

First Steps To Meditation 1

Sit comfortably on a chair or on the floor. Try to keep your attention relaxed and focused on the top of the head (fontanel). Raise and “tie up” your Kundalini¹ energy (A) and put a protective “Bandhan²” (B) around yourself, as shown below, before and after meditation.



A) Raising the Kundalini, Figs. 1 – 4

As the Kundalini energy rises up 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.

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.



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, palms 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.

¹ **Kundalini** - Considered by adepts of traditional yoga to be the primordial feminine power which exists in a dormant form in every human being. Once awakened through meditation, the Kundalini provides the spiritual power needed for the individual to transcend to a higher state of consciousness.

² **Bandhan** – A sanskrit terminology for circlic movement.

The Affirmation Exercise 2

It will help to go through this exercise at the beginning of the meditation in order to calm and clear the subtle body. You can say 'Mother' - addressing the Mother Kundalini - before each affirmation if you wish. Note that the affirmations are said silently and that the number of repetitions is for guidance only. **There are three phases to this process.**

 <p>1 Introspection</p> <p>1</p> <p>Who am I? <i>(Repeat 3 times)</i></p>	 <p>2 Activation</p> <p>2</p> <p>Am I my own master or teacher? <i>(Repeat 3 times)</i></p>	 <p>2 Activation</p> <p>3</p> <p>Please activate the pure knowledge of my true self. <i>(Repeat 6 times)</i></p>
 <p>3 Assertion</p> <p>4</p> <p>I am my own master or teacher! <i>(Repeat 10 times)</i></p>	 <p>3 Assertion</p> <p>5</p> <p>I am not just this body and intellect! I am the pure love and joy. <i>(Repeat 12 times)</i></p>	 <p>3 Assertion</p> <p>6</p> <p>I am not guilty! <i>(Repeat 16 times)</i></p>
 <p>7</p> <p>I forgive everyone! <i>(Say this with sincerity and as many times as you feel necessary.)</i></p>	 <p>8</p> <p>Please forgive me if I have made any mistakes! <i>(Repeat from your heart)</i></p>	 <p>9</p> <p>May I have my Self Realisation, <i>(Repeat 7 times)</i></p>

Guilt is a negative emotion that many of us don't even realize we have. It stops our joy and freedom. It blocks this throat chakra.

Foot Soak



A foot soak is best done last thing at night before going to bed or when coming home from work. This enables you to cleanse yourself subtly from the accumulation of stress and imbalances collected throughout the day and clears the first three chakras.

You will find that your quality of sleep is enhanced and your meditations are deeper.

Method

- Sit comfortably on a chair with your palms up and towards a lit candle - and picture of Sri Mataji if you wish to - on a table in front of you.
- Place your feet in a bowl of warm or cool water (depending on your balancing requirements) containing a small handful of salt.
- Have a jug of water and a towel ready to rinse and dry your feet after you have finished.
- Meditate while soaking your feet for 10 to 15 minutes, with your eyes open or shut. When finished rinse and dry feet.
- Flush the water down the toilet and wash your hands.

It is important not to use this bowl for any other purpose other than your foot soak.

Three of the five elements are used in foot soaks, namely fire (candle), water and earth (salt).

These elements are used to cleanse and balance the subtle body and will be discussed in detail at a later stage in the course.



Some More Treatment



Three Candle Treatment to Balance the Left Side

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 lit candle and/or photo in front of you. 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 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 state of mental silence.

Looking through a Flame

To cleanse the 6th centre of the subtle body we again use the light element by looking through the flame of a candle. Maintaining your focus on the candle flame, first with the left eye, then with the right eye, and lastly with both eyes. The candle should be held about 30cm away from the head in order to avoid too much heat. This exercise can be practiced for several minutes at a time. This is also excellent for the eyesight.

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 look after 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. The liver has a particular importance in that it is the seat of our attention¹.

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 minus thought/mental activity. The liver is susceptible to overheating (via alcohol or other stimulants) which has a detrimental effect on our attention, which ultimately weakens our meditations and so on.

