

Techniques for clearing any chakra

1. Give a bandhan to a chakra

If you need to, refer to the subtle system diagram on page 18 to find out which chakras are related to the fingers you are feeling. You can easily clear any chakra by giving a bandhan to the chakra. This is done by rotating the hand clockwise (top to the left) seven times in front of the chakra, or until the chakra feels cool. Use the right hand when working on the chakras of the left and center channels and the left hand when working on chakras of the right side. Keep the other hand palm upwards towards Shri Mataji's photo to receive vibrations.



2. Place your hand on a chakra

Similarly you can simply place the palm of the hand on any chakra that is catching. Use the right hand for chakras of the left channel or center channel and the left hand for the right channel. In each case keep the other hand palm upwards. Do this until you feel that chakra become cooler. You can ask Shri Mataji to clear a blockage in a chakra. For example, to clear the heart, place your hand on your heart and say, “Shri Mataji, please cleanse my heart.”

Meditation with affirmations

The following chart shows some affirmations for each chakra. The affirmations don't need to be said out loud but can be said silently inside. If you need to, refer to the subtle system diagram on page 18 to find out which chakras are related to the fingers you are feeling.

LEFT CHANNEL Shri Mataji, I am fortunate to be in the attention of the Holy Spirit.	CENTER CHANNEL Shri Mataji, thank you for giving me my Self Realization.	RIGHT CHANNEL Shri Mataji, verily you are the Holy Spirit. You are the (Teacher–i.e., your profession) of all the (teachers).
LEFT Shri Mataji, by your grace:	CENTER Shri Mataji, please make me:	RIGHT Shri Mataji, verily:
6. AGNYA Please forgive me.	A forgiving person.	I forgive everyone and I forgive myself. Please keep me in your attention.
5. VISHUDDHI I am not guilty. As I am the Spirit, how can I be guilty?	A collective person. The pure witness.	You are the sweetness and wisdom of my words and deeds.
4. HEART I am the Spirit. Please forgive me for any mistakes against my Spirit.	A fearless and compassionate person.	You are the responsibility in me. You are the boundaries of good conduct and the benevolence of a good father.
3a. VOID I am my own guru.	My own guru.	You are my guru.
3. NABHI I am satisfied. I am peace. I am a generous person.	A satisfied person.	You are the royal dignity in me. You solve my money and family worries and take care of my well-being.
2. SWADISHTHANA I am the pure knowledge of the Divine which acts.	A creative person.	I do nothing. You are the doer and you are the enjoyer.
1. MOOLADHARA I am the powerful innocence of a child.	Innocent and wise.	You are the destroyer of negativity.