

How to Do it :

Find a quite and comfortable place

Take a few deep breaths to center yourself

Repeat each mantra slowly

Feel the words resonate within you

Imagine it in your mind - see it happen

Make it part of your Routine

The Mantras List:

1. I am perfect and whole as I am
2. I am worthy of love
3. I am getting love and respect from myself and those I love
4. I am forgiven for my mistakes
5. My body is perfect and whole as it is
6. I am beautiful
7. My emotions are important and valuable
8. I am not my emotions
9. Other people's bad energy doesn't touch me
10. I have an important role in this world - to inspire others.

Bonus: record yourself saying these Mantras while you visualize them in your mind and then listen to that recording