Using the Ice-pack

Place an ice-pack on the right second centre and position it above the junction of the torso and right leg and just under the rib cage. An ice-pack can be made by adding water to a plastic drink bottle and frozen, if you don't have anything else at hand. An ice-pack can be applied while you take a cold foot soak to enhance the benefits. Best not to apply directly to the skin but should be cold enough to cool the liver. You can also apply while you are doing activities such as cooking, reading or computer etc. To be kept for 10-15 minutes.

¹ In the yoga tradition.

Meditation @ home



Find a quiet and peaceful place to meditate at home. You could have some flowers. You could try meditating with the photo of Sri Mataji who emits peace and silence. You could light a candle. If you like incense this could also purify the atmosphere and help create a meditative atmosphere. Indian classical music is closely related to the chakras and will also help.

Raise and “tie up” your Kundalini and take a protective “Bandhan” as shown previously. Open your hands and place them, palm upwards, on your lap. Close your eyes. Try to keep your attention relaxed and focused towards the top of the head without forcing it. Maintain this meditative state for the next 15 - 20 minutes. During this period, allow your mind to be silent. You may find your thoughts wandering to past or projected future events. Try to witness them and let go, gradually letting the peace settle in. After meditating, raise your Kundalini again using your hands and take a Bandhan.



To begin with, you may only be able to experience mental silence for short periods of time. Longer periods of mental silence will be sustained as you progress and balance your subtle body. The true benefits of meditation will be experienced in all areas of your life, including your professional one and your emotional life will become very balanced and joyful. Regular balancing and meditation will enhance your attention and aware-ness. The more you meditate and practice the state of silent attention, the more you will improve your life, health and spirituality.

Simple Steps to a Meditative State

In order to meditate, our subtle body needs to be clear and balanced. The following sequence of affirmations will create such a balance and ease your way into a meditative state.



**I am the Spirit -
-the inner joy
bliss, peace
and
consciousness**
(Repeat 3 times)



I am not guilty
*(Repeat as many
times as you feel
comfortable)*



**I forgive
everyone**
(Repeat 3 times)



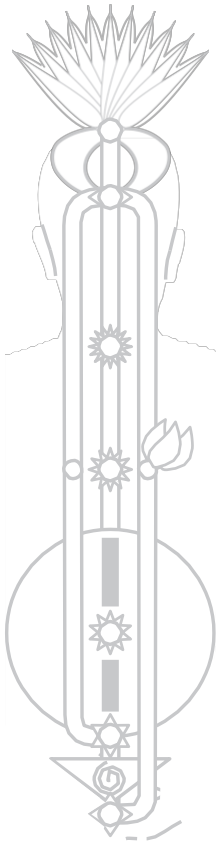
**Please forgive
me if I have
made any
mistakes**
(Repeat 3 times)



**Please
allow me to
realize my
True Self**
(Repeat 3 times)

Subtle channels

6



Energy - Channels	Left	Centre	Right
Qualities	Desire Emotion Past	Evolution Balance Present	Action Thinking Future
Subtle aspects	Feminine motherly qualities Love Compassion Kindness Joy of life	Innocent childlike qualities and compassion Working for humanity, Balance in life	Masculine fatherly qualities Rationality Dignity Physical activity
Cause of blockage	Lethargy Focus on the past Being over emotional Depression & loneliness	Extremes Lack of self-respect Hedonism	Over activity Futuristic, Workaholic Aggressiveness, Anger, Domineering, Exhaustion

Balancing

7

Balancing the subtle body will enhance your meditative state and therefore your ability to strengthen your subtle awareness. Prepare yourself for meditation with a candle, photo etc. Seated comfortably in a chair or perhaps the floor, raise the Kundalini and take a Bandhan. Maintain mental silence and put your attention on your hands. Try to feel what sensations you experience, such as coolness or tingling. Other sensations such as discomfort, heat or heaviness in one or both hands may also be felt.

Our hands reflect the subtle body. To start with, we will deal with left and right side balancing techniques.

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.

Some Reasons for Left Side Imbalances

- Lethargy - tiredness
- 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 up from the elbow with your fingers pointing to the sky and palm turned backwards.

