

Mantra and Affirmation Practice

Freedom from Separation

Gayatri Mantra (short version)

**Om Bhuh, Om Bhuvaha, Om Swaha, Om Maha
Om Janaha, Om Tapaha, Om Satyam
Om Tat Savitur Varenyam
Bhargo Devasya Dhimahi Dhiyo Yonaha Prachodayat**

The Gayatri Mantra is one of the oldest and most powerful of Sanskrit mantras. It invokes the power and radiance of the Divine Light to energize all earthly life. It destroys all ignorance and reveals the Supreme Self to us.

“O all pervading Source of Light, Sustainer, Protector and Bestower of Happiness, Kindle, Enlighten and Inspire our Intelligence to possess Eternal Qualities.”

-or simply-

“O Divine Mother, our hearts are filled with darkness. Please make this darkness distant from us and promote illumination within us.”

- 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 of my separation and I open to Unity Consciousness. I invite the Universe and the Divine Light to bring me into Oneness so that I can experience freedom and my True Nature, it’s for my highest good, and the highest good of All Life.” – Mirabai Devi

Repeat Affirmation 5 times in morning and 5 times in evening