

AFFIRMATIONS FOR THE CENTRAL CHANNEL

1 Mooladhara

Mother, please make me innocent and wise.

2 Swadisthan

Mother, please make me creative.

Mother, give me pure knowledge.

3 Nabhi

Mother, please make me satisfied.

Mother, please make me contented.

Mother, please make me generous.

3a Void

Mother, please make me my own guru.

4 Heart

Mother, please make me fearless and confident.

Mother, please make me compassionate and loving.

5 Vishuddhi

Mother, please make me a detached witness.

Mother, please make me a collective person.

5a Hamsa

Mother, please give me discretion.

6 Agnya

Mother, please make me a forgiving person.

7 Sahasrara

Mother, please give me my Self-Realization.

Mother, please establish my Self-Realization.