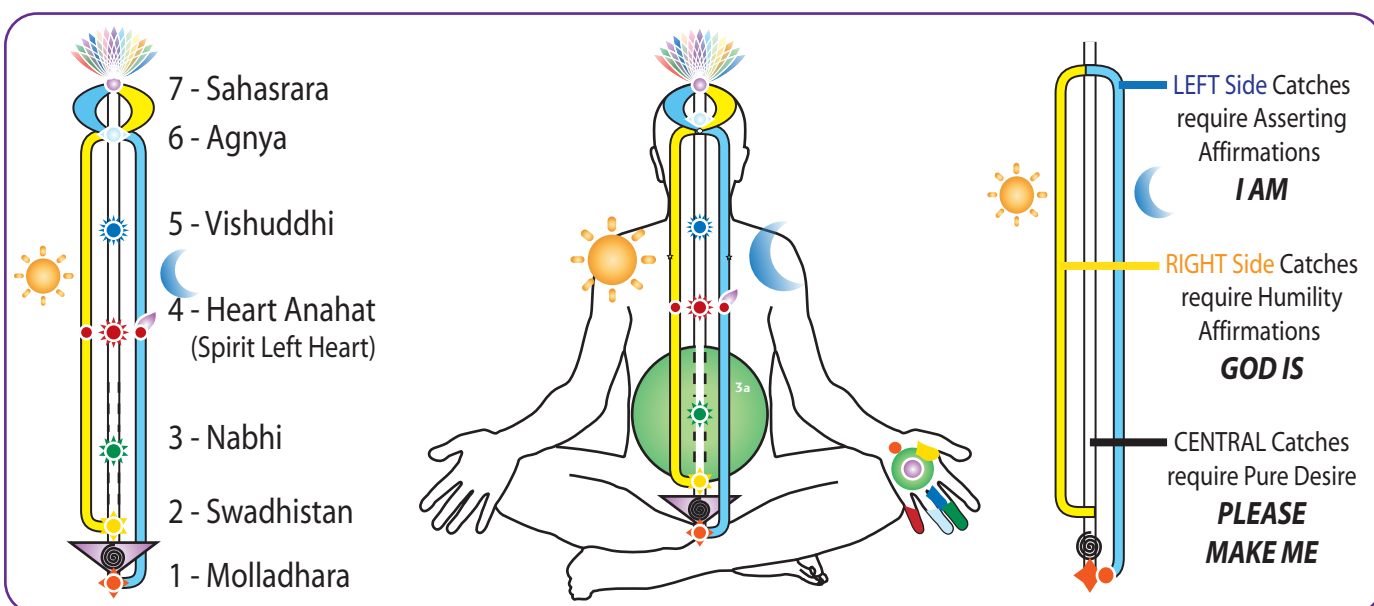


Subtle Body System

Centre Affirmations

Sahaja Yoga Meditation



LEFT Side Catches require **Affirming**

CENTRAL Catches require Pure Desire

RIGHT Side Catches require **Humility**

LEFT Side

Mother, Kundalini
&/or Shri Mataji

I AM

7 - Sahasrara

Protected from all the
challenges to my Ascent

6 - Agnya

Forgiven

5 - Vishuddhi

Not Guilty

4 - Heart Anahat

the Pure Spirit

Forgiven for mistakes

3 - Nabhi

Generous, Kind

3A - Void

My own Guru, Master

2 - Swadhistan

Pure Knowledge of

Divine which Acts

1 - Mooladhara

Powerful Innocence
of a Divine Child

CENTRAL

Mother, Kundalini
or Shri Mataji

PLEASE MAKE ME

7 - Sahasrara

- a Better Sahaja Yogi

- fully Self - Realised

6 - Agnya

a Forgiving Person

5 - Vishuddhi

Detached, Diplomatic

Collective, Discriminating

5a Hamsa: Self-Correcting

4 - Heart Anahat

Secure, Fearless

3 - Nabhi

Satisfied, Peaceful

3A - Void

My own Guru,/Master

2 - Swadhistan

the Creative Knowledge

1 - Mooladhara

Innocence and
Wisdom of a Child

RIGHT Side

Mother, Kundalini
&/or Shri Mataji

YOU ARE THE

7 - Sahasrara

Victory over all the
challenges to my Ascent

6 - Agnya

Forgiveness, I forgive

5 - Vishuddhi

Sweetness, words/deeds

4 - Heart Anahat

The Pure Spirit

3 - Nabhi

Royal Dignity in me

Solution to all family
and money worries

3A - Void

Guru and Master

2 - Swadhistan

Doer and

the Enjoyer

1 - Mooladhara

Killer of Demons