

## THE AFFIRMATIONS

After Self Realisation these affirmations can be repeated to help establish the attention at the top of the head. Maintaining the attention at this point will help you to attain joyful and silent Meditations.



With your right hand on the heart, ask your kundalini  
**"Mother, am I the spirit?"**  
 ask this approximately three times



Right hand on your left upper stomach, just below the ribs, ask your Kundalini  
**"Mother, am I my own master?"**



approximately three times  
 Right hand on your left lower stomach, just above the left hip, ask your Kundalini  
**"Mother, please give me the pure knowledge"**



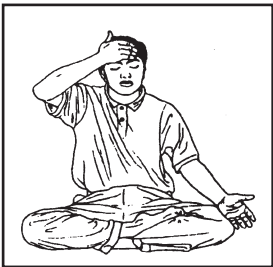
approximately six times  
 Return the right hand to the left upper stomach, ask  
**"Mother, please make me my own master"**



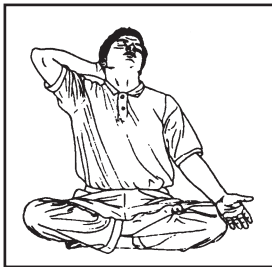
approximately ten times  
 Right hand on the the heart, say confidently  
**"Mother, I am the spirit"**  
 approximately twelve times



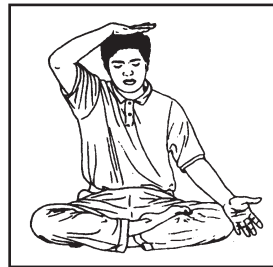
Right hand at the point where the left shoulder meets the neck. Turn the head to the right, say  
**"Mother, I am not guilty"**



approximately sixteen times  
 Right hand across the forehead, gently grasping the temples, say  
**" Mother, I forgive everyone"**  
 repeat a few times, as sincerely as



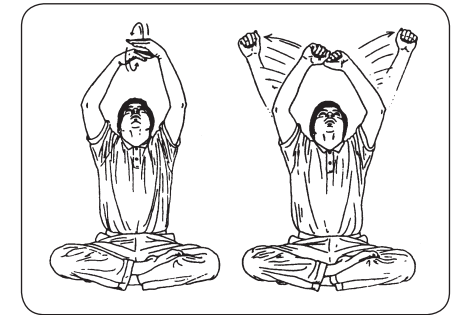
you can  
 Right hand on the back of the head, opposite the forehead, say  
**"Mother, for any mistakes I have made against myself, please forgive me"**



repeat a few times, sincerely  
 Right hand on the top of the head, stretch the fingers upwards with the centre of the palm pressing gently on the fontanelle area, slowly rotate clockwise, ask seven times  
**"Mother please give me my**

## RAISING THE KUNDALINI

Commence and conclude your meditations with these exercises. Place the left hand in front of your lower abdomen, palm facing the body. Raise the left hand up vertically, until it reaches a position above your head. While the left hand is ascending, the right hand rotates round it clockwise, until both hands are above the head. Use both hands to tie a knot. Repeat three times and the third time tie the knot three times.



## BANDHAN

Hold the left hand out on your lap, palm upwards. Place your right hand over your left hip and slowly raise your right hand over your head and down to the right side of your body. Then raise the right side, over your head and down to the left side. This is one Bandhan and protects the Aura. Repeat seven times.

