

# The Three Channels

## The Left Channel (Ida Nadi)

**Function:** The left side represents our past and our subconscious. It expresses our desires, our emotions and our memories. Unbalances on the left side causes fatigue, passivity and sadness.

**Properties:** A left sided person is an intuitive and emotional human being who thinks a lot of the past. He or she can easily get stuck in bad habits, has a bad self-confidence and is often dominated by others.

**Examples of unbalances:** Low blood pressure, infections, mental diseases and epilepsy.

## The Right Channel (Pingala Nadi)

**Function:** The right channel represents the future and reason. We are used to thinking, acting and planing. Unbalances on the right channel are caused by over activity, for example planning too much.

**Properties:** Right sided people are outgoing and overactive. They have difficulties to wind down and find peace within themselves. They are often aggressive, can dominate others and like to argue. They work a lot and take on to many responsibilities. Their emotions are suppressed and they are insensitive to how other people feel.

**Examples of unbalances:** Stress, high blood pressure, headaches, and problems with the heart, liver and kidneys.

## The Center Channel (Sushumna Nadi)

**Function:** The centre channel is the channel where Mother Kundalini is rising. When she is awakened she takes our attention to the centre channel and gives us balance. The centre channel represents the present, and dharma (ethics). It is also the channel for the human evolution, how we have evolved from Amoeba to Homo Sapiens. Throughout history one chakra has been established at the right time causing major leaps in the evolution. Our goal is to always be in the centre channel and to avoid extremes. That is how we will evolve spiritually.



# Lifting Kundalini & Bandhan

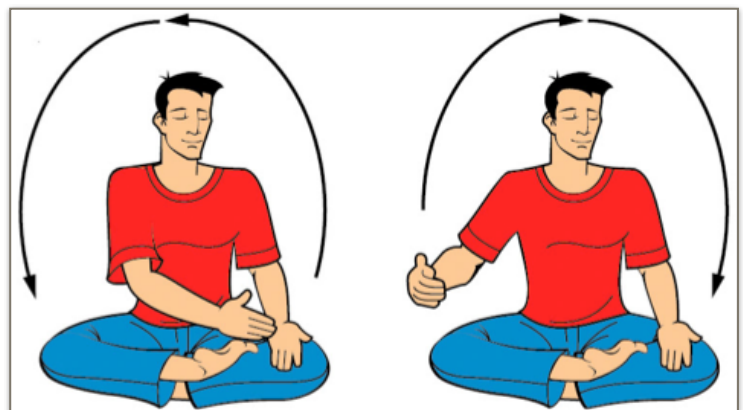
## Lifting Kundalini

Start by putting your left hand in front of the lower part of your abdomen with the palm facing yourself. Rotate the right hand around the left hand and lift both hands along the body and up above your head. Tie a knot above your head. Repeat this 3 times. The third time you tie 3 knots. This is an exercise that helps us to keep our attention in Sahasrara.



## Bandhan

Bandhan means protection in Sanskrit and is an exercise that protects the seven chakras. Keep your left hand on your knee with the palm facing up. Put your right hand at your left hip and lift the hand above your head and down to your right hip. Then go the same way back, lift your hand above your head and down to the left hip. Do this movement seven times, one for each chakra. It is very good to lift Kundalini and take Bandhan when we are leaving our homes.



# Balancing the Subtle System

## With the hands

**Balancing the left side:** If you feel tired you can balance the left side with this exercise. Sit on the floor or on a chair and put your left hand on your lap with the palm facing up. Put your right hand on the floor or point it towards the floor. Sit like that for some time with your attention on top of your head and just let go of all the negativity in your left channel as it moves out from your right hand into Mother Earth.



**Balancing the right side:** If you are overactive you can balance the right side with this exercise. Put your right hand on your knee with the palm facing up. Lift the left hand towards the sky. Sit like that for some time with your attention on top of your head and just let go of all excessive heat in the right channel. You can imagine it is going out like smoke going out from a chimney.

