



# SAHAJA YOGA

## MEDITATION

# Using a Candle to Clear the Left Side

Putting too much attention on the past or on strong emotional issues can cause an imbalance on the left side of our subtle system. At times this might lead to lethargy or depression, or thoughts about the past that stop us from reaching thoughtless awareness in our meditation.

Using a candle during meditation as described in the treatments below is one remedy to overcome these left side imbalances.



Because these treatments involve using a burning candle, don't wear loose clothes or do the treatments near anything that can catch fire. Take great care.

### Treatment 1:

Sit for meditation with the left hand on your lap, palm facing up. Hold a candleholder with a burning candle in your right hand. Move it up and down your left side (see illustration).

### Treatment 2:

Place a candle behind the left side of your second energy center while meditating. If you are sitting on a chair, you can put the candle on the left side of a second chair placed behind you. If you are sitting on the ground, place the candle behind your left hip (far enough away so it is not dangerous).

Notice the effect of these treatments on your meditation. See if they help you reach a state of inner silence.