

<b>Left Nabhi</b>	<b>Centre Nabhi</b>	<b>Right and liver</b>
Mother kundalini, I am the Spirit. I am peace and calm. I am the joyful state of being the Spirit, and completely satisfied.	Mother kundalini please make me a satisfied and generous person.	Mother kundalini you resolve all my family, social and financial problems. You take care of my well-being.
Mother kundalini, there are no thoughts, there are no doubts, there are no worries.	Mother kundalini please make me balanced and righteous.	Mother kundalini you are the dignity within me.
Mother kundalini, I am satisfied.	Mother kundalini please give me spiritual evolution.	Mother kundalini please take away all my petty worries.
Mother kundalini, I am a generous person.	Mother kundalini please stay in me as Dharma.	Mother kundalini please help me to stop worrying about material problems and worldly affairs and help me to put all my attention on my spiritual development
Mother kundalini please stay in me as peace and serenity	Mother kundalini please stay in me as sincerity in my search for truth.	Mother kundalini please give me dignity and well-being.
Mother kundalini, let me be in state of acceptance when things seem to go wrong		Mother kundalini please help me to accept and surrender to situations and circumstances
Mother kundalini, let me experience the inner peace of my inner Self. Let me irradiate this inner peace to others		