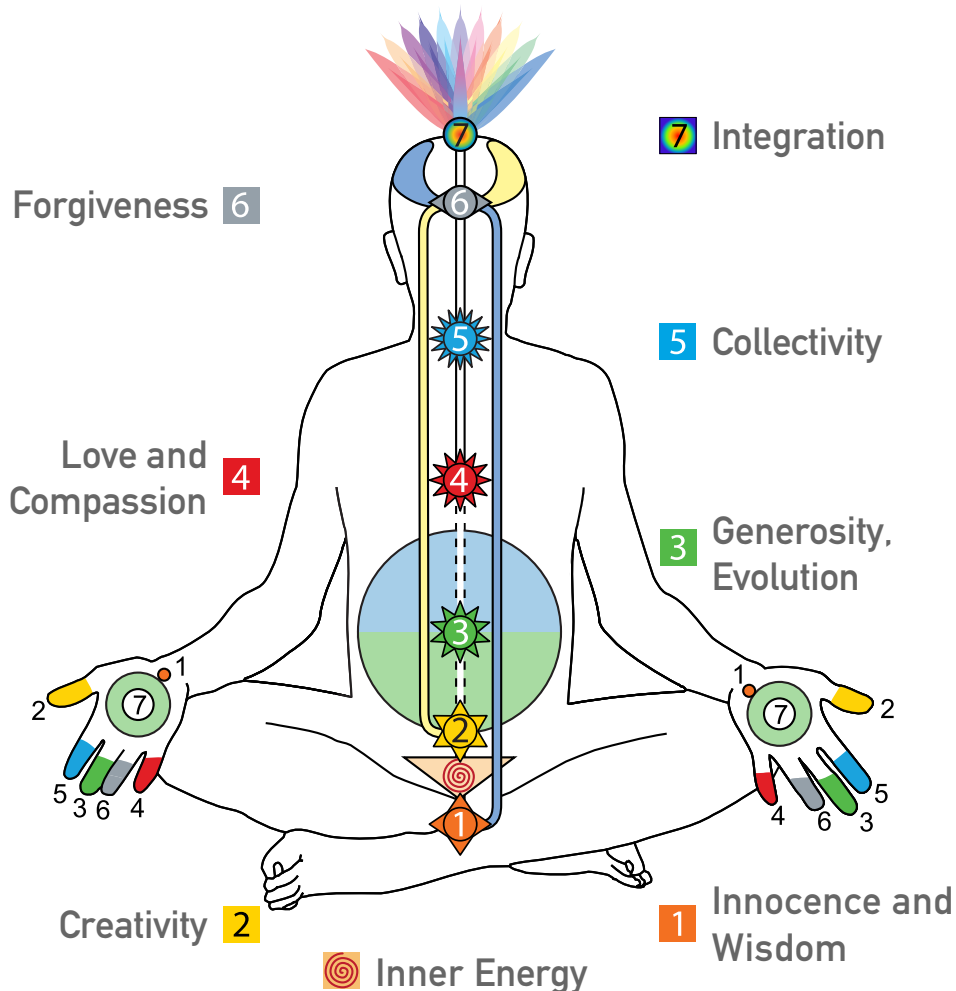


Learning the Chart of Energy Centers



It's important to familiarize yourself with the **Chart of Energy Centers**. The three vertical lines in the center of the illustration represent the three energy channels, the path of the flow of the Inner energy. The circled numbers are the principal or major energy centers.

The Inner Energy is shown as the spiral within the triangle. (The triangle represents the triangular bone at the base of the spine.) The Inner Energy thus resides in this bone, slightly above the first energy center. When awakened (using the one-time process that you may have followed in your first Sahaja Meditation class or program), this energy passes through the six principal energy centers (2 through 7) and is released at the crown of the head (reflected in the diagram as a colorful lotus).

Notice, in the diagram, that the numbers corresponding to the energy centers are also represented on the hands. The reason is that our fingertips and palms contain the nerve endings of our body's energy centers. Our fingertips and palms help us detect and experience the flow of the Inner energy inside us and through the energy centers. Our hands also help us detect any obstacles to the flow of the Inner Energy.

(For more details, see the **How to Decode the Energy Centers on Your Hands** handout.)