

CHAKRA CLEANSING TECHNIQUES

*If the doors of perception were cleansed, everything
would appear to man as it is. Infinite.*

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There are many techniques for clearing any obstacles we might feel in our subtle system. Though we are all different, most of us need to clear both the left and right sides regularly. It is important to feel the vibrations on our hands clearly so we know which chakras to work on.

The subtle instrument represents a complex machinery behind our mental, emotional and spiritual being. One speaks of the so-called 'CAUSAL' and 'SUPERCAUSAL' body. The true causes originate in our subtle system. All cleaning methods ultimately aim towards the purification of our entire being – both subtle and gross – and our desire and destiny to become one with the ALL-PERVADING DIVINE POWER OF LOVE – THE PARAMCHAITANYA.

INTERPRETING THE STATE
OF OUR CHAKRAS AND NADIS

TINGLING, HEAT, HEAVY

We describe a part of the subtle system that is tingling or feels warm, or heavy, to be 'CATCHING' or 'BLOCKED'. For example, if the right middle finger feels warm, or is tingling, we say that the right Nabhi is catching. If the entire left hand feels warm or heavy, the left side (IDA NADI) is catching. If the hands feel cool then we describe the chakras as 'CLEAR'.

COOL BREEZE

If you feel a cool breeze equally on the fingers and palms of both hands, this is good and a sign that your subtle system is in balance. If you feel heat or heaviness on any finger or on either hand, you need to use some clearing techniques to improve the chakras or nadis.

RIGHT HAND WARMER OR HEAVIER

If the right hand feels warmer or heavier than the left, follow the section on clearing the right side. If the left hand feels warmer, follow the section on clearing the left side. SEE PAGES 109, III: TECHNIQUES FOR CLEARING THE LEFT AND RIGHT SIDES.



BLOCKAGES (OR OBSTACLES) ON THE CHAKRAS

For individual chakras, identify which chakras are catching by feeling which fingers on your hands feel warm or tingling while you are meditating. If you cannot feel clearly on your hands try to feel the chakras inside the body, or through instinct. If the left Vishuddhi is catching (LEFT INDEX FINGER IS HOT OR TINGLING), work on the left Vishuddhi. If the right Vishuddhi is catching (RIGHT INDEX FINGER IS HOT), work on the right Vishuddhi. If both index fingers are hot then work on the centre Vishuddhi, or all three. The Chakra Chart is useful to interpret which chakras are catching.

ATTENTION! The Vishuddhi Chakra supplies energy to the nerves of the neck and arms (BRACHIO CERVICALIS). Long-standing neck problems or a smoking habit will reflect on our subtle system. Here one should take particular care. Balancing and improving this important chakra will help you feel the vibrations better. Both subtle and conventional treatment (MASSAGE) go hand in hand, especially with tension, one of the most common complaints in this area.

TECHNIQUES FOR CLEARING ANY CHAKRA



GIVING A BANDHAN TO A CHAKRA

You can easily clear any chakra by simply giving a bandhan to the chakra. This is done by rotating the hand clockwise seven (7) 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 centre 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.

PLACING 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 centre channel and the left hand for the right channel.

In each case keep the other hand palm upwards, fingers opened. Do this until you feel that chakra become cooler. You can also say, SHRI MATAJI, PLEASE CLEANSE MY HEART, or MOTHER PLEASE COME INTO MY NABHI.



TECHNIQUES FOR
CLEARING THE LEFT SIDE

MANIFESTATIONS OF A SLUGGISH LEFT SIDE:

lethargy, low self-esteem, guilt, dwelling in the past, laziness, fear, negative thoughts.

TECHNIQUES

USING THE EARTH AND FIRE ELEMENTS

While meditating, place the right hand on the ground (towards the ground if you are on a chair) and the left hand, palm facing upwards and fingers opened to the photograph of Shri Mataji. It is preferable, but not essential, to place a candle just 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.

USING THE FIRE ELEMENT
THE THREE CANDLE TREATMENT

Light three candles, preferably sitting cross-legged on the floor. It is more effective if the candles are of a size to emit a decent flame. Place the candles in suitable candle holders.