Some Reasons for Right Side Imbalances

- Over activity and exhaustion.
- Futuristic thinking.
- Workaholic.
- Aggressiveness and anger.
- Domineering.



Elements & Clearing



Element	When to use	How to use	General Benefits
Earth	Physical uneasiness. Confusion and Joylessness.	Sit or lie on mother earth. Do a foot soak - the salt represents the earth element.	Feeling refreshed. Clarity, discrimination, spontaneity, wisdom, Joy and enthusiasm.
Fire/Light	Lethargy, depression, loneliness. Self pity, living in the past. Headaches, strained eyes, inability to forgive, egoism, hate.	3 Candle treatment – for clearing the left channel. Look through a flame.	Gives renewed energy, feelings of happiness, self confidence. Staying in the present. Benevolent inspiration, self knowledge. Relaxed attitude, forgive- ness and compassion.
Water	Stress, worry, irritability and aggression. Weak attention and concentration. Being disorganised, chaotic or dissatisfied. Fastidiousness, greed and miserliness. All physical problems with the digestive system.	Cold foot soak and ice pack on the liver. Drink a sufficient amount of water early morning. Warm foot soak while balancing the 3rd energy centre on the left side. If you are able to, foot soak in the ocean is the best.	Relaxation. Good concentration and attention. Improved self manage- ment, peace, satisfaction and contentment. Generosity.
Air	Fear, insecurity and anxi- ety. Emotional aggression. A sense of over responsi- bility.	Put your hand on the center of the 4th energy centre: breathe in deeply – briefly hold the breath – breathe out slowly and briefly hold the breath again. Repeat this a few times.	Strong sense of security and fearlessness. Compassion. Balanced responsibility Strong immune system. Creation and nourishment of antibodies.
Ether	Communication problems. Sarcasm, domination and disrespect for others. Feelings of guilt and doubts in one self. Catching colds easily.	Look into the blue sky. Meditation. Mantras	Improved communication qualities and diplomacy. Collective consciousness. Respect for others and self. Self esteem. Playful witness and detachment. Sense of fun and humour.

Self Progress Register

Day	Date	Foot Soak	Meditation	Other Clearing Techniques	Notes
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

What helped you the most to feel balanced?

- Foot Soak
- Meditation
- Other clearing techniques. Specify:

Name:

Vibratory Self Perception

Work sheet (a)



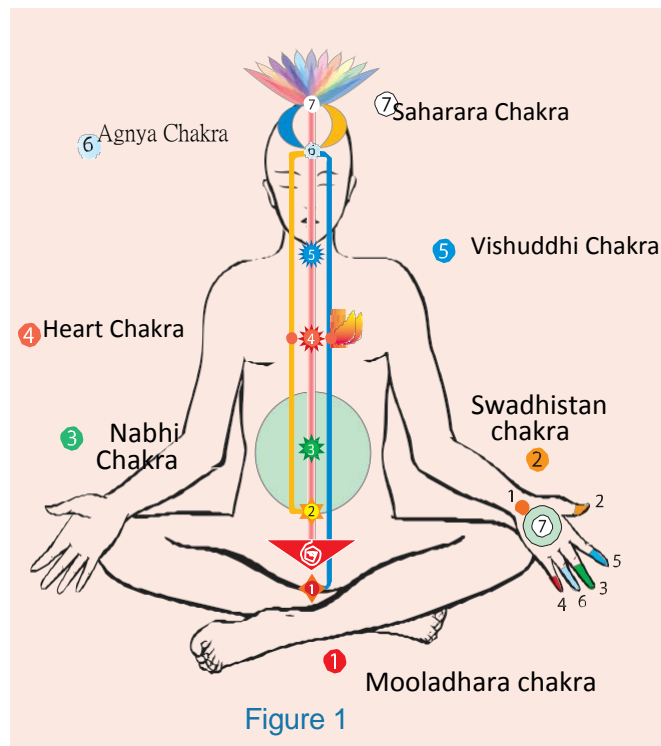
Sit comfortably, raise your Kundalini and take a Bandhan. Place your hands in your lap with palms facing upwards.

