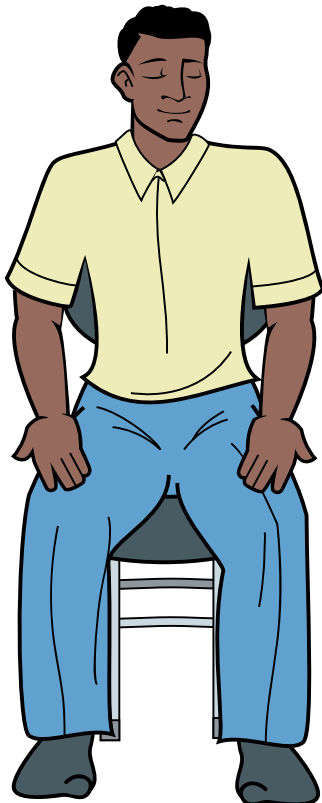


Practicing Sahaja Meditation at Home



If you've attended at least one Sahaja Meditation class, you'll find it easy to practice meditation at home using the techniques provided in these handouts. Meditating at home, in your own environment, in your own way, can really help establish and strengthen the flow of your Inner energy and keep your energy centers in perfect balance on an ongoing basis.

We recommend practicing both meditation and foot soaking at least once a day. But rely on your own judgment as to what works best for you. Trust your experience and ability to feel and detect the energy and the energy centers yourself.

Raising the energy and establishing a protective shield for it is done at the beginning and conclusion of each session of meditation or foot soaking.