

Excercise of Raising the Kundalini



Raising the Kundalini

This technique helps raise the Kundalini energy and promotes the flow of energy. It is helpful to raise the Kundalini before and after meditation.

Place the left hand in front of your lower abdomen, palm facing the body (1). Raise the left hand up slowly, moving from the base of your torso to the top of your head. While the left hand is rising, the right hand rotates around it clockwise, (up from within, and then down) (2), until both hands are above the head. Then use both hands to tie a knot (3). Repeat this three times, once for each channel. The third time, tie the knot three times. (4)



Bandhan and Foot-Soak



Putting Yourself in Bandhan

A bandhan protects us and balances the energy in the left and right channels. It is helpful to put yourself in bandhan before and after meditation.

Hold the left hand out on your lap, palm upwards. Place your right hand over your left hip (1) and slowly raise your right hand over your head and down the right side of your body. (2)

Then raise the right hand up the right channel, over your head where the kundalini is flowing, and down the left side. (3) This is one bandhan. Repeat this seven times, once for each chakra.

Cleansing Technique: Foot-soaking

When the day is over, relax by soaking your feet in salt water while meditating. This technique relieves the body of all stress and allows a peaceful and relaxed night.

- ☀ Sit comfortably in a chair with your hands out on your lap, facing Shri Mataji's photograph.
- ☀ Place your feet in a plastic basin or bucket of warm water containing a handful of salt.
- ☀ Meditate for 10 to 15 minutes.
- ☀ You can say some affirmations to cleanse the chakras.
- ☀ Rinse and dry your feet.
- ☀ Flush the water down the toilet.
- ☀ Don't use the foot-soak bucket for any other purpose.

