

AFFIRMATIONS

LEFT

CENTER

RIGHT

7. SAHASRARA

Mother, thank you for giving me by Self-Realization.

Mother, please establish my Self-Realization. Please establish my connection with the Divine.

Mother, by Your Grace, I am protected and will be victorious over all the challenges to my ascent.

6. AGNYA

Mother, please forgive me.

Mother, please make me a forgiving person.

Mother, I forgive everyone and I forgive myself.

5A. HAMSA

Mother, please give me discretion.

5. VISHUDDHI

Mother, I am not guilty.

Mother, please make me a detached witness. Please make me a collective person.

Mother, please give me sweetness in my words and actions.

4. HEART

Mother, I am the Spirit. Please forgive me for any mistakes against my Spirit. I am the instrument of Mother's love.

Mother, please make me fearless and confident.

Mother, please teach me the boundaries of good conduct. Mother, please awaken the sense of responsibility in me.

3A. VOID

Mother, I am my own guru.

Mother, please give me the self-discipline of a true guru.

Mother, please awaken the Guru Principle in me.

3. NABHI

Mother, I am satisfied, peaceful and generous.

Mother, please make me balanced and righteous. Please give me spiritual evolution.

Mother, please give me dignity and well-being.

2. SWADHISHTANA

Mother, by Your Grace, I am the pure knowledge of the Divine that acts.

Mother, please give me pure creativity.

Mother, I do nothing. The Divine does everything. Please give me pure attention and pure action.

1A. KUNDALINI

Mother, the Kundalini is truly the Mother in me.

1. MOOLADHARA

Mother, by Your Grace, I am the powerful innocence of a child.

Mother, please make me innocent and wise.

Mother, the Divine is truly the destroyer of all negativity.