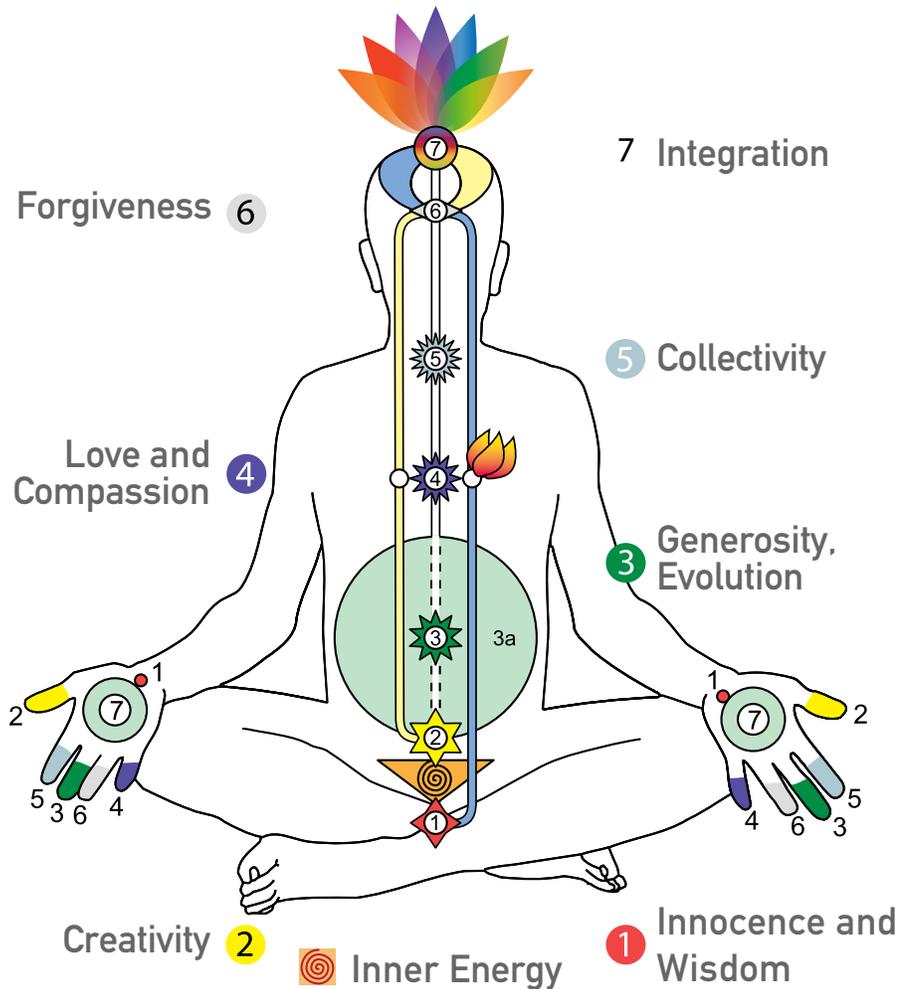


## Learning the Chart of Energy Centers



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 Yoga 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.

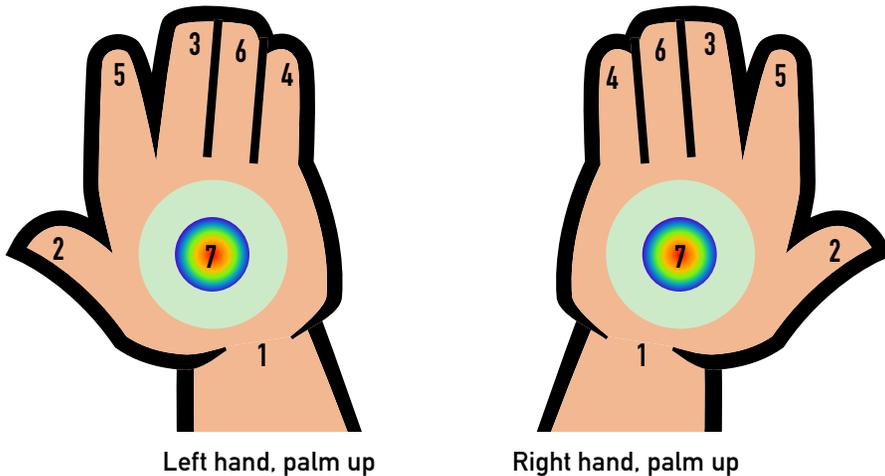
(For more details, see the [How to Decode the Energy Centers on Your Hands](#) handout.)

## 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.

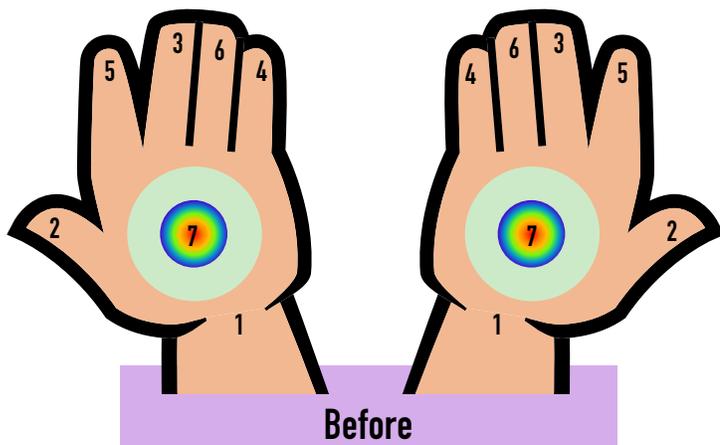
To determine whether the sensation in your finger is gone, place your hand back in your lap. Repeat the process of touching the affected energy center, if necessary.

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

## Meditation Worksheet

Sit comfortably in a chair or on the ground with your palms facing upwards. Raise your Inner Energy by using the technique described in the **Raising Your Inner Energy** handout.

Do you feel any sensations within or around your fingers and hands? For example, you may experience tingling, coolness, heat, heaviness, lightness, pain, or a breeze-like sensation. Hold your hand 2-3 inches above your head...do you feel a breeze-like sensation?



Map and record any sensations on the **Before** hands chart shown on the left.

Now meditate using the technique taught in class or in the **How To Meditate** handout.

Once you have reached the state of meditation, monitor your hands again and record any sensations you feel on the **After** hands chart shown on the left.

Note the corresponding changes in your physical, emotional and mental states.

Keep a daily log for a few weeks. You'll begin to notice a tangible difference in your ability to decode the sensations on your fingertips. Cultivating this sensitivity will enable you to put yourself in a balanced state much quicker.

**Note:**

Make multiple copies of this worksheet before starting your daily log.

