

# Hands - Left or Right - Which to use!

Left Side is the side which is cool, and needs heat (800517.2); Right Side is the side which is hot and needs cooling down (800517.2); In Sahaja Yoga, we regard the left hand as the minus (-) hand, and the right hand as the plus (+) hand. Whatever you may do with the left hand, you are sucking in, whilst with the right hand you are giving out (800517.2)

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So as an example, if you want to correct a liver which is overheated, you put the left hand on the liver, and the right hand outside, and then you are taking the heat from the liver, and giving it out with the right hand (800517.2)

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To clear the liver, it is no good trying to use the fire element (directly - Ed), because it would be adding fire to fire - so if you want to use the fire, then you must take out heat from the liver with the left hand, and give it to the fire with the right hand (800517.2)

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The left hand is the hand of desire, and is extended towards the source of vibrations, to receive (840622); Right hand is the hand of action, and is placed on the various chakras, on the left side of the body, during the process of Kundalini Awakening (840622)

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Watch your hands, to see if they are shaking, or if there is heat on one of the hands.

If the left hand is shaking or hot, put the right hand on your heart.

If the right hand is shaking or hot, put the left hand on your stomach or liver, just below the ribs - with the right hand towards Mother (830302; 790524)

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Some of you might start feeling hot in the hands... maybe some of you...  
if so, you can just throw it away (790524)

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Fumes from the activity on the left side collect in the balloon of superego, which together with those from the right side collected in the ego, cause us to be cut off or separated, from the main (790616)