

# Mantra and Affirmation Practice

## Letting Go of Loss

### Letting Go of Loss Mantra

Shante Prashante Sarva Shoka Upasha Mani Swaha

*"Invoking supreme peace I offer [surrender] the quality of anger to its source in the higher and formless universal mind. Salutations."*

- 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 hurts, fears, anger, insecurities and judgments that I have placed upon myself and others as a result of grief and loss. I forgive myself and others for the past. I choose to step into an unlimited, infinite, pure, and Divine Perspective of the Underlying Perfection in all situations and relationships with Loved Ones. I choose my Peace, freedom, love, joy, above ALL ELSE in all my relationships. The Divine Guides my Life with Ease and Grace." – Mirabai Devi

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

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