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| **Left Mooladhara** | **Centre Mooladhara** | **Right Moolhadara** |
| Mother kundalini help me to be pure and have the powerful innocence of a child. | Mother kundalini please absorb all the negativity of my Mooladhara chakra into the earth element | Mother kundalini verily You *are* the One who destroys all short-comings and wrong-doings in me. |
| Mother kundalini, please be kind and merciful and forgiving, | Mother kundalini please make me innocent, pure and wise. | Mother, The Divine is truly the destroyer of all negativity. |
| Mother kundalini, please Let hypocrisy, all conditionings, wrong ideas we have had or all the wrong life we have had just disappear like thin air | Mother kundalini please make me a discriminating and self-correcting person.  You are the pure desire of spiritual ascent within me, and of union with the Divine. | Mother kundalini please destroy all my negative thoughts, all evil threads within me. Clear away all negativities and obstructions to my ascent. |