

# How to Meditate at Home

- Make sure you have a meditation altar set up.
- Aim of every meditation: to feel balanced, relaxed and reach the thoughtless state and sustain yourself there as long as you can.
- All resources described (music, talks, demos) are on [www.freemeditation.com.au/21days](http://www.freemeditation.com.au/21days)





# MORNING MEDITATION

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**In the morning (4 – 5am is the best time/before work)**

- 1) Raise your kundalini and put on a bandhan
- 2) Do left/right clearing- see what you are feeling on both hands and fingers
- 3) If you feel you need a candle on your left side, you can use one. If you feel you need an ice pack/footsoak, go ahead.
- 4) Listen to some meditation music
- 5) Listen to Shri Mataji's talks
- 6) Sustain and enjoy the thoughtless state as long as you can
- 7) When you feel ready, raise your kundalini and put on a bandhan

# EVENING MEDITATION

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## In the night (evening/before going to sleep)

- 1) Raise your kundalini and put on a bandhan
- 2) Do a footsoak
- 3) Do left/right clearing- see what you are feeling on both hands and fingers
- 4) Listen to some meditation music
- 5) Listen to Shri Mataji's talks
- 6) Sustain and enjoy the thoughtless state as long as you can
- 7) When you feel ready, raise your kundalini and put on a bandhan

## Other

- Practice the Self-Realisation steps at least once a week for the first 3months





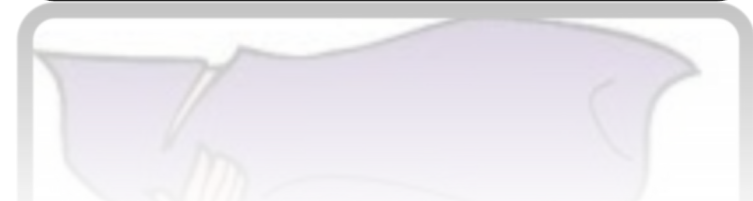
# Meditation Altar



## Candle technique



## Ice pack technique



# Footsoak

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- Warm water if feeling left sided
- Cooler water if feeling right sided
- Room temperature if feeling neutral



# Left/right affirmations

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## Left

Mother, please clear my left channel and remove any negativities into the Mother Earth.  
Please rid of any past/emotional issues and guilt.

## Right

Mother, please cool down my right channel and remove any negativities into the ether.  
Please take away any future worries, anxiety and planning.

## Centre

Mother, please keep me in the present and in balance.