

Mantra and Affirmation Practice

Inner Listening

Mantra

I Surrender, I Let Go, and I Let God

- 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

“Divine Light, I open to hearing your Still Small Voice within me. I receive your Guidance for My Life! I release all the negative conflicting inner voices and embrace only YOUR Positive Voice, THAT is encouraging me now and always.

I follow the Inner truth, above all things, including my ego. The I AM presence is the highest Presence in my Life! I listen in the silence to my heart and my inner voice, which always leads me to the best choices, the right decisions and greater freedom.” – Mirabai Devi

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

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