You may feel tingling, coolness, heat, heaviness, lightness, pleasant or painful sensations or a wind around your fingers and on your hands.

Record and mark these sensations on the 'Before Meditation Chart', below.

Check Figure 1 to find the corresponding subtle system you marked on the 'Before Hand Chart'. By using vibrations, balance the subtle centres and channels as shown to you in the course. Now feel your hands to see if the previously felt sensations have been replaced by a coolness or other sensations and record them on the 'After Meditation Chart', below.

You will notice that after a few days of meditation and using clearing techniques, these disturbances within your subtle system will disappear.



Before Meditation Chart				After Meditation Chart			
Left		Right		Left		Right	
Decription: Tick below the finger or area on the hands that tingles or is heavy, and then see what this blockage might correspond to out of interest.				Cure: place your right hand on the chakra left or right or centre. You could circle your right hand on the chakra in front of the body to turn the chakra.			
Chakra Position	Left Hand	Chakra Position	Right Hand	Chakra Position	Left Hand	Chakra Position	Right Hand
1. Pelvic		1. Pelvic		1. Pelvic		1. Pelvic	
2. Above groin		2. Above groin		2. Above groin		2. Above groin	
3. Navel		3. Navel		3. Navel		3. Navel	
3a. Void		3a. Void		3a. Void		3a. Void	
4. Heart		4. Heart		4. Heart		4. Heart	
5. Throat		5. Throat		5. Throat		5. Throat	
6. Forehead		6. Forehead		6. Forehead		6. Forehead	
7. Fontanel		7. Fontanel		7. Fontanel		7. Fontanel	

Vibratory Self Perception

Work sheet (b)

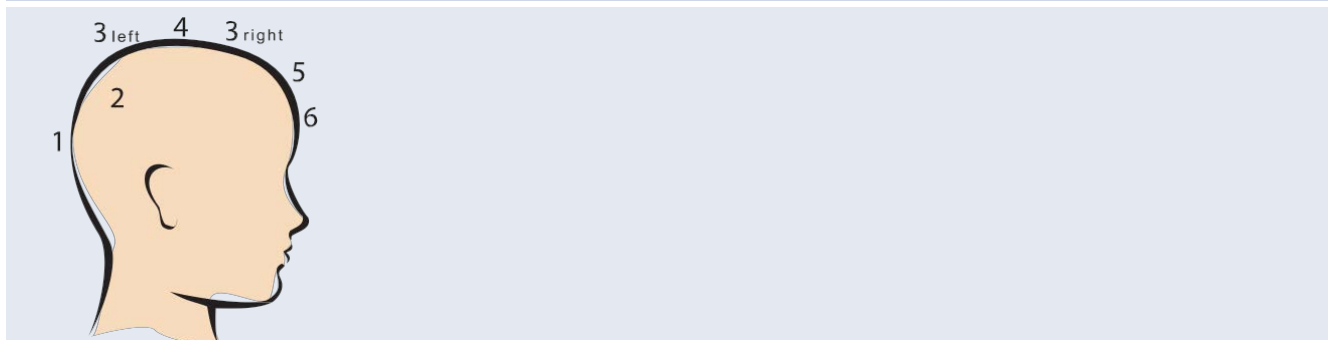


Name:

Chakra Diagnosis

Position	Left Hand	Centre	Right Hand
1. Pelvic	Lack of innocence or spontaneity.	1. Pelvic	Excessive puritanism.
2. Above groin	Unable to discriminate. Impure knowledge.	2. Above groin	Thinking too much, over planning, stress.
3. Navel	Excessive worries / family problems	3. Navel	Thinking too much, over planning, stress.
3a. Void	not having self-discipline	3a. Void	Being dominated.
4. Heart	Unable to express and feel love and joy.	4. Heart	Being over responsible, rigidness.
5. Throat	Feeling of guilt, unable to communicate explicitly.	5. Throat	Overactive communication, harshness in speech.
6. Forehead	Difficulty in forgiving others.	6. Forehead	Unable to forgive oneself for the past mistakes.
7. Fontanel	Doubt in self.	7. Fontanel	

