

# Mantra and Affirmation Practice

## Healing Relationships

### Healing Relationship Mantra

Hrim Shrim Klim Parameshwari Swaha

*(Hreem Shreem Kleem Pah-Rahm-Esh-Wah-Ree Swah-Ha)*

“Salutations to the Supreme Feminine. May that abundant principle which hides the nature of ultimate reality be attracted to me”

- 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 blocks, fears, judgments, hurts & resentments and I open myself completely to total healing and forgiveness in all my relationships.

Please Divine Light help me to heal, forgive and make peace with myself and all people in my life.

Please Help us all to forgive and release each other and ourselves completely so that we can experience freedom, harmony and Love on all levels in our lives.

For our own highest good, and the highest good of All Life.” – Mirabai Devi

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