

Letting Go Of Control Mantra and Affirmation Practice

Mantra for Letting Go of Control

Ishvara Pranidhana (*ish-var-a pra-ni-donna*)

Ishvara is a Sanskrit word that can be translated to mean supreme, or personal, God. Pranidhana means to dedicate, devote, or surrender.

Ishvara means Divine, God, universe, higher power. It is blind faith, surrender and trust that no matter where we are right now, it is exactly where we are supposed to be. It's a love and an acceptance. It's the truest amount of trust you can put into yourself and the Universe.

In Patanjali Sutras, pranidhana is a recipe for dissolving suffering in the mind, letting go of control as a means to obtaining samadhi and union with the Divine.

- 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

“God, please help me to gently let go of all expectations, attachments and control, and replace with faith, surrender, love, trust and acceptance.”

Repeat Affirmation 5 times in morning and 5 times in evening