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| **Left Nabhi** | Centre Nabhi | **Right** and **liver** |
| Mother kundalini, I am the Spirit. I am peace and calm. I am the joyful state of being the Spirit, and completely satisfied. | Mother kundalini please make me a satisfied and generous person. | Mother kundalini you resolve all my family, social and financial problems. You take care of my well-being. |
| Mother kundalini, there are no thoughts, there are no doubts, there are no worries. | Mother kundalini please make me balanced and righteous. | Mother kundalini you are the dignity within me. |
| Mother kundalini, I am satisfied. | Mother kundalini please give me spiritual evolution. | Mother kundalini please take away all my petty worries. |
| Mother kundalini, I am a generous person. | Mother kundalini please stay in me as Dharma. | Mother kundalini please help me to stop worrying about material problems and worldly affairs and help me to put all my attention on my spiritual development |
| Mother kundalini please stay in me as peace and serenity | Mother kundalini please stay in me as sincerity in my search for truth. | Mother kundalini please give me dignity and well-being. |
| Mother kundalini, let me be in state of acceptance when things seem to go wrong |  | Mother kundalini please help me to accept and surrender to situations and circusmtances |
| Mother kundalini, let me experience the inner peace of my inner Self. Let me irradiate this inner peace to others |  |  |