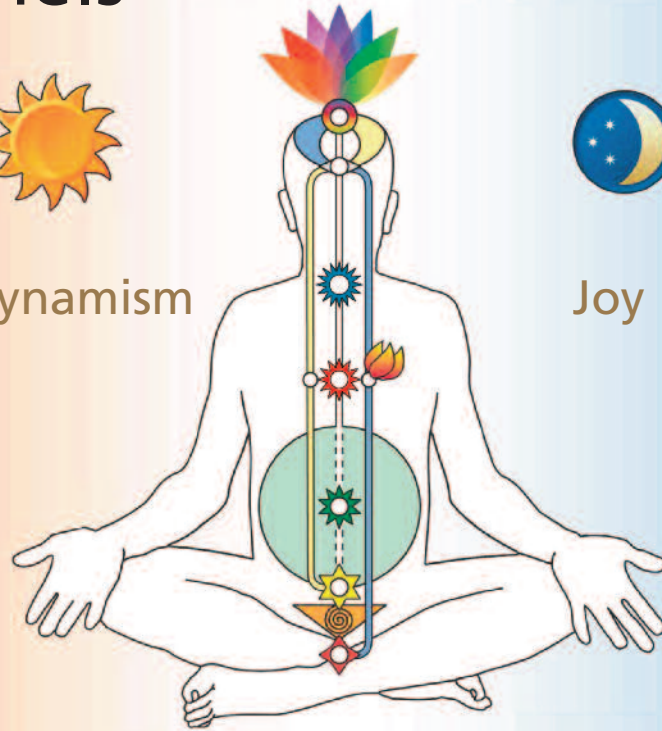


The Three Channels

SAHAJA YOGA
MEDITATION



Dynamism



Joy



Right Channel

Future

Physical and mental activities, attention

Central Channel

Present

Balance, evolution, spiritual growth

Left Channel

Past

Joy, emotions, feelings, desires