

Sahaja Yoga: Affirmations for Self Realization

Sit comfortably with your eyes closed.

Take a few slow, deep breaths. This will help you to relax and meditate better.

The following steps will help you calm your thoughts. Perform them slowly.



1. "Mother Kundalini, am I the pure Spirit?"



2. "Mother Kundalini, am I my own Guru?"



3. "Mother Kundalini, please give me pure knowledge."



4. "Mother Kundalini, I am my own guru."



5. "Mother Kundalini, I am the pure Spirit."



6. "Mother Kundalini, I am not guilty."



7. "Mother Kundalini, I forgive everyone, including myself."



8. "Oh Divine, please forgive me if I have made any mistakes against my Spirit."



9. "Mother Kundalini, please give me my Self Realization."