

Sahaja Yoga Techniques

Session Two



Clearing the Left Side - Fig 1

Hold left hand out (palm upwards)
Place right hand on the earth, or
palm facing towards the earth if you
are sitting on a chair.



Clearing the Right Side - Fig 2

Hold out right hand (palm up)
Point the left hand upwards, with the
palm facing backwards.

Clearing the left side

The left channel is our moon side, the feminine side of us which represents our desires, emotions and past. As such it is considered to be the cool side and can affect us by making us feel depressed, lethargic, introverted and self pitying.

Symptoms of an over exhausted left side:

Feelings of loneliness.
Exhaustion and lethargy
Excessive focus on past events.
Depression and over emotional feelings

Treatment:

Practice the Clearing technique (Fig 1 above) for a few minutes during the early part of the meditation.
Light and heat are the two most effective means of combating the problems of a weak left side.
Sit in the sun or a bright space for as long as possible each day.
Use additional candles arranged around the left side of the body when meditating.
Place a candle near to the outstretched left hand when meditating.
Slowly and carefully move a lit candle up and down the left side of the body during the early part of the meditation using the right hand. This will gently and subtly heat up the channel and restore balance to that side.
Try to avoid excessive daydreaming about the past.
Try and eat more protein, and avoid carbohydrates as much as possible without being over zealous.

Be aware that the problems of the left side are very common and can be overcome by gradually warming up the channel as described above. The result should be that we start to recover confidence, feel less moody and are able to face our lives in a much more dynamic way.

Clearing the right side

The right channel is the sun side, the masculine side of us which represents our action, planning and the future. It is therefore very susceptible to over heating, which can easily throw us off balance. If we find that we have become more aggressive, unsympathetic, and stressed then we may be suffering from an over heated right channel.

Symptoms of an over exhausted right side:

Unusual aggressiveness and anger
General over activity
Excessive planning and future watching
Domineering attitude.

Treatment:

Practice the Clearing technique (Fig 2 above) for a few minutes during the early part of the meditation
Cooling is needed, so we should avoid hot temperatures and situations and bright sunlight for a time. Enjoy a little time spent in the moonlight at night time if possible.
Place both feet in a bowl of cold water with a sprinkling of household cooking salt during the evening meditation.
Eat less protein and try to increase the intake of carbohydrates. Cane sugar is a very effective coolant for the right side, as is yoghurt in the summer. For serious cases consider trying the Liver Diet (ask your centre for details).
Try to avoid excessive planning and other futuristic actions.
If possible have a short rest at least once a day.
The liver is a physical correspondent of the right side and is adversely affected by over heating. A good method of cooling the liver is to place a cloth covered plastic ice pack (or ice cubes wrapped in a dish towel) onto the liver area on the right hand side of the body (just under the ribs) during the meditation. It should be cold enough to feel without being uncomfortable.