

SAHAJA YOGA AFFIRMATIONS

In the early days it can help to go through this exercise at the beginning of our meditations to help us to settle down. There is no need however to continue to use these Affirmations, once we can get the Kundalini to Sahastrara effortlessly, at the start of our meditation, but it may help.

It is important to be comfortable, so use a chair if this is easier. You can say 'Mother', before each affirmation if you wish, addressing the Mother Kundalini, within us. Note that the affirmations are said silently in the heart, in all humility, & that the number of repetitions is for guidance only.

Left Heart



1. Right hand on Left Heart.

Am I the Spirit?

3x

Left Nabhi



2. Right hand just below rib cage, on the left hand side.

Am I my own Guru? (or Master)

3x

Left Swadisthan



3. Right hand at the level of the Hip on left hand side.

Please give me the pure knowledge... of the Divine Technique.

6x

Left Nabhi



4. Right hand just below rib cage, on the left hand side.

I am my own Guru (or Master)

10x

Left Heart



5. Right hand on Left heart.

I am the Spirit.

12x

Left Vishuddhi



6. Right hand in the corner of the neck & shoulder, on the left hand side, grip & turn head to the right.

I am not guilty... of anything at all.

16x

Front Agnya



7. Right hand across the forehead & squeeze.

I forgive everyone.

3x

Back Agnya



8. Right hand at back of the head, tip the head back onto the hand.

If I have made any mistakes, please forgive me.

1x



Sahastrara



9. Right hand on top of head, lift fingers away, press down & rotate slowly clockwise.

Please give me my Self Realisation.

7x