

Mantra and Affirmation Practice

Cleansing and Healing Family Patterns

Mantra

Hung Vajra Peh

(Pronounced Hoong Vahj-rah Pay)

This mantra is very powerful in clearing space of negativity, whether that negative energy is within us or in a room in our house or at work. “

- 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 see my family through the eyes of love. I remind myself that they are my teachers. I am grateful for every member of my family. I am Grateful For all of the lessons that they have brought to me. I accept my family members just as they are. I love my family unconditionally and understand, that they have a very important and unique purpose in my life.

As I accept me just as I am, I trust that my family members accept me for who I am. Every day I send of love, light, and wishes of happiness, good health and prosperity to each member of my family. All the relationships in my family are in the process of healing and getting better.

In the presence of my family I choose to feel safe, peaceful, and content. My family and I are working on our communication to keep it free, open and filled with compassion and support. I honor myself, I honor my family, I am Grateful for the Love and Support of My Family.

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

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