

## Affirmations in Sahaja Yoga

You can begin each Affirmation with either “Mother Kundalini” or “Mother.”  
For example: “Mother, please make me innocent.”

		Left	Center	Right
	<b>Chakra</b>	Mother Kundalini or Mother, <b>I am...</b>	Mother Kundalini or Mother, <b>Please make me...</b>	Mother Kundalini or Mother, <b>You are the...</b>
7	Sahasrara	...protected from all the challenges to my ascent ...a realized soul	...completely Self Realized ...able to fully recognize the Divine Thank you for my Self Realization.	...victory over all the challenges to my ascent ...one who removes all my doubts
6	Agya	Please forgive me for any mistakes against my Spirit.	...a forgiving person	...power of forgiveness I forgive everyone.
5	Vishuddhi	...not guilty	...a detached witness ...part and parcel of the whole	...sweetness in my words and deeds
4	Heart	...the Spirit	...fearless ...confident	...responsibility in me ...boundaries of good conduct in me
3a	Void	...my own guru/master	...my own guru/master	...guru and master
3	Nabhi	...completely satisfied ...peaceful ...a generous person	...satisfied	...royal dignity in me ...solution to all my family and money worries
2	Swadhishtana	...true/pure knowledge of the Divine which acts	...creative	...doer and the enjoyer
1	Mooladhara	...the powerful innocence of a child	...innocent ...wise	...destroyer of negativity

The Channels	Left Channel	Center Channel	Right Channel
	Mother, please take away all my negative conditionings and desires.	Mother, please establish my Self Realization.	Mother, You do everything. I do nothing.

