

## Balancing the left and right sides

Our goal in Sahaja Yoga is to be in the center, neither “left-sided” nor “right-sided.” By following the simple techniques described below, we can bring the left side and right side into balance and reduce the pressure of the superego and the ego. The more we are in the center, the more easily the Kundalini will rise to the Sahasrara.

### Strengthening the left side

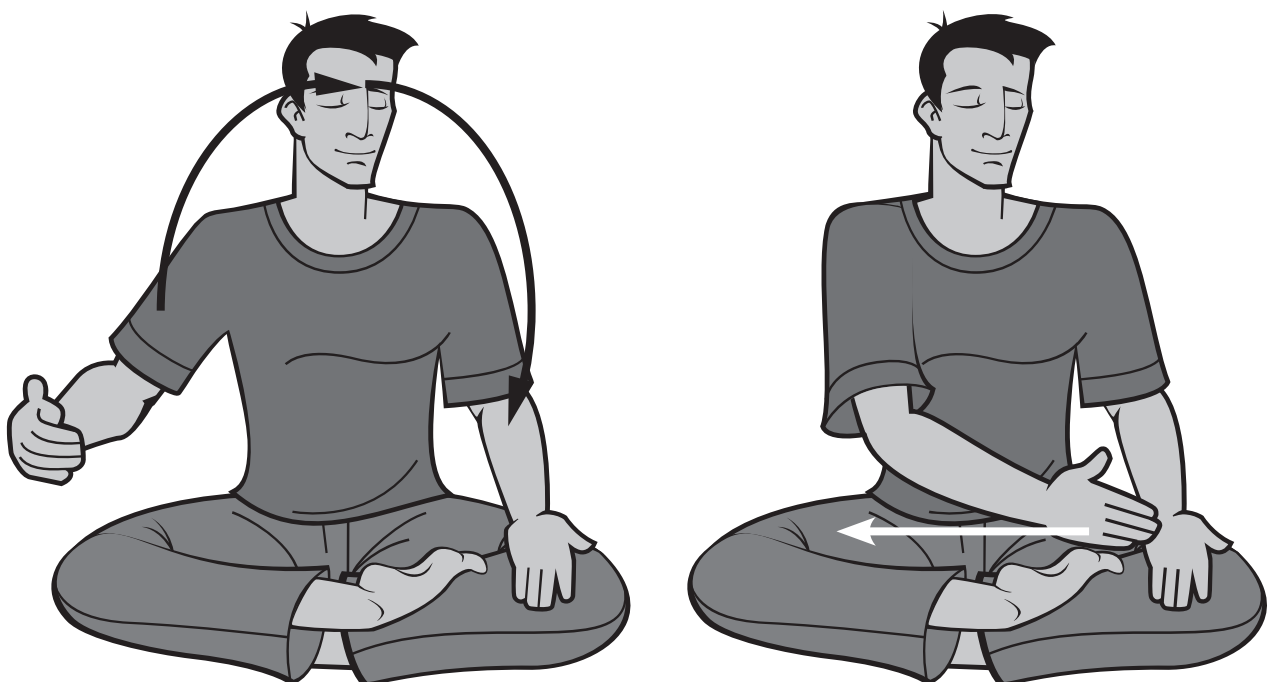
**Manifestations of a damaged or overactive left side:**

Lethargy, low self-esteem, guilt, living in the past, laziness, unreasonable fear

**Raise the right side and lower the left side.** Use this technique when your left hand feels hotter or heavier than the right. This technique strengthens the left side.

Keep the right hand palm upwards towards the photograph. Raise the right side and lower the left side by using the right hand to describe an arc from the right hip, up to the top of the head, then down to the left hip as shown. Now bring your hand back to the right hip across your stomach.

Do this motion seven times or until you feel the temperature of vibrations on both hands to be equal.



## Clearing the left side using the earth element

While meditating, place the right hand on the ground (or towards the ground if you are on a chair) and the left hand palm upwards to the photograph of Shri Mataji. It is preferable, but not essential, to place a candle in front of you so that the flame is just in front of the fingers of the left hand. Continue for several minutes or until you feel the left hand become cool.



## Clearing the left side using the fire element

**The Three Candle Treatment** Light three candles and, preferably, sit on the floor cross legged. The candles should be big enough to give a good sized flame as this will work better. Place each candle in a suitable candle holder.

A note about safety: Make sure the candles are secure and won't fall over. Place candles about 6 inches away from you. When not using the candles, extinguish them. Never leave them burning unattended.

- a. Place one candle in front of you so that while holding the left hand palm upwards, the flame is just in front of the fingers of the left hand. Then place the second candle just behind you on the left side. Make sure the candle is far enough from your body to avoid setting fire to your clothes.
- b. The third candle should preferably be shorter than the other two and is held in the right hand. First, move the candle up and down the left side of your body for a few minutes, at a suitable distance so that you do not burn your hair or clothes.
- c. Next work on each chakra of the left side by rotating the candle 7 times clockwise (top to the left), in front of the chakra (see diagram on the next page). Start with the Mooladhara and Swadishthana and finish with the superego on the right side of

the head. Pay particular attention to any chakras that you feel are catching. Before finishing, move the candle up and down the left side of the body once again.



## Clearing the left side – dietary advice

Another way to improve the left side is to eat more protein and fewer carbohydrates.

## Strengthening the right side

**Manifestations of a damaged or overactive right side:**

Materialism, futuristic planning, aggressiveness, insomnia, impatience, hot temper, talking excessively, thinking excessively

**Raise the left side and lower the right side.** Use this technique when your right hand feels hotter or heavier than the left hand. This technique strengthens the right side.

Keep the left hand palm upwards towards the photograph. Raise the left side and lower the right side by using the right hand

to describe an arc from the left hip, up to the top of the head, then down to the right hip as shown. Now bring your hand back to the left hip across your stomach.

Do this motion seven times or until you feel the temperature of vibrations on both hands to be equal.

“Even now if you find that ego is still there, then you have to raise your left side to push it back to the right hand side with your [right] hand, one hand towards the photograph. Push the left side higher and right side lower, so the ego and superego get the balance. Do it seven times. Try to feel how you are feeling inside.”

*Shri Mataji Nirmala Devi – London, Nov 18th 1979*



## Clearing the right side using ice on the liver

Symptoms of an overheated liver are a hot temper and irritability. Hold an ice pack on the liver (right Swadishthana and right Nabhi — the upper and lower abdomen on the right side) while meditating. Doing this regularly will significantly reduce the excessive heat in the liver and make it easier to enter thoughtless awareness.

## Clearing the right side using the ether element

While meditating, hold the left hand in the air with the fingers pointing upward, towards the sky (ether element), with the palm of the hand facing behind you. Keep the right hand palm upwards towards the photograph of Shri Mataji to receive vibrations. (See diagram to the right.)



## Clearing the right side using the water element

Footsoaking is very beneficial to the right side, particularly with colder water.

## Clearing the right side – dietary advice

Another way to improve the right side is to eat less eggs, cheese, red meat, fish and fried food and to eat more vegetables and carbohydrates such as cane sugar, pasta and rice. Cut down on caffeine (coffee, tea, chocolate and caffeinated soft drinks).

## Clearing the right side – left hand on the liver

The right Swadishthana and right Nabhi look after our liver. Meditate with the left hand on the right Swadishthana for five minutes then put the left hand on the right Nabhi. (See diagram to the right.)

