

# **Mantra and Affirmation Practice**

## **Staying in the Light in an Unstable World: Month #3**

### **Mantra**

#### **Mrityunjaya**

Wards off negativity and creates a powerful protective shield.  
Protects against accidents, misfortunes and helps heal illness.

Om Trayumbakam Yajamahe  
Sugandhim Pushti Vardanam Urvar-Ukamiva  
Bandhanan Mrityor Muksheeya Mamritat

- 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 release feelings of separation and fear, and I hold the frequency of Love. I choose a community filled with support, freedom and care, a place where I am held in the Light.

I choose to surround myself in a loving community where we deepen our faith and expand in our ability to grow with the Light, in our relationships with each other and with Nature.”

- Mirabai Devi

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

Mirabai Devi LLC Copyright 2020 All Rights Reserved. [www.mirabaidevi.org](http://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.