

— MEDITATION & BALANCING GUIDE —



*“Only in meditation you are in the present  
and you grow in your spirituality”*

Her Holiness Shri Mataji Nirmala Devi  
Founder of Sahaja Yoga Meditation

After your self-realisation experience you can use this guide to learn some simple Sahaja Yoga meditation and balancing techniques to deepen your self-realisation experience in the state of inner peace and thoughtless awareness.

[>>> Get your Self-Realisation here >>>](#)

## — How to meditate at home —

1. Choose a place where you can sit quietly and undisturbed for about 10 minutes each morning and/or evening.
2. Remove your shoes, to give you a connection with Mother Earth. Sit on a chair or on the floor, as you wish.
3. Sit comfortably with both hands open, palms up on your lap. Take a few deep breaths, then breathe in a quiet, relaxed way.
4. Now raise and “tie up” your Kundalini and take a protective “Bandhan” as shown in the section on Meditation Exercises. This serves as a gentle way to start and conclude your meditation.
5. Keep your attention above your head. Let your thoughts go and try not to follow them.
6. If thoughts continue, say gently within yourself, “Not this thought” or “I forgive myself, I forgive everyone”.
7. When you are peaceful, see if you can feel a gentle cool breeze on your hands, or gently blowing upwards above your head.
8. When you feel the cool above your head, leave your attention there and rest both hands on your lap, palms up.
9. Relax and enjoy the peace and silence.
10. Meditating daily for 10 minutes will help to strengthen your experience.



## — How to start your meditation —

To keep your attention relaxed and focused on the top of the head (fontanel), raise and “tie-up” your **Kundalini**<sup>1</sup>(A) and place a protective “**Bandhan**”<sup>2</sup> (B) around you, as shown below, before and after meditation.

1- The **Kundalini** is the primordial feminine power which exists in a dormant form in every human being. Once awakened through meditation, the Kundalini provides the spiritual nourishment needed for the individual to transcend to a higher state of consciousness.

[refer: <https://shrimataji.org/kundalini/>]

2- **Bandhan** is the Sanskrit terminology for a cyclic movement around an object.

### A) Raising the Kundalini, Figs. 1 – 4

As the Kundalini energy rises up through the spine, it takes the attention into a state of thoughtless awareness. The Kundalini strengthens, steadies and establishes the attention in the highest subtle centre, located in the fontanel area.

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



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— 2 —

— 3 —

— 4 —

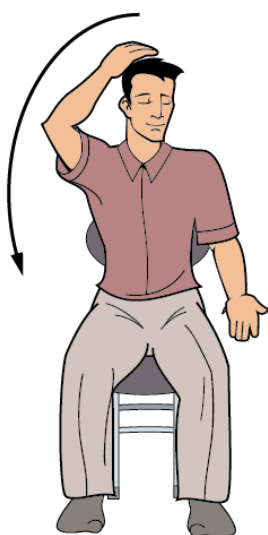
## B) Taking a Bandhan, Figs. 5 – 8

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

Hold the left hand out on your lap, palm 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 up the right side, over your head and down the left side. This is one Bandhan. Repeat seven times.



— 5 —



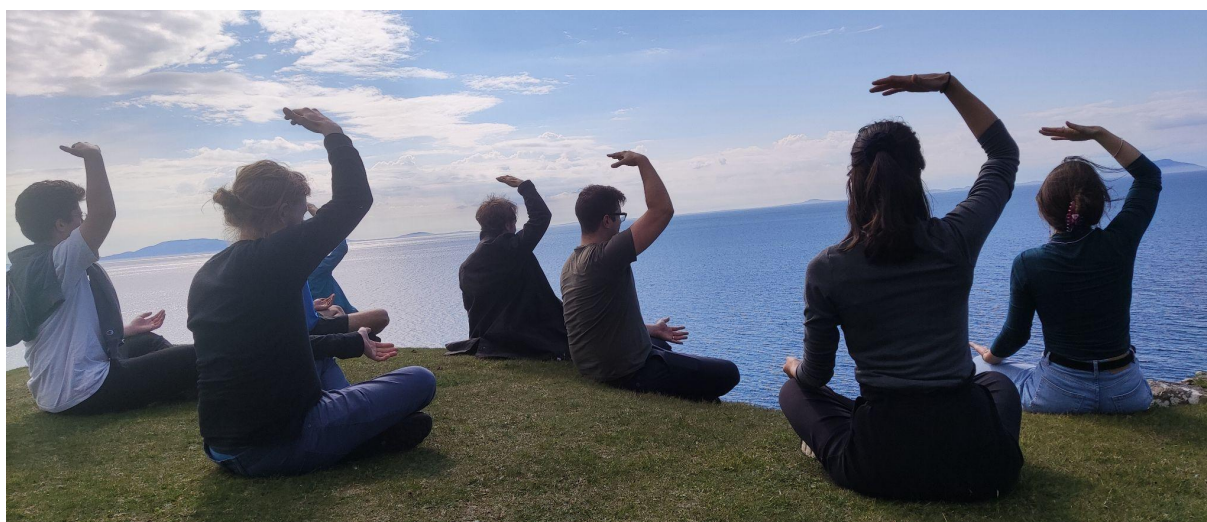
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# — Simple Sahaja Yoga Meditation & Balancing Techniques —

