

## Balancing Techniques



Thoughts are generally about the past or the future. Sahaja Yoga Meditation helps us to establish ourselves in the present, without any thought. The left and right channels of our subtle system look after our past and future. We balance these channels using these techniques.

Sit comfortably, with your back straight. Rest both hands on your lap (palms facing upwards). Close your eyes, gently slow your breathing, and sit quietly for a minute or two.



### Clearing the Left Side

- If you're sitting on a chair, point your right hand down, towards the earth. If you're sitting on the floor, place your right hand on the floor. Sitting outside on the ground is recommended.
- With your left hand open in your lap (palm up), ask from your heart: "Mother, please remove all the imbalances of my left side into the Mother Earth."



### Clearing the Right Side

- With your right hand open in your lap (palm up), bend your left arm upward, with your left palm facing back over your left shoulder.
- Ask silently from your heart: "Mother, please remove all the imbalances of my right side into the ether or sky."

- Place both hands back in your lap, palms facing upwards.
- With pure desire from your heart, say, "I want to experience a deep state of meditation."
- Repeat this 2-3 times, directing your attention to the top of your head.

To direct and focus your attention, you may find it helpful to place your right palm on top of your head for a few minutes. Then, place your right hand back in your lap and sit in this state of silence for as long as you like.