



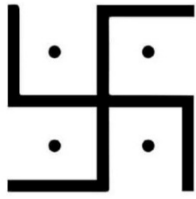
Ashirvad Vidya (Self Healing)

- First seat in a meditative posture and make the hand gesture to receive Ashirvad Energy
- Now chant the following statement for 3 times "I prostrate to all the Arihants of past present and future. I prostrate to all the siddhas. I prostrate to all the Acharyas. I prostrate to all known and unknown saints."
- Now imagine the Ardharariswar form of Lord Shiva standing in the sky. Imagine all the gurus, gods standing around him
- Now chant the following statement for 3 times "O' all saints rishis siddhas please bless me with your divine miraculous powerful Ashirvad Energy which heals all the diseases, fulfils all wishes, grants all material and spiritual prosperity, removes all negativity and grants enlightenment."
- Now see them blessing you. A white ray of light falling from their hands then all the rays of light joining together and falling on your head. The light is going down in the spine passing through all the chakras and touching the root chakra in the perineum.
- Now draw the energy symbol in white light descending from the head to the perineum through the spine. The tip of the trident touching the perineum and base touching the tip of the head.
- Now draw the energy symbol in the head, the tip of the trident touching the tip of the head. Both sides of the trident coming out of the head and the drum in the neck.
- Now draw the energy symbol in the hand. The base of the trident coming out of the shoulders and the tip of the trident touching the tip of the middle finger.
- Now draw the mantra symbol in front of the energy symbol and the connection symbol in front of the mantra symbol.
- Now rub the hands and chant the 'Rog Nivaran Mantra'.
- Now keep palms on each of the chakras for 5-10 minutes and continue to chant the mantra.

ASHIRVAD VIDYA

HEALING WITH KUNDALINI SHAKTI





CONNECTION SYMBOL



MANTRA SYMBOL



ENERGY SYMBOL

ROG NIVARAN MANTRA

AYAM ME HASTO BHAGAWAN

AYAM ME BHAGABATTARAH

AYAM ME VISHWA BHESAJO

AYAM SHIVA VIMARSANAH