

Interpretation of Ekadesha Rudras

Read the text slowly and then sing Om Twameva sakshat, shri...Namoh Namah after every affirmation.

1. Shri Maha Ganesha

Mother Kundalini, please destroy all the negativities that do not allow the Kundalini to pass through and purify my head, brain and mind. Please destroy all the past karmas and their effects stored in my memories.

2. Shri Maha Bhairava

Mother Kundalini, please destroy all the negativities that cause depression in me and oppose my will power for growth in my meditation.

3. Shri Hiranya Garbha

Mother Kundalini, please destroy all the negativities, along with their effects on my subtle system, brain pithas and gross body and destroy those negativities that suck my cosmic life force.

4. Shri Gautam Buddha

Mother Kundalini, please destroy all the negativities that possess me and do not allow me to be egoless, humble and desireless.

5. Shri Mahavira

Mother Kundalini, please throw away all the negative forces to hell, which create superego in me and destroy all bad memories and effects coming from the collective subconscious.

6. Shri Jesus

Mother Kundalini, please destroy all the negativity that possess me and do not allow me to be a forgiving and tolerant person.

7. Shri Laxmi Narayan

Mother Kundalini, please destroy all the negativities that possess me and do not allow me to develop the principles of spiritual evolution, satisfaction and generosity in me.

8. Shri Shiva Shakti

Mother Kundalini, please destroy all the negativities that possess me and do not allow me to realize the ultimate truth of being the spirit.

9. Shri Maha Kartikeya

Mother Kundalini, please destroy all aggression, arrogance and domination in me. Please destroy all negativities that do not allow my Mooladhara to open.

10. Shri Maha Hanumana

Mother Kundalini, please destroy all the negativities that block my right side and work against my full dynamism and full surrender to the work of the divine.

11. Shri Brahmadeva Saraswati

Mother Kundalini, please destroy all the negativities that possess me and that do not allow me to obtain perfection in Nirmala Vidya (knowledge) and to give maximum realization to human beings.

Mother, verily you are **Ekadesha Rudra**. Please get completely awakened within me and please destroy all the negative forces that discourage me to be consistent in my full surrender to You, the cleansing of my subtle system and to work as your trusted and strong instruments.

After this one, say 3 times the mantra of Shri Ekadesha Rudra.