

# Sahaja Yoga Meditation Clearing Techniques

Each of the five Elements (Earth, Water, Fire, Air and Ether) relate closely to a particular chakra. This means that the element can assist you in cleaning and nurturing that chakra.

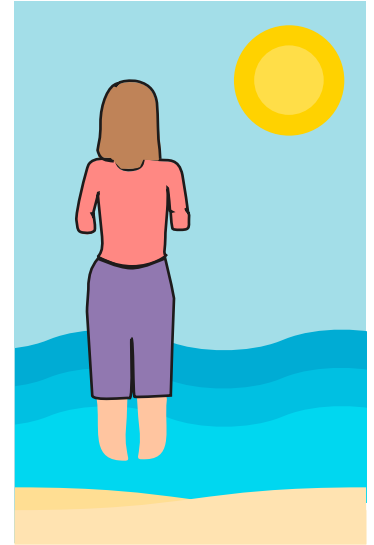
## Earth

The Earth element helps the Mooladhara base chakra and the whole Left side. Sit on the Earth or grass with your Left hand palm up and the Right hand (or both hands) flat on the Earth, or lie face up with spine on the Earth.



## Water

The Water element helps the Nabhi chakra, the Void, and whole Right side. Put your feet in the water, (Hands palms up). Drinking water is good for liver. Bathing hands, feet, washing face is refreshing. Ocean feet-soaking good.



## Fire A

The Fire A element helps clear the whole left side and particularly the Left Swadhistan. Place Left hand towards a candle, or fire. Also for back Agnya at the back, and centre Agnya, look through candle flame in front.



## Fire B

The Fire B element helps clear the whole Left side when you take the candle flame up and down the whole Left channel at the front, or at the back, when clearing. Only use on the Left side channel. (Ida nadi).



## Air

The Air element helps the whole Right side and also the fourth Heart chakra (Anahat). Take deep, slow breaths to help clear the heart / chest. (Pause between in and out breaths to help establish meditation / presence.)



## Ether

The Ether element (not visible except for subtle vibrations) helps the fifth Vishuddhi or throat chakra. Raise head up looking into the blue day or night sky. Allow attention to flow into the majestic sky and Universe. Breathe deeply. Open the Heart.

