

MAHA VIRATA MEDITATION

-Raise Kundalini and say 3 Maha Mantras

-Virata Mantras:

1) Om Twameva Sakshat

Shri Virata Shakti Sakshat (x 3)

Shri Adi Shakti Mataji, Shri Nirmala Devi Namoh Namah

2) Om Twameva Sakshat

Shri Gruhalakshmi Kubera Virata Sakshat (x 3)

Shri Adi Shakti Mataji, Shri Nirmala Devi Namoh Namah

3) Om Twameva Sakshat

Shri Brahmadeva Vithala Virata Sakshat (x 3)

Shri Adi Shakti Mataji, Shri Nirmala Devi Namoh Namah

4) Om Twameva Sakshat

Shri Krishna Vithala Virata Sakshat (x 3)

Shri Adi Shakti Mataji, Shri Nirmala Devi Namoh Namah

5) Om Twameva Sakshat

Shri Vishnumaya Vithala Virata Sakshat (x 3)

Shri Adi Shakti Mataji, Shri Nirmala Devi Namoh Namah

6) Om Twameva Sakshat

Shri Nirananda Sakshat (x 3)

Shri Adi Shakti Mataji, Shri Nirmala Devi Namoh Namah

EXTENDED VERSION

1) Om Twameva Sakshat

Shri Ardha Bindu Sakshat : *8th chakra*

Shri Nirvarchara Sakshat: *thoughtlessness*

Shri Adi Guru Dattatreya Sakshat

Shri Adi Shakti Mataji, Shri Nirmala Devi Namoh Namah

Affirmation: Mother, please, make me be thoughtless

2) Om Twameva Sakshat

Shri Bindu Sakshat: *9th chakra*

Shri Nishamshaya Sakshat: *having no doubts*

Shri Nirvikalpa Sakshat: *state of being beyond doubts*

Shri Svastha sakshat: *She is established in the devotee*

Shri Turiya Sakshat: *4th dimension of consciousness when we are one with the Divine*

Shri Adi Guru Dattatreya Sakshat

Shri Adi Shakti Mataji, Shri Nirmala Devi Namoh Namah

Affirmation: Mother, please, establish me in the Nirvikalpa and Turiya states

3) Om Twameva Sakshat

Shri Valaya Sakshat: *10th chakra-Primordial power form of the Adi Shakti*

Shri Yogada Sakshat: *The One who gives union (Yoga) of the Atma with Paramatma*

Shri Brahma Granthi Vibhedini: *breaks the bond of material attachment*

Shri Vishnu Granthi Vibhedini: *breaks the bond of I-ness/beginning of Ego*

Shri Pashahantri Sakshat: *The One who destroys 'Pasha' (bonds) and gives Moksha (liberation)*

Shri Nitya Mukta: *She is ever free; and Her devotees are ever free*

Shri Adi Guru Dattatreya Sakshat

Shri Adi Shakti Mataji, Shri Nirmala Devi Namoh Namah

Affirmation: Mother, please, give me Moksha in this life

Meditate with attention on Sahasrara and ask Mother:

Please, Mother, give me the Collective Consciousness of the worldwide Sahaja Yoga collective