

SELF REALISATION AFFIRMATION

The process of Self-Realization is the first step in establishing a Sahaja meditation practice. Self-Realization awakens the inner Kundalini energy that lies dormant within you and helps your inner energy achieve a connection with the universal all-pervading energy of the universe.

Self-Realization activates and enlightens the subtle energy system within us and helps us realize the Spirit within. Once the energy is awakened, you'll then be able to easily raise your inner energy on an ongoing basis through the regular practice of Sahaja meditation.

This one-time awakening of the energy through Self-Realization is achieved by placing your right hand over the sites of each of your chakras — each of which represents specific qualities and attributes. Then you'll repeat affirmations that request the cosmic energy to help you achieve these positive qualities. To begin, sit comfortably on a chair, or on the ground... with your back straight and your hands on your lap, palms up. Close your eyes and relax. Then repeat each of the following affirmations until you feel peaceful and ready to move on.

Ideally, you'll spend about 30 seconds on each of the affirmations, saying them slowly... genuinely feeling the desire and meaning they represent. It's important to express a strong, sincere desire to achieve Self-Realization, rather than merely repeating the words without feeling them.

First, place your right palm over your heart and quietly say, either to yourself or aloud...

"Am I the Spirit?"

Next, place your right palm on your lower left side, just above your hip, and say,

"I want to have pure knowledge..."

Move your right palm up along right your side until it's just below your ribcage and say,

"I am my own master..."

Place your right palm over your heart and say,

"I am the spirit..."

Place your right palm on your left shoulder, where it meets your neck, and say,

"I am not guilty..."

In this moment, it's important to leave behind any regrets or feelings of guilt that you've been holding onto throughout your life.

Place your right palm across your forehead, lower your head slightly and say,

"I forgive everyone, including myself..."

In this moment, you must forgive, forget, and let go of painful events that have troubled you in the past. This ability to let go will pave the way for the inner energy to flow through the narrow opening at the 6th chakra and rise up into the Sahasrara chakra.

Finally, put your right palm on the crown of your head, with the center of your palm maintaining firm contact with your head. Now rotate your hand slowly in a clockwise direction, and as you rotate your hand, say,

"Please let me have my self-realization..."

Sit quietly for approximately 5 to 10 minutes. Without trying, without effort, notice the mental silence... notice how your thoughts have calmed. If a thought does pop into your mind, simply let it rise and fall away.

Note: The majority of us who do not have our energy systems ready enough to awakened, may find that Self-Realization only works when in a collective Sahaja setting such as an Introductory program led by a Sahaja instructor, where the energy and the power to awaken the inner energy is much stronger. Doing these steps all by yourself for the first time may not be as effective.

FORGIVENESS AFFIRMATION

(To help neutralize cords /energy blocks in health, success, emotions and prosperity)

