

Ice Pack & Candle Treatment

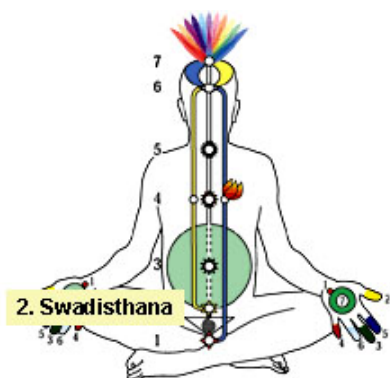
The Elements

Sahaja Yoga makes use of the elements, which in themselves are the basic building blocks of nature. Fire and Water are represented in Sahaja Yoga by using a candle when we meditate and by foot soaking in water (Also the ice pack), which are very good ways of relaxing, cleansing and balancing prior to and during a meditation (especially after the tribulations of a day of work). In their purest form, fire is represented by the natural flame of the Sun, and water by the Sea. A day out at the seaside takes on a whole new meaning in Sahaja Yoga terms.

ICE PACK (Right Side Only)

A quick tip for those who may be finding difficulty in maintaining a period of thoughtlessness in their meditations. Very often unbidden thoughts are the result of an over active liver.

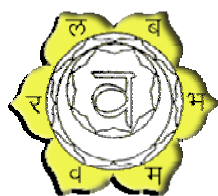
Actually the Swadisthana Chakra (2nd Energy Center) has difficulty looking after the liver, when a person uses too much of his/her energy thinking.



A 'hot' liver in Sahaja terms can be remedied by placing an ice pack or other cold pack on the liver on the right side of your body during the meditation.

Just under the ribs at the waistline. 10 – 15 minutes is recommended. Stop if irritated. Stop when thoughts have slowed or when heat subsides in vibrations.

You will find this an amazing effective method of improving the meditation in these circumstances. But don't go to extremes. Just see if it helps your meditation.



Swadisthana Chakra

CANDLE TREATMENT (Left Side Only)

Don't do this treatment if wearing loose cloths or near any combustibile materials. Take great care.

Light a candle in front of Shri Mataji's photo.

Sit for meditation with the left hand upwards towards the photograph. Use a burning candle in a candleholder by moving it up and down on your left side with your right hand.



With a burning candle give bandhans clockwise to the affected chakras on the left side. (Rotate the candle in clock-wise circles from the point of view of some looking at you -- always up on the right and down to the left). You can do this for seven or twenty-one rotations until you feel benefit.

You can use the mantras or affirmations of the left side for each chakra (energy center).

Left hand towards the photo, keep a burning candle in front left hand, right hand pressed on Mother Earth, which sucks in all the negativity and stress.

Use a candle behind your left Swadisthana Chakra while meditating.

Look through the candle flame at Shri Mataji's photograph, first with the left eye, then with the right eye, then with both eyes. Light element clears obstructions in Agnya Chakra (6thCenter)

