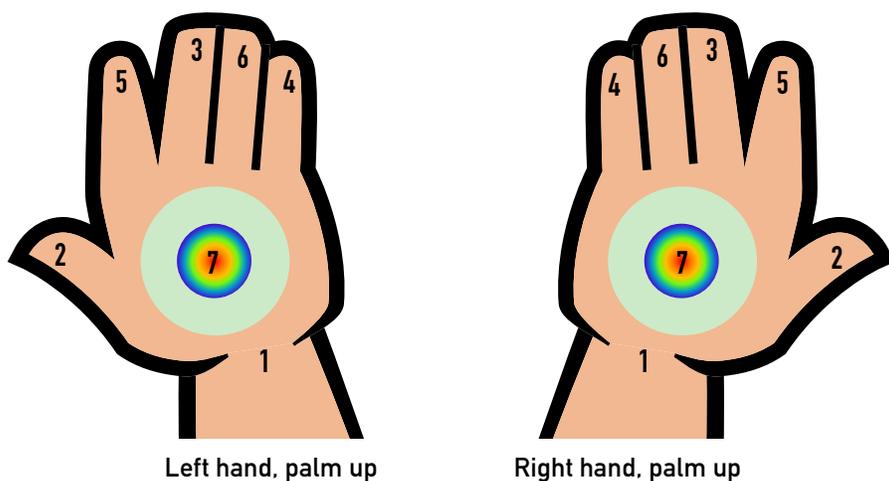


How to Decode the Energy Centers on Your Hands

During meditation, you can help your Inner Energy correct problems that cause the imbalances or catches in your subtle energy centers that are restricting the flow of energy throughout your body. First, you must understand the correlation between each finger and its related energy center.

Feeling a sensation such as a tingling or heat in a finger or the palm of your left hand indicates that the catch is located in the corresponding center on the left side. If you feel a sensation in the right hand, it indicates that the catch is located in the center on the right side. If sensation is felt equally on both hands, the catch needs to be cleared from the central channel.

The following hand illustrations reflect a numbered energy center that each finger represents. Using the Chart of Energy Centers handout, which shows the location of the energy centers on the body, match the number on each finger to its corresponding energy center. When you notice sensation in any finger, you can use the Chart of Energy Centers to identify the attributes or qualities that energy center represents.



Left hand, palm up

Right hand, palm up

During meditation, you can request that your inner, loving energy activate and rise to nurture and soothe any catch by simply touching the energy center that needs attention...

Lightly press your right hand on the affected centers on the left side or central channel; press your left hand on the affected centers of the right channel. Press the center for a minute or two. To determine whether the

sensation in your finger is gone, place your hand back in your lap. Repeat the process of touching the affected energy center, if necessary.

Be sure to spend some of your meditation time just sitting quietly, enjoying the silence, not concentrating on the sensations in your hands.