

IDA NADI	SUSHUMNA NADI	PINGALA NADI
Mother kundalini please awaken in me the desire of being one with The Spirit.	Mother kundalini please ascend through my central channel and brush away everything that is impure in me and eliminate all obstacles to my Self Realisation.	Mother kundalini please remove all the excess rajas, please take away all the excess heat of my Pingala Nadi.
Mother kundalini please absorb all negativity from my left side into Mother Earth.	The Kundalini is truly the Mother in me.	Mother kundalini please absorb all the negativity from my right side into the air.
Mother kundalini please absorb all my conditionings and all my past into Mother Earth.	Mother kundalini please help me to be in the present, in the now.	Mother kundalini please absorb all my mis-identifications and all my thoughts.
Mother kundalini please remove all the excess Tamas	<i>Mother kundalini please establish yourself in me with your full qualities and powers and please regenerate and transform my entire subtle system. Also please purify, enlighten and give power and qualities to my subtle system.</i>	Mother kundalini please awaken in me the recognition that I do nothing, you do everything.
Mother kundalini please remove all the lethargy and inertia of my left side.		Mother kundalini please remove all the effects coming from unfulfilled ambitions
Mother kundalini please remove all the effects coming from unfulfilled desires		

Left Mooladhara	Centre Mooladhara	Right Moolhadara
Mother kundalini help me to be pure and have the powerful innocence of a child.	Mother kundalini please absorb all the negativity of my Mooladhara chakra into the earth element	Mother kundalini verily You <i>are</i> the One who destroys all shortcomings and wrong-doings in me.
Mother kundalini, please be kind and merciful and forgiving,	Mother kundalini please make me innocent, pure and wise.	Mother, The Divine is truly the destroyer of all negativity.
Mother kundalini, please Let hypocrisy, all conditionings, wrong ideas we have had or all the wrong life we have had just disappear like thin air	Mother kundalini please make me a discriminating and self-correcting person. You are the pure desire of spiritual ascent within me, and of union with the Divine.	Mother kundalini please destroy all my negative thoughts, all evil threads within me. Clear away all negativities and obstructions to my ascent.

Left Swadistan	Centre Swadistan	Right swadistan
Mother kundalini, please give me Pure Knowledge.	Mother kundalini, please give me the spiritual creativity and destroy all ego-oriented creativity.	Mother kundalini, I am the powerful knowledge of the Divine and the Truth.
Mother kundalini, please let me experience the Divine vibrations.	Mother kundalini please give me purity and enlighten my creativity.	Mother kundalini, please remove all my thoughts, all my doubts, and give me inner peace.
Mother kundalini, remove all the attention I give to matter and materialism.	<u>For centre and right.</u> Mother kundalini please give me pure action and pure attention.	Mother kundalini I am only your instrument please help me to realise this truth constantly.
Mother kundalini, please make of me the pure knowledge of the divine and truth.		Mother kundalini please help me to stop my constant planning and thinking and worrying about the future.
Mother kundalini, please remove all the effects coming from (social) media, TV, press etc		Mother kundalini please help my swadistan to be clean and produce healthy fat cells for my brain, so my agnya can be clean and balanced and positive.
Mother kundalini, please remove all the false wordly 'qualities' like vanity, prestige, position,		<u>For right nabhi and liver:-.....</u> Mother kundalini please cool down my liver
Mother kundalini you are the source of all divine Knowledge.		Mother kundalini please clear away all my tension, stress, restlessness and uneasiness and the attitude that causes them.
Mother kundalini please give me pure desire and take away all false knowledge.		Mother kundalini please enlighten my attention
Mother kundalini, You are the destroyer of false knowledge		Mother kundalini please make my attention one-pointed and concentrated. Do not let me be disturbed by any inner or outer noise
		Mother kundalini please purify and strengthen my attention. Make it a powerful element for my spiritual ascent.

left	Centre Nabhi	Right and liver
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		
Left void	Void	Right void
Mother kundalini, You are my Guru	Mother kundalini please give me the necessary self-control and self-discipline to become my own guru/master.	Mother kundalini, I am my own guru.

Left heart	Centre Heart	Right heart
Mother kundalini, I am only the Spirit.	Mother kundalini, please make me a fearless and self-confident person.	Mother kundalini You are the responsibility within me.
Mother kundalini, I am Spirit, pure Spirit and not this body, mind (<i>and any other thing one wants to say</i>)	Mother kundalini please destroy all my fears, all irrational fears, fears for the future, fear to confront situations and people when needed.	Mother kundalini please, teach me the boundaries of good conduct.
Mother kundalini, I am Spirit, pure Spirit and not my sickness, my pain (<i>and any other 'sickness-related' thing one wants to say</i>)	Mother kundalini, I know that through Your protection and Love, nothing, absolutely nothing, wrong is going to happen to me.	<i>For left sided;</i> -Mother kundalini please awaken the sense of responsibility in me. <i>For rt sided;</i> _Mother kundalini please help me to know the exact amount of responsibility I can/should take.
Mother kundalini, please, open my heart and let me absorb all your Divine Vibrations.	Mother kundalini please make me compassionate and loving.	Mother kundalini please help me to accept my responsibilities as they come and not to be frightened by all my duties or things to do.
Mother kundalini please come into my heart and bless me with your Compassion and pure Love.	Mother kundalini please make me feel safe and protected through your Love and Protection.	
Mother kundalini, I am just the instrument of Your Love.		
Mother kundalini please forgive me for any mistakes I have made against the spirit, knowingly or unknowingly.		

left	Centre Vishuddi	right
Mother kundalini, I am the Spirit and not guilty 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 falling into any guilt complexes or states.	Mother kundalini please, take away all my aggression, 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.

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.		

Sahasrara chakra	
Mother kundalini, let your absolute quality of divine wisdom and divine judgement manifest through my Sahasrara	.
Mother kundalini please, open my Sahasrara chakra and let me absorb all Your Divine qualities.	
Mother kundalini please enlighten the 1000 petals of my Sahasrara.	
Mother kundalini please establish my self realisation.	
Mother kundalini please make me the ideal instrument of Your Divine Love.	
Mother kundalini please establish my thoughtless awareness.	
Mother kundalini please let me dissolve in the ocean of Love and Joy of the Brahmastrand (fontanelle point)	
Mother kundalini please give me all the integrating qualities of all the chakras.	
Mother kundalini please accept my most complete gratitude for giving me my Self-Realisation	
Mother kundalini please establish my connection with the Divine	
.Mother kundalini thanks to You I am protected against all the obstacles and challenges I will find in my spiritual ascent	