

## MEDITATION WITH AFFIRMATIONS

Shri Mataji used this technique to give Self Realisation in public meetings. These affirmations need not be said out loud but silently within. You can also use this technique to give your friends Self Realisation. Place the right hand on the chakras of the left side as shown and keep the left hand palm upwards towards Shri Mataji's photograph. Repeat the affirmations the number of times specified. Keeping the eyes closed throughout the exercise. For the last affirmation (SAHASRARA CHAKRA), bend your head down to the chest a bit. Stretch the fingers on the right hand and place the palm on the fontanelle. Push down and rotate the scalp seven (7) times clockwise repeating the affirmation, PLEASE GIVE ME SELF REALISATION or PLEASE STRENGTHEN MY SELF REALISATION.



HOW TO MEDITATE AT HOME



Mother, am I the spirit?



Mother, am I  
my own master?



Mother, please give me the  
pure knowledge



Mother, I am  
my own master



Mother, I am the pure spirit



Mother,  
I am not guilty



Mother,  
I forgive everyone,  
and I forgive myself



Mother,  
please forgive me  
for all mistakes I have  
made, knowingly  
and unknowingly



Mother, please give me  
my Self Realisation.  
Mother, please strengthen  
my Self Realisation.