

# Mantra and Affirmation Practice

## Self Love

### Ahem Prema

*“I am Divine Love.”*

- 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 hurts, fears, anger, insecurities and judgments, that I have placed upon myself and others, as a result of not loving myself. I have compassion for myself and others for past actions and choices that came from not knowing how to love myself. I now recognize the Underlying Perfection, in all situations and relationships and release others from the responsibility to have to prove to me, that I am loveable. I forgive myself, I love and Bless myself. I choose Peace, Freedom, Love, Joy, above ALL ELSE in my relationship with myself. The Divine Loves me Completely and I am embracing this Pure Unconditional Love and receiving it Fully.” – Mirabai Devi

~ And ~

“I Love Myself. I am an Embodiment of Divine Love and Divine Light. I am made in the image of God, so I choose to Behave accordingly. I Open myself to receive ALL Divine Mother's Abundance. I FEEL So Loved and Supported by the Universe. I AM Loveable.” – Mirabai Devi

-Repeat Affirmation 5 times in morning and 5 times in evening.

Mirabai Devi LLC Copyright 2018 All Rights Reserved. [www.mirabaidevi.org](http://www.mirabaidevi.org) All materials contained herein are designed for spiritual enjoyment and to be personally and spiritually uplifting. This information is not designed to provide medical advice and is not professed to be a physical or medical treatment. Mirabai Devi shall not be responsible or liable for any medical-related claims inferred from these materials.