Centres – Head, Body, & Feet Locations



General Observations

1. Which other regions of the body feel cool?

2. Which other regions of the body feel warm, numbness or prickling?

3. Can you stop thinking during meditation?

4. Can you experience mental silence during the day?

5. Have you noticed any changes in yourself or in the way you cope under stress at work?

6. What else do you feel or experience through meditation?

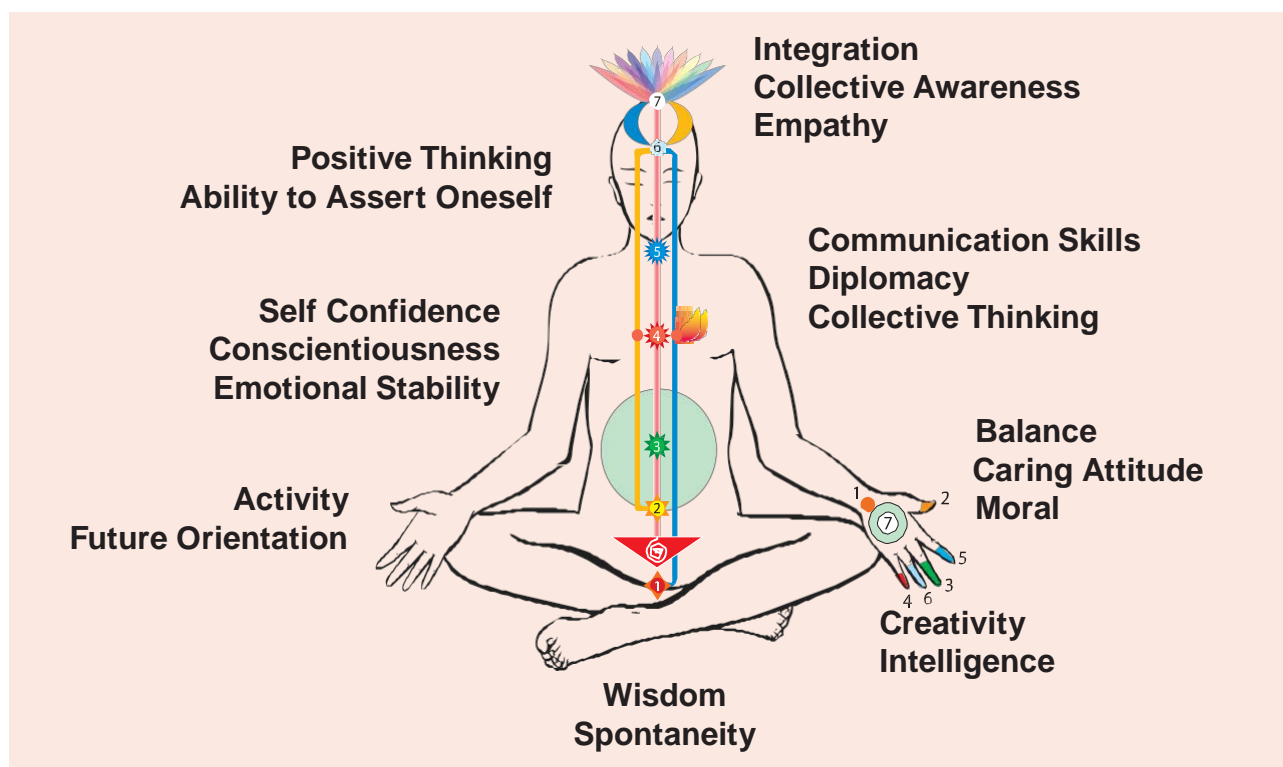
Value Centres



The centres or chakras (which means wheels of energy) in our subtle system not only regulate our physical, mental and emotional well-being, but also help to shape our personality. One can understand them as being a storehouse of our central personality traits. As we evolve, mature and grow these personality traits unfold in our life, sometimes consciously and often unconsciously. Think of how often you have had an impulse to help someone or be kind or generous in a given situation. From where do these feelings come from?!

