

# Mantra and Affirmation Practice

## Mantra for Surrender

### **Om Namō Bhagavate Vasudevaya**

*(Om na-mo bog-a-vat-a vas-u-dev-eye-a)*

Om and Salutations to the Divinity within me and in all things

*Om Namō Bhagavate Vasudevaya* is a moksha or mukti (liberation) mantra that is recited as a way to achieve spiritual freedom from samsara, or the recurring cycle of death and reincarnation. It is the main mantra of Vishnu, who is the supreme god in the Hindu tradition of Vaishnavism, and is also chanted for Krishna, one of Vishnu's incarnations; although, some traditions consider Krishna to be the supreme being in his own right.

The meaning of the individual words are as follows:

*Om* – the primordial and sacred sound vibration of the universe

*Namō* – a word used as a salutation that represents spiritual surrender

*Bhagavate* – refers to one who is divine or blessed

*Vasudevaya* – can mean Krishna, the god (devaya) of light (vasu), or the infinite and formless Brahman

- Repeat this Mantra 108 times twice daily (minimum)
- Can be done in silence or out loud
- Write list of areas you find yourself experiencing control
- Place your list on your altar
- Keep adding to your list throughout the month
- Mantras are intention-based

### Affirmation Practice

“I let go and I give it all up to God. I let the Universe bring Infinite possibilities and solutions into my life, for my highest good.”

Repeat Affirmation 5 times in morning and 5 times in evening