

Mantra and Affirmation Practice

Forgiveness of Self

Mantra

Om Dum Durgayei Namaha

Durga is Divine protection, dispels negativity and instils 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 blocks, fears, judgments, hurts & resentments and I open myself completely to total healing and forgiveness of myself and others. Please Divine Light help me to heal, forgive and make peace with myself and all people in my life. Please Help me me to forgive and release myself and others so completely 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.

Mirabai Devi LLC Copyright 2018 All Rights Reserved. www.mirabaidevi.org All materials contained herein are designed for spiritual enjoyment and to be personally and spiritually uplifting. This information is not designed to provide medical advice and is not professed to be a physical or medical treatment. Mirabai Devi shall not be responsible or liable for any medical-related claims inferred from these materials.