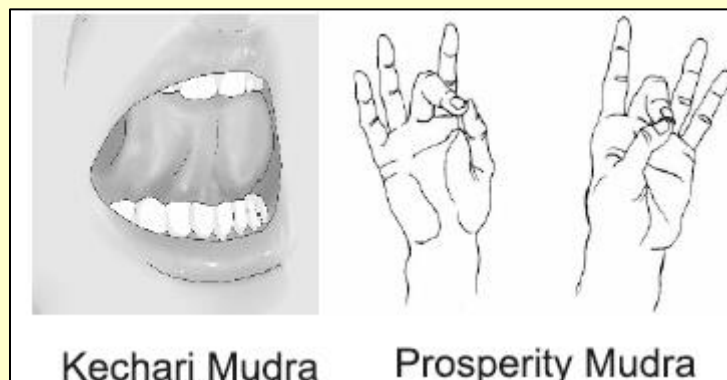
Forgiving Yourself	Forgiving Family Members like Father, Mother, Brother, Sister, Children and Close Relative	Forgiving In-law's Family Members like Father-in-law, Mother-in-law, Brother-in-law, Sister-in-law and their Close Relative	Forgiving Husband / Wife
<p>To the Supreme God, Divine Father, Divine Mother, To my Higher Soul, To my Spiritual Guides, To all the Spiritual Guides, To my Spiritual Helpers, To all the Spiritual Helpers, To all the Healing Angels, To the Great Karmic Board,</p> <p>I am that I am</p> <p>I am humbly invoking for Divine Forgiveness for all my wrongdoings committed knowingly or unknowingly in my past lives and present life.</p> <p>I am forgiving everyone for all their wrongdoings towards me and my family.</p> <p>Please cast out all fear and doubts in me.</p> <p>I am forgiving and forgetting. I am forgiving and forgetting. I am forgiving and forgetting.</p> <p>I am consciously accepting this manifest, manifest, manifest.</p> <p>God, Thank you, Thank you, Thank you.</p> <p>(Read Lifelong or as Instructed)</p>	<p>To the Supreme God, Divine Father, Divine Mother, To my Higher Soul, To my (Family member names) Higher Soul, To our Spiritual Guides and Helpers, To all the Healing Angels, To the Great Karmic Board,</p> <p>God thank you for bringing us together, I am accepting this divine direction and plan,</p> <p>I am humbly invoking for Divine Forgiveness.</p> <p>(Family Member names) please forgive me for all my wrongdoings and deep hurt which I may have committed knowingly and unknowingly to you in my past lives and present life.</p> <p>I am humbly invoking for forgiveness for all your wrongdoings committed towards me.</p> <p>Let God's love and blessing be with you always (3 times)</p> <p>Let there be peace and harmony between us always (3 times)</p> <p>God, Thank you, Thank you, Thank you.</p> <p>(Read as required)</p>	<p>To the Supreme God, Divine Father, Divine Mother, To my Higher Soul, To my (Husband/Wife Name) Higher Soul, To all our Spiritual Guides and Teachers, To all our Spiritual Helpers, To all the Healing Angels, To the Great Karmic Board,</p> <p>I am that I am</p> <p>God thank you for bringing us together, Thank you for balancing our karma, I am accepting this divine direction and plan,</p> <p>I am asking for forgiveness for all my wrongdoings committed knowingly or unknowingly to you and your family I am forgiving you for all the wrongdoings and deep hurt.</p> <p>I am blessing my (Husband/Wife name) with divine love, divine kindness and divine compassion. Let the divine light protect and guide (him/her) always in God's direction.</p> <p>Let the God's light blaze and transmute all negative energies and discords from (him/her) and sent to (him/her).</p> <p>My (Husband/Wife) is God's perfection made manifest in Body, Mind and Soul.</p> <p>God, Thank you, Thank you, Thank you.</p> <p>(Read daily)</p>	

