

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.