

# Mantra and Affirmation Practice

## Staying in the Light in an Unstable World

### 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 fear, panic and insecurity that come from living in an Unstable World and I choose to live in Love, Joy, and Positivity. I go within to my inner Self, the Source of my Being and reside therein.

I choose to act from an unlimited, infinite, pure, and Divine Perspective. I see the Underlying Perfection in all situations in the world at large and I choose my Peace and freedom, ABOVE ALL ELSE. The Divine Guides my Life with Ease and Grace and I AM Always Protected.”

- Mirabai Devi

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

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