<p>Forgiving Friends, Classmates, Colleagues, Neighbours and Others</p> <p>To the Supreme God, Divine Father, Divine Mother, To my Higher Soul, To (Name of person) Higher Soul, To all our Spiritual Guides and Helpers, To all the Healing Angels, To the Great Karmic Board,</p> <p>I am that I am</p> <p>I am humbly invoking for Divine Forgiveness.</p> <p>(Name of person) please forgive me for all my wrongdoings and deep hurt which I may have committed knowingly and unknowingly to you and your family.</p> <p>I am forgiving you for all your wrongdoings committed towards me and my family.</p> <p>Let God's love and blessing be with you always (3 times)</p> <p>Please go in peace (3 times)</p> <p>Let there be peace and harmony between us always (3 times)</p> <p>God, Thank you, Thank you, Thank you.</p> <p>(Read as required)</p>	<p>Forgiveness for Ex-Boy / Girl Friend, Ex Partners, and Ex-Wife / Husband</p> <p>To the Supreme God, Divine Father, Divine Mother, To my Higher Soul, To (Name of person) Higher Soul, To all the Spiritual Guides, Helpers and Teachers, To all the Healing Angels, To the Great Karmic Board,</p> <p>I am that I am</p> <p>God thank you for bringing us together, Thank you for balancing our karma, I am accepting this divine direction and plan,</p> <p>(Name) I am asking for forgiveness for all my wrongdoings and deep hurt which I may have committed knowingly and unknowingly to you and your family in my past lives and present life.</p> <p>I am forgiving you for all your wrongdoings committed towards me and my family. I am forgiving and forgetting(3 times) Let there be peace and harmony between us always (3 times)</p> <p>Let God's love and blessing be with you and your family always (3 times) Please go in peace (3 times)</p> <p>I am consciously accepting this manifest, manifest, manifest. God, Thank you, Thank you, Thank you.</p> <p>(Read lifelong or as instructed)</p>	<p>Forgiveness when Cords from Black Magic (BM) Or White Magic (WM) or Strong Cords From Souls, Past Life Souls or Curse Has Been identified. If The BM / Curse Is Done To The Family The Whole Family Needs To Read.</p> <p>To the Supreme God, Divine Father, Divine Mother, To my Higher Soul, To (Name of person) Higher Soul, To all the Spiritual Guides, Helpers and Teachers, To all the Healing Angels, To the Great Karmic Board,</p> <p>I am that I am</p> <p>God thank you for bringing us together. Thank you for allowing us to balance our karma. I am accepting this divine direction and plan.</p> <p>I am asking for forgiveness for all my wrongdoings and deep hurt which I may have committed knowingly and unknowingly to you and your family in my past lives or present life. This has caused you to take some very wrong action towards me and my family. We ask for forgiveness again.</p> <p>I am forgiving you for all your wrong actions done towards me and my family. I am forgiving and forgetting (3 times) Let there be peace and harmony between us always</p> <p>Let God's light, love and blessing be with you and your family always Please go in peace (3 times)</p> <p>I am consciously accepting this manifest, manifest, manifest. God, Thank you, Thank you, Thank you.</p> <p>(Read lifelong or as instructed)</p>
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PROSPERITY AFFIRMATION

Many of us may have wrong thoughts on money which may create blocks on our prosperity energy in our conscious and subconscious mind. Prosperity affirmations have been written to remove these self-blocks and motivate us to practise giving, sharing and inviting prosperity, wealth and money in our lives.

While reading stand straight at ease, take kechari mudra and prosperity mudra (as shown in picture) and read in mind.



Money is Good (2 times)
Money is Super Super Good (2 times)
I need Money.

Everybody needs Money,
Every Family needs Money,
Every Country needs Money,
The Whole World needs Money.

Money you are Everything,
Money you are Health,
Money you are Education,
Money you are Happiness,
Money you are Joy,
Money you are very important
to Everyone.

Money you are very important to me.
Giving is Receiving, whatever
I Am Giving the more
I AM Receiving,
The more I AM Receiving,
the more I AM Giving.
This is GOD's Law.

I AM Giving Money,
I AM Receiving Money in Abundance.
I AM Giving Food,
I AM Receiving Food in Abundance.
I AM Giving Love,
I AM Receiving Love in Abundance.

I Am sharing and giving
whatever I AM receiving,
GOD will reward me in abundance
whatever I AM sharing and giving.
This is GOD's Law.

Money flow towards me like a River,
Money pour on me like Rain,
Money pour on me like a Waterfall,
I AM full of Money.

GOD bless Me / My Family /
My Company with Abundance of
Prosperity, Abundance of Wealth,
and Abundance of Money.

GOD bless every Person,
every Family, every Country with
Abundance of Prosperity energy.
Abundance of Wealth and
Abundance of Money.

GOD let everyone live a life full of Joy,
Happiness, Wealth and Healthiness.
Let your blessing be with all.

GOD Thank you,
Thank you, Thank you.