1 – Place the first candle in front of you so that – while holding the left hand open, palm upwards – the flame is at the same level in front of the fingers of the left hand. Place the second candle behind you on the left side, making sure it is far enough from your body to avoid setting fire to your clothes.



2 – The third candle is held in the right hand (easier to manoeuvre if it is short). Slowly move the candle up and down the left side of your body for some minutes, at a distance where you do not burn your hair or clothes.

3 – Next work on the left side by rotating the candle 7 times clockwise, in front of each chakra (AS IN DIAGRAM) starting with the Mooladhara and finishing with the Superego on the right side of the head (THE CHANNELS CROSS AT THE AGNYA). Pay particular attention to any chakras that feel blocked. In between, and before finishing, move the candle up and down the left channel of the subtle system.

NUTRITION FOR THE LEFT SIDE

A Yogi with a COLD LIVER is generally overweight with a high-cholesterol. Cut red meat, fish, fried or processed foods from the diet. Carbohydrates, sugars and cold foods (SUCH AS YOGURT, CHEESES) should be avoided and more protein should be taken. Mung beans / dal are good sources of protein as they are light and easy to digest.

Soft drinks and drinks with sugar, chocolate, and fermented foods should be cut from the diet. Alcohol (OR ANY INTOXICANT), is toxic to our liver, to our attention, and to our spiritual well-being. It is damaging to our subtle system and to our connection with our spirit.

TECHNIQUES FOR CLEARING THE RIGHT SIDE

MANIFESTATIONS OF AN OVERACTIVE RIGHT SIDE:

If the right side is hot or blocked, or you recognise yourself in any of the following descriptions, you need to regularly balance the right side. Materialism, excess planning, aggressiveness, insomnia, impatience, hot temper, excessive talking / thinking, overactivity, extreme sports, too much working.

TECHNIQUES

USING THE ETHER ELEMENT TO COOL

While meditating, hold the left hand, fingers stretched towards the sky and the palm turned back, above shoulder height. The right hand is opened on your right leg, palm upwards, fingers towards the photograph of Shri Mataji to receive vibrations.

USING THE EARTH ELEMENT TO RELAX

While meditating, place both hands with the palms facing downwards on the Mother Earth. SEE PAGE 102. Walk barefoot on the earth and look at the earth, the sky.

ICE ON THE LIVER

Hold an ice pack on the liver (SWADISTHAN, NABHI - UPPER & LOWER ABDOMEN ON THE RIGHT SIDE - NOT FOR THOSE-PREGNANT/DURING THE CYCLE!) while meditating or working on the computer - or even relaxing at home. This will significantly reduce the excessive heat in the liver and make it easier to enter thoughtless awareness.

LEFT HAND ON THE RIGHT SWADISTHAN AND LIVER

The right Swadisthan and right Nabhi look after our liver. Meditate with the left hand on the right Swadisthan for some time, then put the left hand on the right Nabhi.

USING THE WATER ELEMENT

Footsoaking is very beneficial to the right side, particularly with cold water. Footsoaks in the nature or walking barefoot on the Mother Earth are particularly beneficial.

NUTRITION FOR THE RIGHT SIDE

Cut out red meat, fish, fried and processed foods from the diet and eat more steamed vegetables and carbohydrates. Again, mung beans and mung dal are good sources of protein for the right side as they are light and easy to digest. Nuts and seeds, dried fruits are heating and, if eaten, should be consumed in small amounts.

Coffee, black tea, caffeinated soft drinks, chocolate and fermented foods also produce heat and should be avoided. Alcohol needs to be entirely removed from our diet as it toxic to the liver (THE SEAT OF OUR ATTENTION) and makes it extremely difficult to meditate.

SUGAR WATER

If you have an overheated liver and think too much, a glass of sugar water in the morning before sitting down to meditate can be very beneficial. White cane sugar is preferred to beet sugar. Make sure you rinse your mouth out with plain water after to protect your teeth.

SAHAJA YOGA IS NOT A SUBSTITUTE FOR PROFESSIONAL HELP! IF YOU HAVE A MEDICAL CONDITION IT IS NECESSARY TO SEEK THE GUIDANCE OF MEDICAL AND NUTRITIONAL PROFESSIONALS.