

Mantra and Affirmation Practice

Staying in the Light in an Unstable World: Month #2

Mantra

Gayatri Mantra

Invokes the power and radiance of the Divine Light to energize all earthly life, to destroy all ignorance and to reveal the Supreme Self to us.

OM BHUH, OM BHUVAHA,
OM SWAHA, OM MAHA,
OM JANAHA, OM TAPAHA,
OM SATYAM
OM TAT SAVITUR VARENYAM
BHARGO DEVASYA DHIMAHI
DHIYO YONAHA PRACHODAYAT

- 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

“I release the martyr, the victim and the savior aspects of my ego. I am open and willing to end the cycle of suffering and I welcome liberation into my life.

I choose to own my full power, to take responsibility for all of my thoughts, words, and actions, and to go beyond the veils of illusion. I remember that I am an embodiment of Love.” - Mirabai Devi

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

Mirabai Devi LLC Copyright 2018 All Rights Reserved. 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.