

# Mantra and Affirmation Practice

## Samskaras

### Samskaras Mantra

#### Om or Aum

In India Om or Aum is considered the primordial sound of the universe. The Rishis (yogis) discovered that origin of sound is OM or AUM. Om is the root of all mantras and is actually made up of 4 parts: A-U-M and Silence. It is said to be the root of all sounds and the gross manifestation of the eternal state or energy of the indescribable.

- 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

#1: "I let go of blocks, fears, judgments, hurts & resentments and I open myself completely to total healing and forgiveness in all my relationships and in my life. 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."

#2: "I choose to be conscious in every way, every day so that I may be present to listening to my inner guidance so as to make the right choices to create new, positive circumstances in my life that will be beneficial for my future and be more in alignment with the Natural Laws."

– Mirabai Devi

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