

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 enlighten 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.		