



SAHAJA YOGA

MEDITATION

How to Use the Ice Treatment



Overuse of your right side energy channel (e.g., excessive physical activity or too much thinking and planning) creates excess heat, which is stored in the liver. This heat can make you irritable and interfere with your ability to reach — and remain in — the state of thoughtless awareness. An ice pack can be a simple but effective remedy.

Press the ice pack to your right side in the region of your liver (just below your rib cage) for 8-10 minutes, as shown in the illustration. This treatment can be applied at any time; in fact, it's especially effective during meditation.

You'll be surprised at how quickly this simple ice treatment brings about positive changes!