

# Mantra and Affirmation Practice

## Age of Aquarius

### Mantra

#### **Om Namō Bagavate Vasudevya**

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 am One with the Light. I live in the pure vibration of Divine Love. I am One with the Divine Qualities of ease, grace, harmony, serenity and deep peace. These qualities Live in the essence of my being. I embrace my true soul's nature of unconditional love and neutrality within my emotional and mental energetic system.

I am filled with unconditional Love and Neutrality. I radiate a deep healing light, that flows into my etheric and physical body. I am pure Light, my energy flows like a waterfall  
I am Positive, Creative, Loving, Bliss filled and Peaceful.

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

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