Ancient Eastern cultures like China and India, which lived using the knowledge of the subtle system, based their societies on the higher values of spiritual life – on **Dharma**. Dharma in the ancient Sanskrit language means ‘righteous code of conduct’, a code which is in harmony with the universal spirit. A parallel analogy could be drawn to the 10 Commandments handed down from Moses. In fact, in many of the ancient world religions, cultures and traditions one can find other examples of this universal inner code of conduct.

In this meditation course we have identified 7 major personality traits based on the primordial principle of the subtle centres. By using this knowledge we can help ourselves to live in harmony with our spiritual nature and fellow beings.



1) The Wise Child – Mooladhara Chakra

We enter this world as innocent babies, and so we can say that the fundamental innate personality in us is the child. **Innocence, spontaneity and wisdom** are the manifestation of this centre.

By cleansing and improving this centre we experience a wealth of personal benefits. Firstly we are freed from the restrictive control of thoughts and conditionings which stop us from living life to the full, in a relaxed and spontaneous way. Our attention becomes clear and steady, and we focus much more effectively on the tasks we may be doing at any moment. As this centre evolves within us, we develop a **magnetic personality**. As we grow through meditation, we begin to experience a deep sense of innocence, **respect** and **love** for ourselves and for others. We also find that our memory improves tremendously as our mind clears itself of irrelevant distractions.

Value Centres



Reasons for Imbalances

- An overloaded amount of mental activity and excessive indulgence in the pleasure of the senses can create a blockage on this centre.

2) The Artist – Thinker – Swadhisthan Chakra

As we age we are subject to an intensive and creative learning process arising from our experiences and environment. We are constantly learning new things.

We can say, therefore, that the second centre connects to the source of our **creativity**, clear **attention** and spiritual intelligence. It channels our creative inspiration and allows us to experience the beauty around us. The spiritual intelligence given by this centre is not mental, but instead is a direct perception of reality. It can be felt on our finger tips and indicates our subtle blockages. This also is the centre of our pure attention which gives us the power of concentration.

Reasons for Imbalances

- Excessive thinking, planning and hyper-mental activity exhaust this centre. At its extreme this can cause mental burnouts and extreme fatigue in our physical body.

3) The Virtuous – Nabhi and surrounding void area

As we move from the cosy familiar conditionings of our upbringing to the reality of life, we are faced with the challenges of playing the game. Which is why we have a set of ethical codes which give us firm guidance on how to interact with society at large in a dignified and positive manner.

The third awareness centre gives us an **innate sense of ethical behaviour**. This inbuilt code of conduct has been expressed down the ages through the life and works of many saints, visionaries and prophets such as Moses, Jesus, Mohammed, Abraham Lincoln and many others. This centre also gives us a sense of **satisfaction** with life and the ability to feel the joy of **sharing** with others.

Reasons for Imbalances

- Excessive worrying, stress and unbalanced family relationships.
- Obsession with work, drug and alcohol abuse, fanaticism of any kind.

3a) The Benevolent Leader – Surrounding void area

The ability to govern ones own conduct is a vital component of our existence. Over time our personality is moulded through a growing understanding of the real priorities in life, as well as realising what is good or potentially harmful for our well-being in general. A person who has a solid grasp of the need for self-leadership is not guided by shallow social values or empty fashions and instead exhibits complete **self control** in every way.

Even in the turmoil of daily life the enlightened leader always keeps their eye on the bigger vision and retains an uncompromising grasp on deep rooted ethical principles.

Value Centres



Reasons for Imbalances

- Lack of self-introspection.
- Focusing only on the mistakes that other people make.
- Lack of self-discipline.

4) The Righteous Warrior – the right and centre of heart level

A person who has established proper values in his life understands the importance of these values for himself, his fellow beings and society at large. He is even ready to stand up for them at the cost of his own comfort and position. This attitude comes from a deeply structured **desire** for the **benevolence** of mankind and society. A classic example is that of **Gandhi** whose **selfless effort** contributed to the independence of India.

Such a personality is very **dynamic**, charged with **vision** and **purpose in life**.

Reasons for Imbalances

- Fear.
- Over responsibility/Lack of responsibility.
- Mere self-interest.

