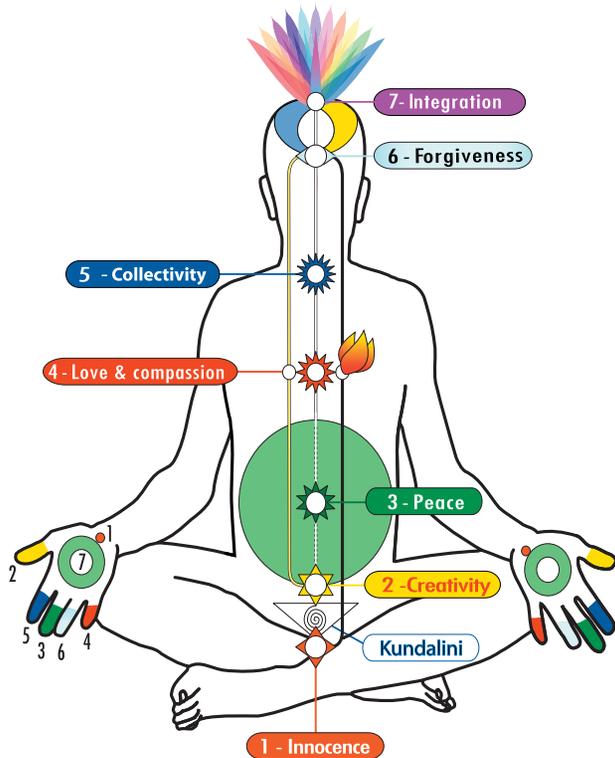


# THE SUBTLE SYSTEM

is inside every one of us  
and is ready to be enlightened.



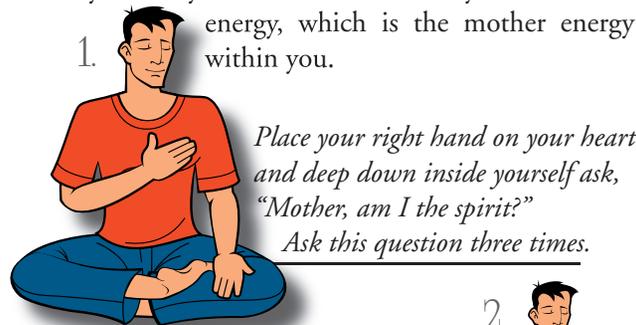
**THE KUNDALINI IS THE POWER OF PURE DESIRE** within us, a motherly and soothing spiritual energy which lies dormant at the base of the spine in the sacrum bone. Ancient civilizations knew that in this bone resides a sacred energy. Self Realization is the awakening of the Kundalini through the central channel, piercing through the six chakras above the sacrum bone and emerging at the top of the head (the fontanelle bone area) as a gentle “fountain” of coolness. The Kundalini cures you, she improves you, she bestows all the blissful things upon you.

## EXPERIENCE YOUR SELF REALIZATION

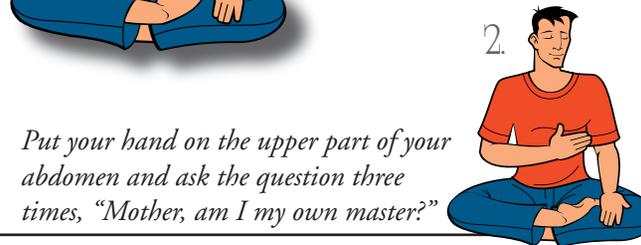


*You cannot know the meaning of your life until you are connected to the power that created you.*

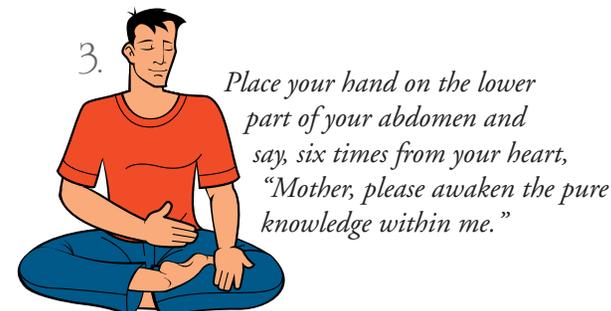
**THE PROCESS FOR AWAKENING YOUR KUNDALINI** is very simple and takes five minutes. To begin, sit back and relax. During this exercise, you will place your right hand on different chakras or energy centres on the left side of your body and communicate with your Kundalini energy, which is the mother energy within you.



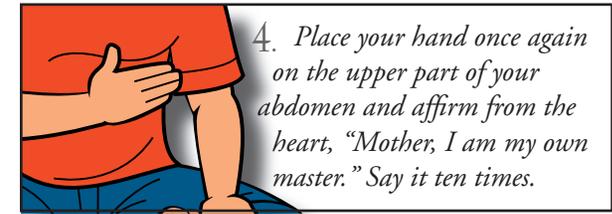
1. Place your right hand on your heart and deep down inside yourself ask, “Mother, am I the spirit?” Ask this question three times.



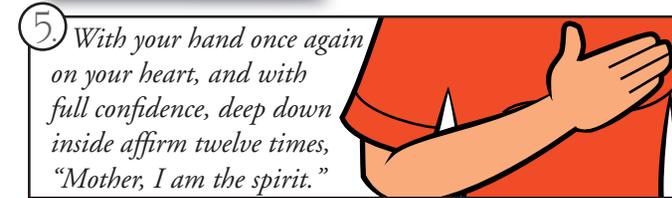
2. Put your hand on the upper part of your abdomen and ask the question three times, “Mother, am I my own master?”



3. Place your hand on the lower part of your abdomen and say, six times from your heart, “Mother, please awaken the pure knowledge within me.”



4. Place your hand once again on the upper part of your abdomen and affirm from the heart, “Mother, I am my own master.” Say it ten times.

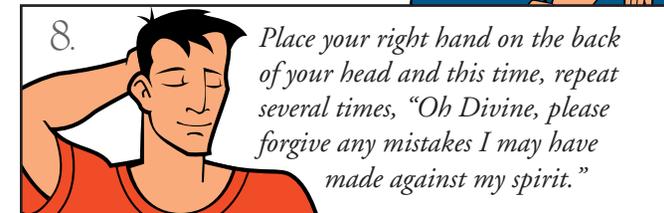
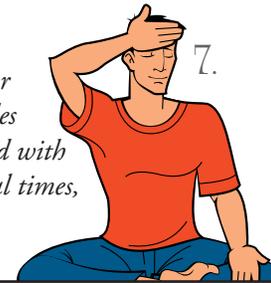


5. With your hand once again on your heart, and with full confidence, deep down inside affirm twelve times, “Mother, I am the spirit.”



6. Place your hand between your neck and your shoulder. To clear this centre, you should affirm with conviction, “Mother, I am not guilty at all.” Say it sixteen times.

Place your right hand on your forehead, pressing both temples lightly. Deep down inside and with utmost sincerity, repeat several times, “Mother, I forgive everybody, including myself.”



8. Place your right hand on the back of your head and this time, repeat several times, “Oh Divine, please forgive any mistakes I may have made against my spirit.”

Now place the palm on top of your head. Press firmly, then lightly massage your scalp seven times in a clockwise direction. Each time, humbly ask, “Mother, please give me Self Realization.”

With your hands out, sit for a few minutes in meditation and enjoy the peace and joy.

