

Right Side

Our acting power: Prana Shakti

Right sided behaviour / mind

Future oriented, planning, organising

Time oriented, very precise, meticulous

Body oriented, outside

Thinking about the future, imaginary

Five hours of meditation or anything else

Very smart (thinking) mental power



Right sided nature

Straightforward (in nature nothing is so straight...)

Ego: so called 'successful and dynamic'

"What is wrong attitude"

Stupidity: dancing when 90, horse riding when 85

Troubling others

Swadisthan Chakra

Converts fat cells, into brain cells

Too much thinking, overheats this chakra



Right sided diseases

Liver: wobbly eyes, unsteady attention (right Nabhi)

Pancreas: diabetes

Spleen: high blood pressure, leukaemia (left Nabhi)

Heart: heart attack (Spirit retrieves)

Eat in peace (no hurry) and without looking on your phone etc.

Meditate, be in the present

Spirit (inside) oriented

Put attention on the Spirit

Patience with yourself

Giving nature, generous

Give something (back) to nature



Shri Rama and Shri Hanuman

Personify qualities of right heart and right channel

Shri Rama lived 4000 years before Christ and represents the perfect king, father, brother and son (right heart)

Shri Hanuman is the servant of Shri Rama, he protects our right heart and controls our right channel

Shri Hanuman is the helper / actor / supporter of the Divine

Shri Hanuman shows the way to the abstract: to the Sahasrara



Shri Hanuman qualities

He helps to establish truth

He protects people who are in truth

He is very powerful, dynamic and fast (quicker than thought)

The lord of the ether, master of all networks (cause of communication)

He creates electromagnetic forces, creates movement in molecules and atoms

He guides people's actions and makes them surrendered by spoiling their plans

More qualities

He gives us discrimination

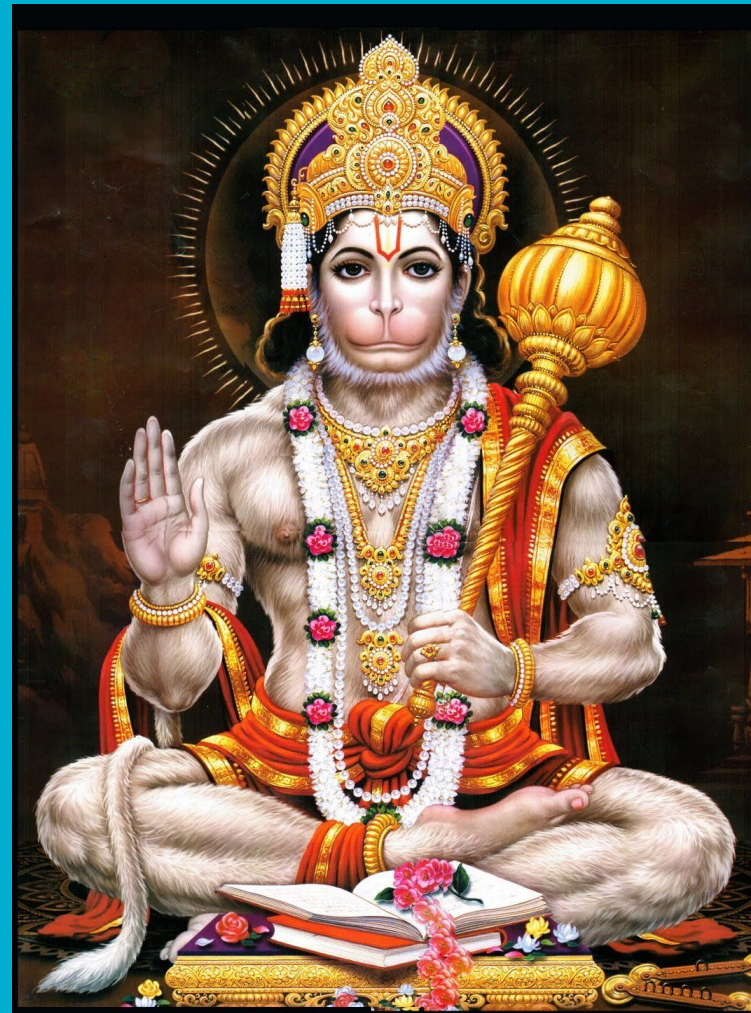
He shows us our ego

He makes us sweet and childlike

He gives people their conscience

He is the source of enthusiasm

He is an ocean of love (bhakti)



Shri Hanuman Chalisa

Prayer/ Song in honour of Shri Hanumana (about 10 minutes)

Praising His qualities

We listen to this song in meditation to strengthen the right channel and to calm down any over activity. After it we remain in meditation for a while.