SPIRITUAL AFFIRMATION

(To increase spiritual energy and connect to the Higher Self)

Learning in your Sleep

To the Supreme God,
Divine Father and Mother
To My Higher Soul,
To all My Spiritual Guides
and Teachers,
Please Protect and Guide to the
Correct Etheric School in
My Astral Body Today,
So that I can learn

in my Sleep Today.
Thank You, Thank You, Thank You

Go to sleep lying down in a comfortable position
and close your eyes, focusing on your breath by
doing slow but deep breathing. When you
wake up in the morning, please say
Thank you, Thank you, Thank you
for this teaching.

<p>Let and allow the Divine Fire to come and surround you while reading this affirmation.</p> <p>I Am a Being of Divine Fire I Am the Purity God Desires (3 minutes or more any number of times per day as required)</p> <p>My Soul is a Soul of Divine Fire My Soul is the Purity God Desires (3 minutes or more any number of times per day as required)</p> <p>(You can say these two lines for your house, workplace, village, city, country, children, husband, wife or any other person.</p> <p>Example: My house is a place of Divine Fire, My house is the purity God Desires)</p> <p>Do this for 1 min each.</p> <p>Nature Being of Earth, Sky and Ocean are being of Divine Fire Nature Being of Earth, Sky and Ocean are the Purity God Desires. (1Min)</p> <p>Mother Earth is a planet of Divine Fire Mother Earth is the purity God Desires (1min)</p> <p>Our Moon is a Cosmic Body of Divine Fire Our Moon is the Purity God Desires (1 Min)</p> <p>Our Sun is a Star of Divine Fire Our Sun is the Purity God Desires (1 Mins)</p>	<p style="text-align: center;">I AM</p> <p>I AM Not This Physical Body I AM That I AM (Be silent for 7 sec)</p> <p>I AM Not This Wrong Emotion I AM That I AM (Be silent for 7 sec)</p> <p>I AM Not This Wrong Thought I AM That I AM (Be silent for 7 sec)</p> <p>I AM Not This Disturbed Mind I AM That I AM (Be silent for 7 sec)</p> <p>I AM the Soul My Body is the Temple of my Soul</p> <p>I AM a Divine Spark GOD is my Creator I AM Connected with GOD</p> <p>Day by Day I AM Balancing My Karma,</p> <p>I AM Accepting This Divine Direction and Plan</p> <p>I AM GOD Perfection Made Manifest In Body, Mind and Soul</p> <p>I AM the Purity and Likeness of GOD I AM the Purity GOD Desires</p> <p>I AM That I AM I AM That I AM I AM That I AM</p> <p>I AM Connected with GOD I AM Connected with ALL</p>	<p style="text-align: center;">I AM LIGHT</p> <p>I AM LIGHT, Glowing LIGHT, Radiating LIGHT, Intensified LIGHT</p> <p>GOD consumes My Darkness</p> <p>Transmuting it into LIGHT</p> <p>This Day I AM The Focus of the Central Sun, Flowing Through Me is a Crystal River, A Living Fountain of LIGHT that can Never be Qualified by Human Thoughts and Feelings</p> <p>I AM the Outpost of The Divine</p> <p>Such Darkness that has used me is Swallowed up by the Mighty River of LIGHT which I AM</p> <p>I AM, I AM, I AM LIGHT</p> <p>I Live, I Live, I Live in LIGHT</p> <p>I AM LIGHT Fullest Dimension I AM LIGHT Purest Intension I AM LIGHT, LIGHT, LIGHT</p> <p>Flooding the World Wherever I Move</p> <p>Blessing and Strengthening and Conveying the Purpose of the Kingdom of Heaven</p> <p>I AM LIGHT, LIGHT, LIGHT</p>	<p style="text-align: center;">Blessing the Mother Earth</p> <p>To the Supreme God, Divine Father, Divine Mother, To my Higher Soul, My Spiritual Guides, Helpers and Teachers, To all the Spiritual Guides, Helpers and Teachers, To all the Healing Angels, To the Keepers of Mother Earth, To all the nature being of Mother Earth. To the Great Karmic Board,</p> <p>GOD I Am humbly invoking for Divine Blessing for Being an instrument of your blessing on Mother Earth. Please Guide and Protect Me Accordingly. I AM That I AM</p> <p>Let there be Divine Light, Divine Power and Divine Wisdom on Mother Earth. Let the Divine Light Blaze Away all Negative Energy Stopping Unity and Oneness on Mother Earth. Let there be Peace and Harmony on Mother Earth.</p> <p>Let there be Abundance of Food, Water and Wealth on Mother Earth. Let Mother Earth be Rejuvenated. Let there be Abundance of Love, Kindness, Compassion, Joy and Spirituality in all Beings.</p> <p>Let all the Keepers of GOD Flame on Mother Earth be Blessed with Divine Light, Divine Power, Divine Wisdom and Divine Knowledge.</p> <p>GOD Please Cast Out All Doubt and Fear in Everyone and Bring Oneness in All.</p> <p>GOD Thank You, Thank You, Thank You.</p>
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Organ Forgiveness