## 1) Balancing our subtle system

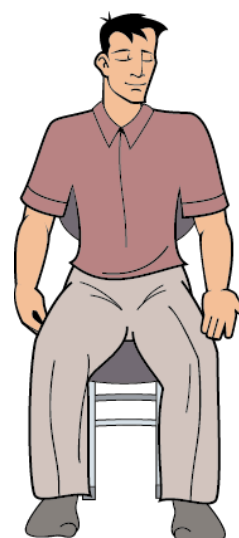
Thoughts are generally about the past or the future - but in true meditation we gradually develop the ability to anchor ourselves in the present moment, to be in the flow without the clutter of thoughts. The left and right channels of our Subtle System look after our past and future. Use these balancing techniques to balance these channels.

### ➤ Balancing the Left Side

For sensations such as tingling, heat, or heaviness on the left hand, hold the left hand out towards the candle with your palm upwards. Place your right hand on the earth or direct it towards the earth.

Reasons for left side imbalances:

- Lethargy
- Focus on the past
- Being over-emotional
- Depression and loneliness



### ➤ Balancing the Right Side

For sensations such as tingling, heat, or heaviness on the right hand, hold the right hand out towards the candle, palm upwards. Bend the left arm from the elbow with your fingers pointing to the sky and palm turned backwards.

Reasons for right side imbalances:

- Over activity and exhaustion
- Futuristic thinking
- Excessive planning and overworking
- Aggressiveness and anger
- Tendency to dominate others





## 2) Foot soaking

A foot soak is best done last thing at night before going to bed. This enables you to cleanse yourself subtly from the accumulation of stress and imbalances collected throughout the day. You will find that your quality of sleep is enhanced and your meditations are deeper.

For doing a foot soaking you would need the following items: a) a small bucket/tumbler, b) a jug, c) a towel. You can light a candle and incense to create a meditative atmosphere.

You can raise and “tie-up” your Kundalini as described in the section on Meditation Exercises, preferably before and after your foot soak.

### ➤ Method

1. Fill up the bucket/tumbler with some warm or cold water (depending on your balancing requirements – use warm water for balancing left side problems and vice versa use cold water for balancing right side) and add a small handful of salt.
2. Fill a separate jug of water and keep it near your chair to rinse your feet after the foot soak.
3. Sit comfortably on a chair with your palms up and towards a lit candle on a table in front of you.
4. Place your feet in the bucket/tumbler.
5. Meditate while soaking your feet for 10 to 15 minutes, with your eyes open.
6. After you have finished your foot soak, use the jug of water to rinse your feet and use the towel to dry them.
7. Flush the water down the toilet and wash your hands.
8. It is important not to use this bowl for any other purpose other than your foot soak





### 3) Three Candle Technique to Balance the Left Side

**Note:** You should ensure complete safety of all objects at home and your personal self while implementing this technique.

Fire is one of the five elements. A lit candle represents this element and is a powerful tool to help you to balance your left side. Some reasons to use this treatment may be if you feel lethargic, down or lonely for instance.

Sit for meditation with your palms facing upwards and extended towards the Meditation picture of Shri Mataji, which has a lit candle in front of it. For this exercise it may be easier to sit on the carpet or on a stool.

Place three lit candles around the left side of your body. One positioned at a safe but close distance behind you, the second is placed beside you and the third in front of you and before your left hand. Raise the Kundalini and take a Bandhan. To increase the effect, you can also place the right hand on the mother earth, or if you are sitting on a stool, let the right arm point down toward the earth.

Sit for 5 – 10 minutes in a meditative state.

### 4) Looking through a Flame

To cleanse the 6th centre of the subtle body (situated on your forehead) you can use the fire element by looking through the flame at the Meditation picture of Shri Mataji, especially the spot on her forehead.

Maintaining your focus on the Meditation picture, look through the candle flame, first with the left eye, then with the right eye, and lastly with both eyes.

The candle should be held about 30 cm away from the head in order to avoid too much heat. This exercise can be practiced for several minutes at a time.



## 5) Ice-pack

### When we need to use this balancing technique:

Our liver plays a major role in metabolism and has a number of functions in the body including detoxification. Excessive thinking and planning overworks this process and exhausts this organ.

The second energy centre looks after the liver (along with the third center). If the liver has to cope with excessive thinking, then the other organs it is supposed to support are neglected. The liver is particularly susceptible to this neglect. Problems here are indicated by tingling in the thumb and middle finger of the right hand, or by prickling sensations in the hands. In our subtle body the liver is of particular importance since it is the seat of our attention.

Attention should not be confused with thought, which comes from ego (our I-ness) and superego (our past conditionings and upbringing). Attention is pure concentration without thought/mental activity.

The liver is susceptible to overheating (especially through alcohol or other stimulants) which has a detrimental effect on our attention, ultimately weakening our meditations. If it needs to cool down, we can use a small ice-pack.

### Using the ice-pack

Place an ice-pack on the liver, which is on the right side of the second and third centers and positioned just under the rib cage. If you don't have an ice-pack bag or gel at hand, an ice-pack can be made by placing some ice cubes in a water tight container. An ice-pack can be applied while you take a cold foot soak to enhance the benefits.

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