

Awaken Meditation

Follow these simple steps to awaken your Kundalini and experience Self-Realisation



1. With right hand on heart we ask:
Am I the Spirit?
Repeat 3 times



2. With hand on left upper stomach:
Am I my own Master?
Repeat 3 times



3. With hand on lower stomach:
Please may I have the pure knowledge?
Repeat 6 times



4. With the hand back on the upper stomach we say:
I am my own Master!
Repeat 10 times



5. With the hand on the right heart:
I am the Spirit!
Repeat 12 times



6. Place the right hand on the left side of the neck, turn head to the right and say:
I am NOT guilty!
Repeat 16 times



7. With the hand on the forehead:
I forgive everyone!
Say this from the heart as many times as you feel necessary.



8. With the hand on the back of the head, lean back slightly and say:
Please forgive me if I have made any mistakes!
Again say this from the heart.



9. Place the palm on top of the head, press down & slowly rotate in a clockwise direction whilst saying 7 times:
Please may I have my Self Realisation?