**Balancing the Chakras:** Put your left hand on your knee with the palm facing up. Use your right hand and rotate in clockwise circles in front of the chakra you want to balance. Imagine that you are a clock and rotate in the direction of the hands. Now the negative energy in chakras are released and you can throw them away.



## Foot soak

This exercise is good to as evening meditation. Take a bowl of water and put a handful of salt (preferably sea salt) into it. If you feel overactive take cool water, if you feel tired take a bit warmer water. If you feel OK take lukewarm water.

Sit for ten minutes and let the saltwater absorb the negativity from your chakras. Rinse your feet and flush down the water in the toilet. Use the bowl and towel only for this purpose.

In the summer it's nice to take a foot soak outdoors, in a lake or in the sea.



# Meditate at home

## Preparations

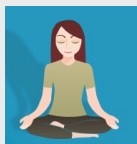
To get started create a place in your home which you are using for your meditation. It can be a corner of your living room or if you have the possibility to have a separate room it is even better. If you want you can use a photograph of Shri Mataji and light a candle in front of it (you can use the picture on the last page). Shri Mataji has her complete Kundalini power enlightened and by using the picture it helps our own Mother Kundalini to rise more easily.

## The meditation

Sit comfortably on the floor or on a chair with palms facing up. Use the affirmations on this page and put your hand on the respective place on the body.

## Conclusion

Sit with your attention on top of the head for some time. Conclude the meditation by lifting Kundalini and taking Bandhan (see next page). If you want to have some variation you can just sit for 5-10 minutes with your attention on top of your head with or without music. If it's



1. Put your hand on your heart and ask (3 times):

**Mother, who am I?**



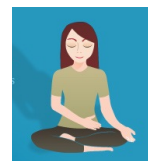
2. Put your hand on the upper part of the abdomen on the left side and ask (3 times):

**Mother, am I my own Master?**



3. Put your hand on the lower part of the abdomen on the left side and say (6 times):

**Mother, please give me the pure knowledge.**



4. Put your hand on the upper part of the abdomen again and say (10 times):

**Mother, I am my own Master.**



5. Put your hand on your heart again and say (12 times):

**Mother I am the pure Atma.**



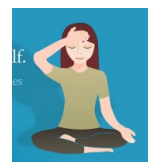
6. Put your hand on the left side of the neck. Turn your head softly to the right and say (16 times):

**Mother I am not guilty.**



7. Put your hand on your forehead and say (any amount of times):

**Mother I forgive everybody and I forgive myself.**



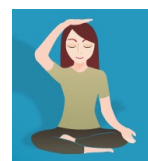
8. Put your hand on the backside of your head and say (any amount of times):

**Mother, please forgive me for the mistakes I have done.**



9. Put your hand on top of the head, stretch your fingers backward and press your hand on the head. Turn your hand 7 times clockwise and say (7 times):

**Mother, please give me my self realisation.**



# Affirmations

## 7 Sahasrara

Mother, please give me my Self Realization

## 6 Agnya

*Left:* Mother, please forgive me  
*Centre:* Mother, teach me how to forgive  
*Right:* Mother I forgive

## 5 Vishuddhi

*Left:* Mother, I am not guilty  
*Centre:* Mother, teach me to witness  
*Right:* Mother, please teach me to communicate in a sweet manner

## 4 Anahata

*Left:* Mother, I am the pure spirit  
*Centre:* Mother, please make me brave  
*Right:* Mother, please make me responsible

## 3b Void

*Left:* Mother, you make me my own Guru  
*Centre:* Mother, please make me my own Guru  
*Right:* Mother, you are my Guru

