

It all starts with a deep breath.



Sit comfortably with your eyes closed. Place your hands on your lap with palms up. Repeat the affirmations until you feel peaceful and ready to move on.



1. Put your right hand on your lower left side just above the hip, and quietly say:
"Mother Kundalini, please give me pure knowledge."



2. Put your right hand just below the ribcage and feel confident saying:
"I am my own teacher. I am my own Master."



3. Move the hand on your heart. There is a part of you that is much deeper - your real self, your spirit:
"Mother Kundalini, I am one with my spirit."



4. Move your right hand to your left shoulder, where it meets the neck. Here, reassure yourself:
"Mother Kundalini, I do not feel guilty."



5. Put your right hand across your forehead, lower your head slightly, and say:
"I forgive everyone, including myself."



6. Now, put your right hand on the back of your head. Here, we will ask for our own forgiveness:
"Mother, please forgive me for all my mistakes."



7. Stretch the fingers on the right hand, rotate your scalp slowly 7 times in a clockwise direction, and say:
"Mother, please, strengthen my Self-realization."



"Meditation is the only way you can grow. Because when you meditate, you are in silence, you are in thoughtless awareness. Then the growth of awareness takes place."

Shri Mataji Nirmala Devi, founder



With your right hand check the flow of energy above your head.



Sit quietly for 5-10 minutes with your palms up on your lap and enjoy the silence within!
"Mother, please let me experience true meditation."

Balancing your energy channels.

Center Channel



Place both palms on the earth, or the floor. If you are sitting on a chair, let both hands hang down by your sides. Say inside:

"Mother Earth, please remove all the imbalances."

Left Channel



Place your left hand in the lap and your right palm on the earth or floor. If you are sitting on a chair, let the right hand hang down by your side. Pray to Mother Earth:

"Please remove all the imbalances from my left channel."

When there is an imbalance in the left channel, we may feel lethargic, depressed, or overly affected by our past.

Right Channel



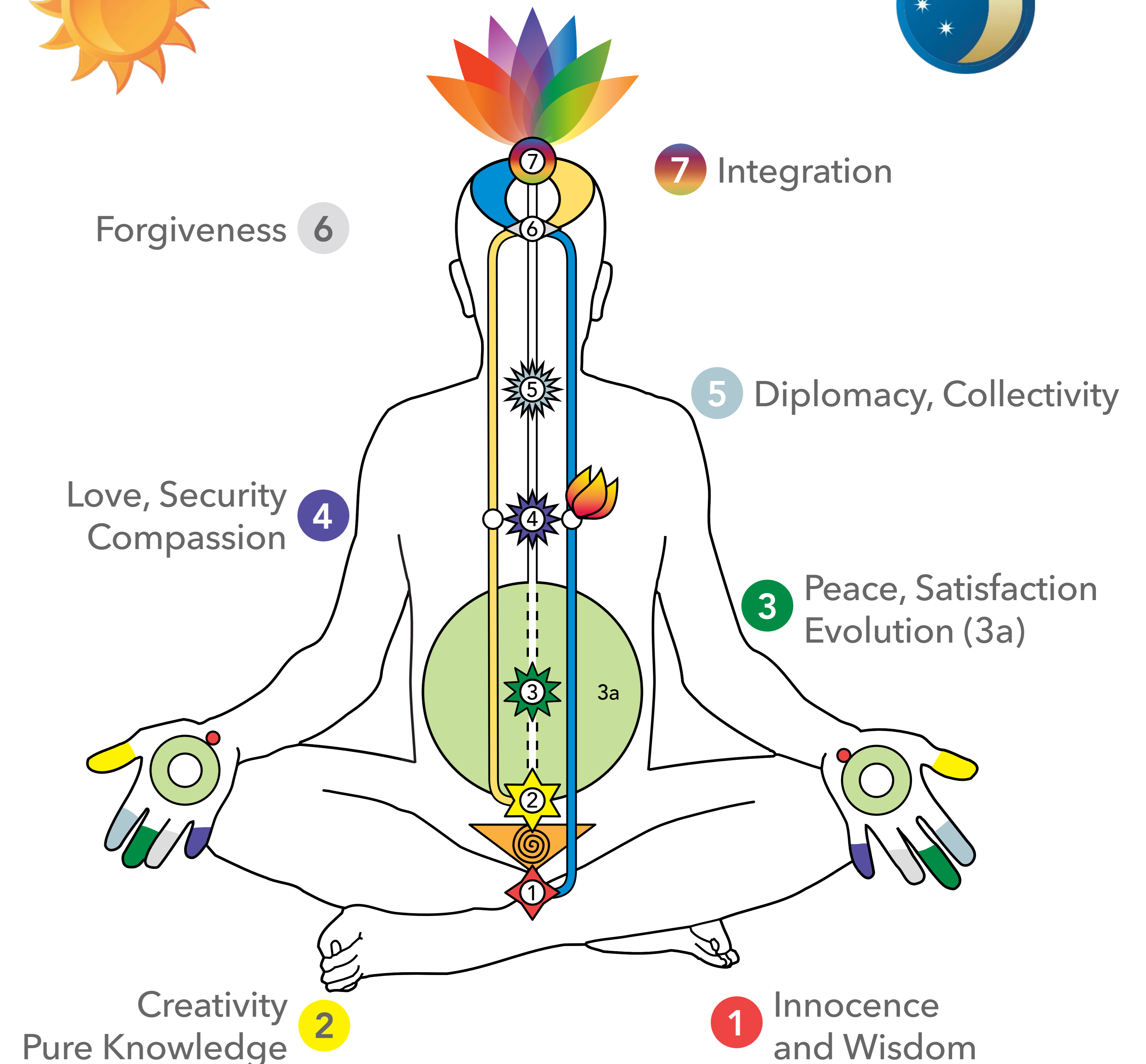
Place your right hand in the lap and hold your left hand up with the palm facing backward so the heat can escape into the ether. Say inside:

"Please clear my right channel."

When the right channel is overactive, we feel stressed from too much thinking, planning, or working.

Establish a 15-min daily meditation routine.

- Set up your meditation place and set a reminder.
- Start your day with a morning meditation to set the tone for the entire day.
- Close your day with evening meditation and foot-soaking to let go and unwind.



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