



Mantra Practice

Creating Balance While Being a Beacon of Light in the World

Gayatri Mantra

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

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

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

Affirmation Practice

I am ready to let go and release to the Divine the areas of my life that are no longer in balance.

I open myself to receive Loving Guidance on how to be free of imbalance and create peaceful loving relationships with myself & others.

I now release the old way of doing things that have kept my life in an imbalanced state.
I now wake up fully and see through all illusion and remember who I am.
I am a Beacon Of Light and Hope and I inspire others!

As a beacon of Light, I am here on the planet to live in peace and harmony. I am dedicated to transmuting all timelines where I am held back by anything. I choose to walk in the Light.

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