

Mantra and Affirmation Practice

Self Worth

Mantra

Om Dum Durgayei Namaha

Durga is Divine protection, dispels negativity and instills confidence.

Om and Salutations to that feminine energy which protects
from all manner of negative influences.

- 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

“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.”

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