

Mantra and Affirmation Practice

Following the Divine Plan in Your Life

Mantra

Om Namō Bhagavate Vasudeva

Om and salutations to the Divinity within me and all things.

- 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 and Let God. I surrender all burdens, fear and negativity that come from living in an Unstable World and I choose to live in Love, Joy, and Positivity. I choose my Peace and freedom, ABOVE ALL ELSE.

I go within to my inner Self, the Source of my Being and reside therein. I choose to act from a Divine Perspective and Let The Divine Plan for my Life unfold through me. I see the Underlying Perfection in all situations, and continue to ask for Guidance to be shown how to Live my Purpose and best be of service. The Divine Guides my Life with Ease and Grace and I AM Always Connected.”

- Mirabai Devi

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

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