

# BALANCING THE LEFT AND RIGHT CHANNELS

## WHAT ARE YOU FEELING ON YOUR HANDS?

After raising the kundalini and giving ourselves a bandhan, we need to pay attention to our hands in meditation — what are we feeling on our hands?

It is normal to feel tingling, heat or heaviness in one or both hands when we sit down to

meditate, unless we live in an isolated region of the Himalayas where we don't get stressed!

In order to achieve the real state of silent meditation, we first need to balance both sides. See the illustrations below.



### BALANCING THE LEFT SIDE

For tingling, heat or heaviness on the left hand.

Hold the left hand out, palm upwards.  
Place the right hand on the earth, or direct it towards the earth.



### BALANCING THE RIGHT SIDE

For tingling, heat or heaviness on the right hand.

Hold the right hand out, palm upwards.  
Bend the left arm up from the elbow and direct the left palm towards the back.