

Awakening the Kundalini - for the first time:

Sit comfortably in front of a picture of Shri Mataji. Please sit on a chair if it is easier. With your left hand palm upwards on your lap and eyes closed, use the right hand as indicated along the left side. You can use the affirmations silently to yourself, addressing your mother energy, the Kundalini. Please use these affirmations with all your confidence and your pure desire to become the spirit.



1. With your right hand on your heart, ask: "Mother, Am I the Spirit?" (3 times)



2. Right hand on left upper stomach near the ribs: "Mother, Am I my own Master?" (3 times)



3. Right hand on your lower left stomach (near hip): "Mother, Please give me the pure knowledge." You may say this about 6 times.



4. Right hand to the upper left stomach (as in 2): "Mother, I am my own master." Say this about 10 times. There are 10 petals on this chakra.



5. Right hand on the heart again: "Mother, I am the spirit." Say this twelve times.



6. Right hand on the neck where it meets the shoulder, turn head to the right and say about 16 times: "Mother I am not guilty." (We learn by our mistakes, so no need to feel guilty.)



7. Right hand on the forehead pressing in the sides and say: "Mother, I forgive everyone." Forgive everyone in general for everything. Say a couple of times.



8. Rest the head back into the right hand and say: "Mother, for any mistakes I have made against my spirit, please forgive me." Say a couple of times.



9. Place palm of right hand on the top of the head (fontanelle area), stretch back the fingers, push down and slowly rotate the scalp clockwise seven times saying: "Mother please grant me my self realisation."

10. Now sit in quiet meditation for 5 mins. or so with palms upward on the lap. If thoughts come then say quietly to yourself "Not this thought, not this thought" or "I forgive, I forgive". Be aware of any sensations on hands, body or head.

Then place your hand about 20 cm (8 in.) or more above the head and see if you can feel the Kundalini as a cool vibration coming from the top of the head. If warm, it will eventually go cool.

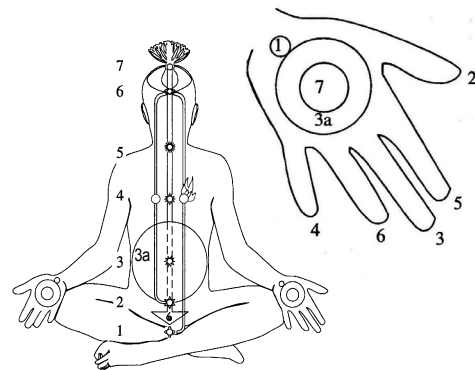
After the initial waking, we use a simple method to raise the Kundalini before and after meditation (see page 10).

Sahaja Yoga Affirmations

The Affirmations:

As we meditate we may start to feel sensations on our hands or in our body of blockages ("catches") in the chakras.

We can help the Kundalini clear these blockages by saying the affirmation for that chakra while we meditate. We address our Kundalini as Mother.



LEFT SIDE

Mother
by your grace I am:

- 7. Sahasrara
~ protected from all the challenges to my ascent.
- 6. Agnya
~ forgiven.
- 5. Vishuddhi
~ not guilty.
- 4. Heart
~ the spirit
~ forgiven for any mistakes against my spirit.
- 3. Nabhi
~ completely satisfied.
~ peace.
~ a generous person.
- 3a Void
~ my own guru/master.
- 2. Swadhistan
~ pure knowledge of the Divine which acts.
- 1. Mooladhara
~ the powerful innocence of a child.

CENTRE

Mother
please make me:

- 7. Sahasrara
~ a better Sahaja Yogi.
~ completely Self Realised.
- 6. Agnya
~ a forgiving person.
- 5a Hamsa
~ a self-correcting person.
- 5. Vishuddhi
~ a detached witness.
~ a part & parcel of the whole.
- 4. Heart
~ a fearless person.
- 3. Nabhi
~ a satisfied person.
- 3a Void
~ my own guru/master.
- 2. Swadhistan
~ the creative knowledge.
- 1. Mooladhara
~ the innocence.
~ the wisdom.

RIGHT SIDE

Mother
verily you are the:

- 7. Sahasrara
~ victory over all the challenges to my ascent.
- 6. Agnya
Mother, I forgive everyone,
and I forgive myself.
- 5. Vishuddhi
~ sweet countenance of all my words and deeds.
- 4. Heart
~ responsibility in me.
~ boundaries of good conduct in me.
- 3. Nabhi
~ royal dignity in me.
~ solution to all my family and money worries.
- 3a Void
~ guru and master.
- 2. Swadhistan
~ doer and the enjoyer.
- 1. Mooladhara
~ killer of devils.