## 3 Nabhi

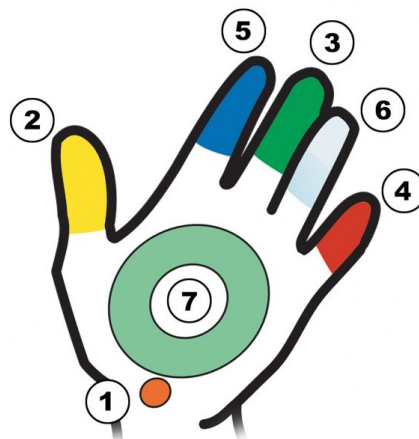
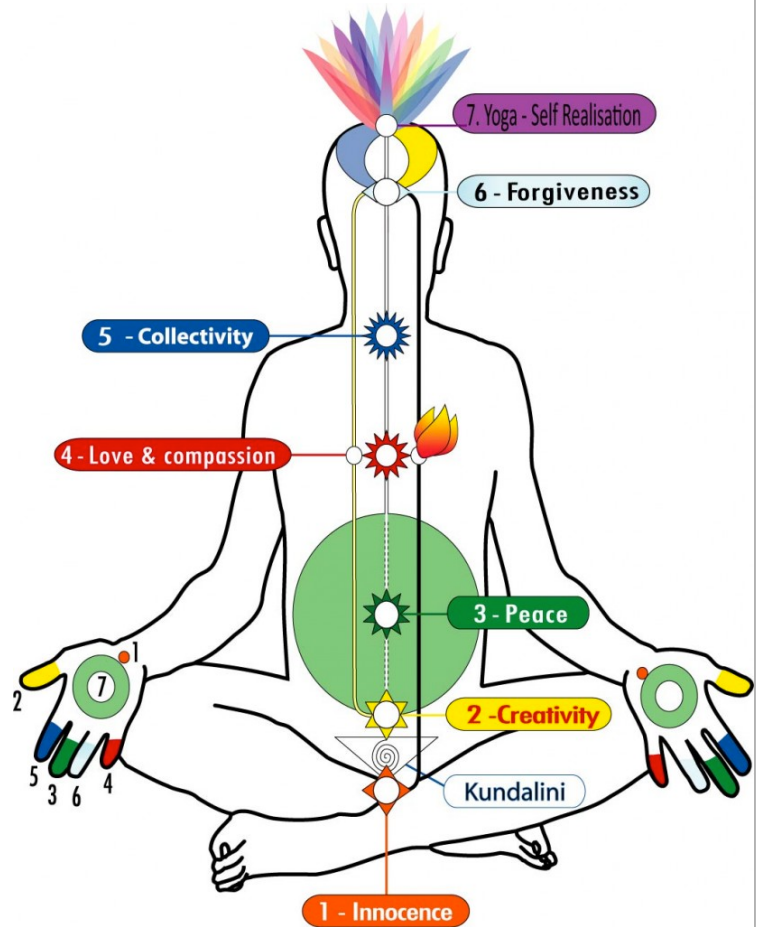
*Left:* Mother, I am peaceful  
*Centre:* Mother, please make me satisfied  
*Right:* Mother, you give me dignity

## 2 Swadisthana

*Left:* Mother, please give me the pure knowledge  
*Centre:* Mother, please make me creative  
*Right:* Mother, please give me pure attention

## 1 Mooladhara

*Left:* Mother, I am innocent  
*Centre:* Mother, please make me innocent  
*Right:* Mother, you remove all negativity





## Icepack

If you feel overactive use an icepack to cool down your liver. Use a normal ice pack that you use for your cool box. Put a towel around it and put it on the liver. The liver is placed on the right side of the stomach. Sit for a while with your attention on top of the head.





## The Candle Treatment


If you are feeling tired you can use a candle to work on your left side. Take a candle end and a small plate, you can use the ceramic plates that are used to put flowerpots on. Light the candle and let some stearin pour down on the plate. Fix the candle on the plate. Now you can move the candle up and down along your left channel. Remember when coming to the forehead the left channel is crossing over to the right side of the head.



## More Information

 [www.sahajayoga.se](http://www.sahajayoga.se) [www.freemeditation.com](http://www.freemeditation.com) [www.sahajayoga.org](http://www.sahajayoga.org)

 Sahaja Yoga Sweden

 Sahaja Yoga Stockholm & Sahaja Yoga Göteborg

## Photo of Shri Mataji

Here is a photo of Shri Mataji, you can cut it out and put it in a frame and use it for your meditations.