4a) The Emotive Self – the left side of heart level

Inspiration comes from a realm yet unknown to the mind. The power of poetry to move the heart of listeners cannot be explained through rational thought or science. The emotive self feels, understands and acts more through heartfelt impulses than mere rational analysis of a situation. This often helps him to be more effective than colleagues who operate on the other more mental side of the scale.

The works of William Shakespeare, William Blake, Tagore and Tolstoy continue to inspire generations of sensitive souls significantly more than much of today's modern literature. Although the words may use the same alphabet, it is the master's use of true creative inspiration that makes the difference.

The unfolding of this subtle centre creates a profound desire to be **truthful, patient, peaceful, loving** and **caring**.

Reasons for Imbalances

- Insensitivity to emotional feelings.
- Depending too much on rationality.
- Unable to trust one self.

Value Centres



5) The Diplomat – Vishuddhi Chakra

Communication plays a major role in today's society. Many of the root causes of relationship problems, conflicts, employee dissatisfaction etc. can be linked to the lack of proper communication skills. In fact the general evolution of human society would have been impossible without this one major faculty.

The diplomat is a master of the art of **communication**, and not just verbal. Due to one's meditative and introspective focus on this fifth centre of evolution, you can spontaneously and articulately handle relationships of all kinds. And being part of the whole, feeling the one-ness of life. You emit the aura of charismatic diplomacy through the use of the vital power of this centre.

A fully evolved fifth centre gives us a sensitivity for **collective thinking**. In this way we learn to recognise the important benefit of collective benevolence rather than individual gain.

Reasons for Imbalances

- Guilt and lack of self-respect.
- Excessive and unnecessarily aggressive use of voice.
- Sarcasm, raisings ones voice in anger, slyness in speech.

6) The Modest Champion – Agnya Chakra

Modesty may not have been the buzz word of the 20th century but it may well become an important trend in this millennium. The emptiness and greed of money, materialism and power has been a common factor in many modern societies during the growing 'civilisation' of our planet. The result has been the start of a backlash against the aggressive, arrogant, stubborn and inhuman characters who are motivated only by profits at the expense of their humanity.

A humble, **loving** and **forgiving** person stands as a beacon of light head and shoulders above this darkened pit of iniquity. Deep meditation and introspection on the sixth value centre helps us to develop a genuine power to forgive others and rise about petty desires and greed. This personality contains **no prejudice** in his mind against others, no matter what the circumstances.

Such a person also develops a very **self-sacrificing** approach to life as he can happily bear many more difficulties – physical, mental and emotional.

Reasons for Imbalances

- Rigid concepts and holding grudges and anger against others.
- Fixed patterns of behaviour.
- Going to extremes in our actions.

Value Centres



7) The Living Bliss – the Thousand Petalled Lotus – Sahasrara Chakra

In real life we rarely find more than one or two of the above qualities in a single person. In a similar way, it is extremely difficult, if not impossible, to encompass all of the balanced qualities of the subtle system merely by working hard mentally at a process of balancing.

However the gentle and yet powerful effects of the Kundalini energy cleansing and nourishing the final, seventh, centre opens a new dimension of awareness – thoughtless consciousness - which lets us automatically experience the integration of all these subtle qualities within us.

The resultant personality is **complete, integrated, balanced, confident** and very effective in all of the endeavours that they undertake. Wholesome living, sustainable and yet effortless success in life and a focus on promoting eternal benevolence for everyone are the key hallmarks of the living legend.

This last chakra integrates all the other centres, connects and opens us out to the pure energies of the universe and all its amazing potential, connects us to our true spiritual selves. It gives us the bliss of meditation and joy in our lives.

Reasons for Imbalances

- Self doubt.
- Extreme form of atheism.
- Going to extremes.

These are the main seven Chakras – they are very complex and have been covered briefly.

There is also the Kundalini energy which connects us to our true self, and opens out the qualities of these Chakras.

In addition there are many more minor Chakras as well as Nadis (channels).

The most important thing is to explore the silence, joy and depth of meditation.

Happy Meditating!