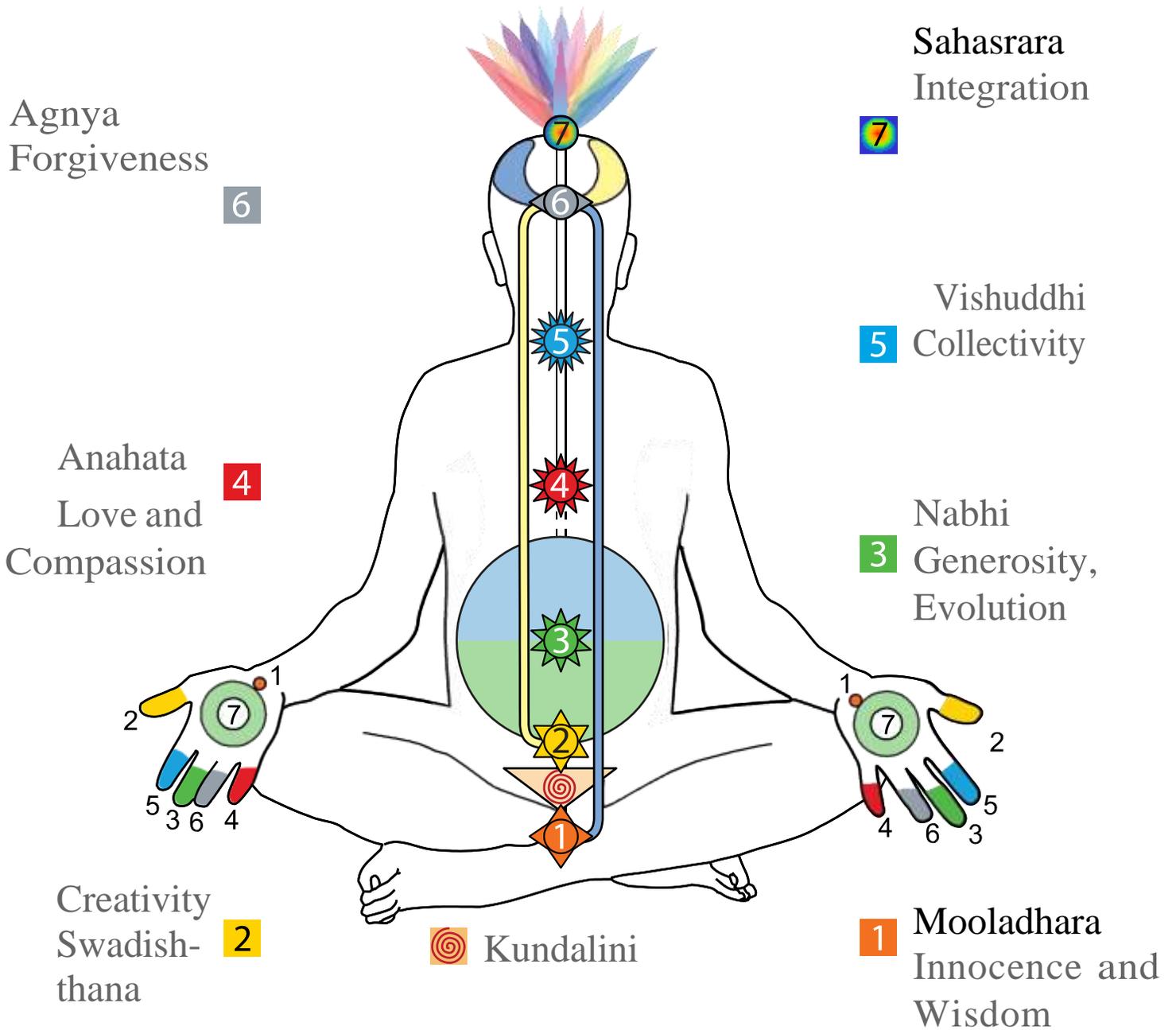
If you are feeling a sensation such as a tingling or heat on a finger or palm on the left hand, it indicates that the catch is on the corresponding center on the left side. If the sensation is felt on the right hand, it indicates that the catch is on the center on the right side. If the sensation is felt equally on both hands, the catch needs to be cleared from the central channel.

Below is a drawing of the hand with the number of the center it represents. On the handout “Chart of Chakras” you’ll find the location of the chakras on the body. Once you notice some sensation on your fingers, identify the center indicated. Place your right hand on the affected centers on the left side or central channel, and left hand on the affected centers of the right channel.



After establishing the state of meditation, just by placing your hand on the chakra needing attention, you are requesting your inner, loving energy to activate and rise to nurture and sooth away any catches. Hold your hand on the center for a minute or two. Place your hand back on your lap and check to see if the sensation on your finger is gone. Repeat as necessary. Spend some of your meditation time just sitting quietly, not thinking about your hands, just enjoying the silence.

# Chakras Chart



## Additional techniques

### Using the Ice Treatment



When we have exhausted the energy in our right side energy channel (nadi) by too much thinking and planning, or too much physical activity, it creates excess heat which is stored in the liver. This heat can make us irritable and can interfere with our ability to reach and stay in the state of thoughtless awareness. Using an ice pack is a simple and effective remedy.

Hold the ice pack on the area of the liver, on your the right side, just below the rib cage, for 8–10 minutes, as shown on the left. This can be done at any time and is especially helpful during meditation.

You will be surprised at the quick change such a simple treatment can bring about.