

Meditation Affirmations

Place the right hand on the centres as shown with following requests:

You may preface each request with the word “Mother or Kundalini”

(for example... “Mother, I am the pure spirit”)

- Please give me the pure knowledge
- I am my own master
- I am the pure spirit
- I am not guilty at all
- I forgive, I forgive everyone in general
also I forgive myself and please forgive me
- Please give me / deepen my self-realisation
and deepen my experience of mental silence



SAHAJAYOGA MEDITATION

General Instructions on How To Meditate

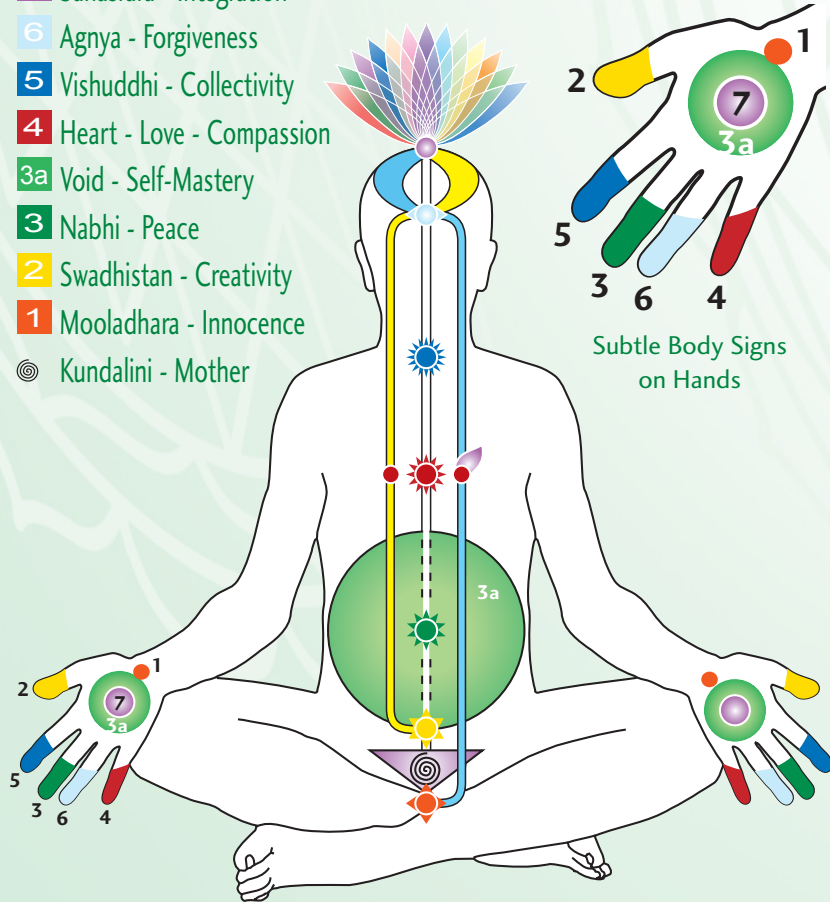
- 1 Find a relatively quiet space with minimum disturbances and, if you like, light a small candle in front of the photo, and some incense to help you to establish a calm, peaceful environment.
- 2 Remove shoes, spectacles, and loosen any tight clothing.
- 3 Sit comfortably with both hands open, palms up on your lap.
- 4 Take a few deep breaths, then breathe in a quiet, relaxed way.
- 5 Try the Meditation Affirmations and hand positions sequence.
- 6 This sequence will help you to develop the experience of deeper peace and mental silence - ‘the space between the thoughts’.
- 7 If you find it difficult to quieten the mind, repeat the affirmation sequence or simply say “Not this thought, Not this thought” or try to clear your left side or right side as below.



- 8 Allow your attention to dissolve into the silent space that is just above your head, in deep mental silence, in Meditation.
- 9 Leave the hands palms-upward in the lap, and eyes closed, when silent inside, check above the head for cool vibrations.
- 10 Take time to enjoy the peace, and the flow of mental silence.

Subtle Body System

- 7 Sahasrara - Integration
- 6 Agnya - Forgiveness
- 5 Vishuddhi - Collectivity
- 4 Heart - Love - Compassion
- 3a Void - Self-Mastery
- 3 Nabhi - Peace
- 2 Swadhistan - Creativity
- 1 Mooladhara - Innocence
- ☉ Kundalini - Mother



Subtle Body Signs on Hands

Subtle Body Signs

Left hand = Left Channel Moon Right hand = Right Channel Sun
Both Hands = Central Channel Evolution

