

# KUNDALINI BHAKTI MEDITATION

## Adi Shakti Namō Namō

This devotional mantra (a Bhakti mantra), invokes the primary Creative Power which is manifest as the feminine. It calls upon the Mother Power. It will help you to be free of the insecurities which block freedom of action. By meditating on it one can obtain a deeper understanding of the constant interplay between the manifest and the unmanifest qualities of the cosmos and consciousness.



adi Shakti adi Shakti adi Shakti Na - mo Na - mo  
Sarab Shakti Sarab Shakti Sarab Shakti Na - mo Na - mo  
Pritham Bhagvati Pritham Bhagvati Pritham Bhagvati Na - mo Na - mo  
Kunda- lini Mata Shakti Mata Shakti Na - mo Na - mo

*I bow to the Primal Power.*

*I bow to the all Encompassing Power and Energy.*

*I bow to that through which God creates.*

*I bow to the creative power of the kundalini, the Divine Mother Power.*

### A WOMAN'S PERSONAL MANTRA AS AN ESSENTIAL DAILY PRACTICE

This powerful mantra belongs to all women to call upon any time. She can chant it freely and powerfully at will, any time.

### WITH CELESTIAL COMMUNICATION

This mantra can be experienced powerfully by adding Celestial Communication. Celestial Communication is mudra in motion. A tool for mental relaxation, it is meditation with mantra and movement of the arms and upper body. The meaning of the mantra is expressed through movement. The mantra will move the spirit, and at the same time, the head and feelings will be heard. Yogi Bhajan describes its impact:

*“Everything comes from stress. If you want to get rid of this inner-grown stress, here is one solution. There’s no power more than the power of the word, and when the word is formed through the body, the entire being is purified, relaxed...”*

You can create your own Celestial Communication movements, or learn already developed sequences.



### WITH SPECIFIC MEDITATIONS

Yogi Bhajan taught this mantra with several meditations, such as in *Adi Shakti Meditation for Vitality* on page 126, and *Meditation to Call on the Divine Mother* on page 143.