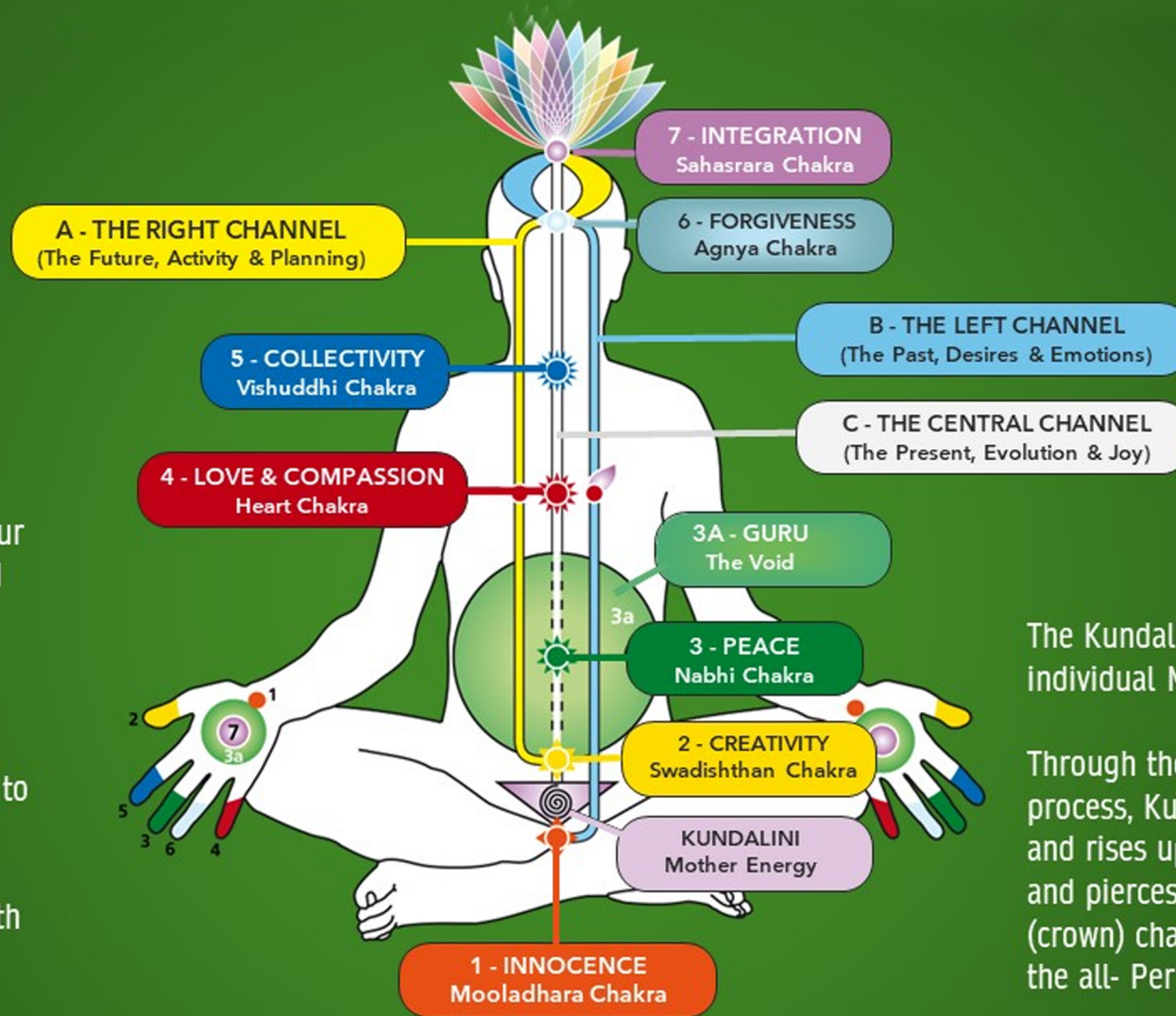


The Subtle system looks after our physical, mental, emotional and spiritual well being.

The system comprising of 3 Channels (A to C on diagram) and 7 Chakra energy centres (1 to 7 on diagram).

Our fingertips indicate the health of our Subtle system.



The Kundalini is our primordial individual Mother.

Through the Self Realisation process, Kundalini is awakened and rises up the Subtle system and pierces the Sahasrara (crown) chakra to connect us to the all- Pervading spirit.

The Subtle System

Sahaja Yoga Meditation World Wide