

# Freedom From Financial Burdens Mantra and Affirmation Practice

## Mantra for Freedom From Financial Burdens

Om Gum Ganapatayei Namaha

*(Om gum gha-na-pat-ay-ai nam-a-ha)*

### **Ganesha:**

#### **Om and Salutations to the Remover of Obstacles**

- Repeat this Mantra 108 times twice daily (minimum)
- Can be done in silence or out loud
- Set list of intentions for obstacles that you'd like removed
- Ask for unknown obstacles (those you don't know about)  
to also be removed
- Place this list on your altar
- Keep adding to your list throughout the month
- Mantras are intention-based

### Affirmation Practice

"I am Worthy. I deserve to Receive. I am bountiful in every area of my life."

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