

Ice Treatment



“The attention is a very important faculty within us. It is often damaged by over-emphasis on the intellectual side of our nature. So the attention itself must be cleansed, steadied and healed. This is a natural process performed by Kundalini.”

– Shri Mataji



Overuse of your right side energy channel (from excessive physical activity or too much thinking and planning) creates excess heat, which is stored in the liver. This heat can make you irritable and interfere with your ability to reach — and remain in — the state of thoughtless awareness. An ice pack can be a simple but effective remedy.

Press the ice pack to your right side in the region of your liver, just below your rib cage. Hold it there for 8 to 10 minutes.

This treatment can be done at any time. It is very effective during meditation.