(Name of Organ), after _____ Years, I found where you are. Thank you.

Without me knowing where you are, you took care of me. You have worked very hard for me day and night. I have messed you up by putting all the things you don't like for so many years. Please forgive me.

I need you. Please forgive me if knowingly or unknowingly I have harmed you in any way. From now on I will take care of you.

I won't consume _____, now I know they are not good for you. Please be with me until end of my life.

I need you. I love you. I will take good care of you from today now that I know what harms you the most.

Thank you for keeping me healthy, Thank you, Thank you, Thank you.

Example: Pancreas on a person who is 35 years old.

Pancreas, after **35** Years, I found where you are. Thank you.

Without me knowing where you are, you took care of me. You have worked very hard for me day and night. I have messed you up by putting all the things you don't like for so many years. Please forgive me.

I need you. Please forgive me if knowingly or unknowingly I have harmed you in any way. From now on I will take care of you.

I won't consume **sugar, sweet stuff, excessive carbo**, now I know they are not good for you. Please be with me until end of my life.

I need you. I love you. I will take good care of you from today now that I know what harms you the most.

Thank you for keeping me healthy, Thank you, Thank you, Thank you.

Blessing the Place of Worship

**To the Supreme God, Divine Father, Divine Mother, To my Higher Soul,
My Spiritual Guides, Helpers and Teachers,
To all the Spiritual Guides, Helpers and Teachers,
To all the Healing Angels and Divine Beings
To the Great Karmic Board.**

GOD I Am humbly invoking for Divine Blessing for Being an instrument of your blessing on this Place.

**Please Guide and Protect Me Accordingly.
I AM That I AM**

Let there be Abundance of Divine LIGHT into this place. Let the Divine LIGHT Become the Divine FIRE and Blaze Away All the Negative Energy and Transmute it into LIGHT. Let this Divine FIRE Flood Each and Every Part of This Place. Let there be FIRE, FIRE, FIRE and only Divine FIRE.

Let this place be blessed with Abundance of Divine Love, Divine Compassion, Divine Kindness, Abundance of Healing Energy, Abundance of Prosperity, Abundance of Joy, Abundance of Divine Reconciliation, Spirituality and Divine Bliss.

Please Cast Off all Fear and Doubt in All.

Let Everyone Who Come Here for Healing be Healed. Let Everyone be Blessed with Wisdom and Knowledge. Let all Sadness be filled with Joy and Happiness. Let Everyone be Blessed with Abundance of Prosperity. Let Everyone be Willing to Give and Share. Let there be Oneness in All. Let there be Peace, Harmony and Unity in Everyone's Heart.

Let all the Divine Beings present here be Blessed with Abundance of Divine Light, Divine Power, Divine Love, Divine Compassion, Divine Kindness, Divine Wisdom, Divine Knowledge and Spirituality.

Let the caretakers be blessed with Divine

Guidance, Purity to Serve and Honesty.

GOD, Thank You, Thank You, Thank You