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| **left** | **Centre Vishuddi** |  **right** |
| Mother kundalini, I am the Spirit and not guity of anything. | Mother kundalini please make me part and parcel of the Whole  | Mother kundalini please, give me sweetness in my words and deeds. |
| Mother kundalini, free me of any feeling of guilt or low self-esteem. | Mother kundalini please make me a person able to discriminate and self-correct, without fallling into any guilt complexes or states. | Mother kundalini please, take away all my aggresion, arrogance, and tendency to dominate others. |
| Mother kundalini, please help me not to feel less than anyone else. | Mother kundalini please make me a completely detached person; don’t let situations, circumstances or peoples’ opinions change my detached state. | Mother kundalini, help me to always be in a state of acceptance and stop resisting and reacting to other people’s or circumstances. |
| Mother kundalini, please give me the Divine intuition. | Mother kundalini, please make me a collective person. | Mother kundalini, I don’t dominate and I am not dominated. |
|  | Mother kundalini please give me the state of a detached witness. | Mother, please help me to stop reacting to everything |
|  | Mother kundalini please make me one with the collectivity. | Mother kundalini, please take away all sarcasm, irony, hatred and jealousy |
|  |  | Mother kundalini, please help me not to try to impress others, or to feel greater than anyone else. |