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| **Left agnya (right temple)** | **Front Agnya (centre)** | **Right agnya (left temple)** |
| Mother kundalini please destroy all the negativity of my emotional body and take me to a higher plane of positive emotions. | Mother kundalini, I am the Sirit. I am not the ego nor the super-ego; I am not my mind , intellect or emotions, only pure spirit. | Mother kundalini please let my ego co-operate in my search for the Divine. |
| Mother kundalini, you are the One who comforts me. | Mother kundalini, I leave my past and future in Your hands. Help me to live in the Now, in the present | Mother kundalini please help me to overcome my identifications. |
| Mother kundalini please forgive me for all the mistakes committed in my seeking. | Mother kundalini, please give me mental peace. | Mother kundalini please help me to see all the disguises of the ego, especially when it tries to look like it is the spirit ‘thinking’. |
| Mother kundalini please help me to overcome my conditionings. | Mother kundalini please purify and enlightem my mind and thoughts. | Mother kundalini, please help me not to be critical or judgemental of other people. |
| Mother kundalini please let my super-ego have good habits in the search for the Divine. | Mother kundalini please come into my mind and my thoughts, please establish yourself in my mind and thoughts | Mother kundalini, I surrender my ego |
| Mother kundalini I surrender all my conditionings and all the self-created pain created by my negative emotions. | Mother kundalini please establish me in the state of thoughtless awareness. And let me feel the joy | Mother kundalini, I am not a judge. |
| Mother kundalini please, don’t let the negativity of the collective subconscious take over my spirit, my mind or my thoughts. | Mother kundalini please make me a forgiving and tolerant person. |  |
| Mother kundalini I surrender all my unconscious addictions to pain, feeling victim, sadness, living in or recreating the past constantly. | Mother kundalini I forgive everyone and everything, including myself. |  |
| Mother kundalini, remove any feeling of anxiousness or anxiety. Remove depressive thoughts or emotions. | Mother kundalini please help me to stop all my thoughts. |  |
| Mother kundalini please help me to be always in a state of acceptance, enjoyment or enthusiasm. |  |  |