

MEDITATION ON 3 GRANTHIS

-Brahma Granthi: Between the centre swadisthan and centre nabhi: when the human being became aware of matter (and how later on it became materialism).

One common affirmation is 'Mother please, take away my attention away from matter and materialism'

Mantra: Shri Brahma Granthi Vibhedini (the destroyer of this 'granthi')

-Vishnu Granthi: Between the centre nabhi and centre vishuddhi: when the human being became aware of himself as a separate entity. Ego was born. And we know how Ego has developed tremendously, right?.

One common affirmation is 'Mother please, deflate my Ego, help me to be aware when it acts, and help me to avoid this feeling of separateness; instead, please, help me to feel one with the whole'

Mantra: Shri Vishnu Granthi Vibhedini (the destroyer of this 'granthi')

-Rudra Granthi: Between the centre vishuddhi and centre (front) agnya ('the third eye') : when the human being started to develop self-destructive tendencies

One common affirmation is 'Mother please, help me to stop all my self-destructive tendencies, whatever their nature may be'. Help me also to stop being harmful to others.

Mantra: Shri Rudra Granthi Vibhedini (the destroyer of this 'granthi')

This set of mantras is followed by a mantra to open the 'narrow gate to the Kingdom of Heaven'. This is placed on the centre of our forehead, and it's where the balloons of the Ego and Superego meet. The wider this narrow gate is, the more strands of the kundalini can pass through, and the smaller the balloons of the Ego and Superego are.

Mantra: Shri Sahasrara dwara vasi