

# THE MANTRAS AND PERSONAL AFFIRMATIONS BOOK

THE GREATEST COLLECTION OF MANTRA AND  
AFFIRMATIONS TO EMPOWER YOU EVERY DAY



# Terms and Conditions

## **LEGAL NOTICE**

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly.

This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this book for easy reading.

# Table of Contents

Foreword

## ***Section 1*** **Affirmations**

Chapter 1:  
Motivation and Positive Thinking

Chapter 2:  
Healthy Living and Weight Loss

Chapter 3:  
Millionaire Mindset and Financial  
Freedom

Chapter 4:  
Inner Peace

Chapter 6:  
Internet Marketing Affirmations

Chapter 7:  
Love and Relationship Affirmations

***Section 2***  
**Mantras**

Chapter 8:  
Love Mantras

Chapter 9:  
Success Mantras

Chapter 10:  
Wealth Mantras

Chapter 11:  
Health Mantras

Wrapping Up

# Foreword

The 2<sup>nd</sup> book of Inspiration Words covers one of the biggest and lucrative personal development markets today – Affirmations and Mantras. In today's fast-paced society, everyone is looking to improve their lives mentally, physically and also spiritually.

Affirmations is the practice of positive thinking, which involves repeating to one's self a carefully formatted statement frequently. The affirmation needs to be present, personal, positive and specific for it to be effective. Ever since its popularization from the Law of Attraction series and The Secret, people have been itching for more and more affirmations to improve their lives.

A **mantra** is a sound, syllable, word or group of words that are considered capable of "creating transformation. Their use and type varies according to the school and philosophy associated with the mantra. It has been used since olden days and still continues to be used till this day. People are looking for mantras and affirmations everyday and this book hopes to empower you with all the resources you need to tap into this highly lucrative market.

***The Big Book Of Personal Affirmations and Mantras  
Empower Your Lives Daily With Words From The  
Greatest Collection Of Affirmations And Mantras***

**Section 1**

# **Affirmations**

# Chapter 1:

## *Motivation and Positive Thinking*

---

### **Synopsis**

Reciting affirmations are a great way to stay motivated. Many people start out getting motivated and then start to lose steam and momentum after a short while. Here's a massive archive of motivational and positive thinking affirmations you can use for yourself or teach your followers.



- I feel motivated and am moving in the direction of my dreams.
- I have unlimited creativity, drive and motivation.
- I am motivated to continue perusing my goals.
- New opportunities are showing up daily and I am motivated to take action towards those opportunities.
- I feel alive, energized and motivated to take on any task in front of me.
- I am continually motivated and share that motivation with others.
- Motivation comes easily to me.
- Staying motivated comes easily to me.
- Because of my motivation, I achieve and exceed at all that I do.
- I am so motivated that others get motivated just by being around me.
- I attract those that help me reach my goals.
- I am motivated and live my life to the fullest.
- My life is full of purpose and motivation.
- I have unlimited energy and motivation.
- I am happy and motivated when I achieve my goals.
- I am easily motivated.
- I easily stay motivated toward my dreams.
- I stay motivated and energized when working toward my goals.
- I wake up motivated and ready to face the day.
- I am confident in what I do and that keeps me motivated.
- I welcome positive energy and I use that feeling to accomplish more.
- I use my energy to live my life to the fullest.

- No matter what I'm working on, I'm always committed to completing my goal.
- I trust my thought processes. They are clear and I am very capable.
- I can find my own intrinsic motivator.
- No matter how hard I may fall, I get back up, dust myself off, and forge on.
- No matter the challenge, I will see it through.
- I enjoy being responsible for my actions.
- My life is full of purpose, exciting change, and many recognized deeds.
- I am highly motivated to exercise my body because I find exercise as fun.
- I create health by expressing love, understanding and compassion.
- I am healthy and happy.

- By commemorating the smallest nuggets of success I am motivated to complete the larger tasks.
- All my actions support my dreams.
- Every action I take increases my motivation.
- Every action I take motivates me more.
- Every day I am more and more motivated to work on creating my dreams.
- Every day I am motivated to take one more step towards my goal.
- Every day I work at creating my dreams.
- Every moment of every day I am becoming more and more motivated.
- Every positive action I take accelerates my progress.
- Every positive action I take leads to greater and greater accomplishments.
- Every task I do is a step closer to my dream.
- Everything I do brings my goals nearer my grasp.
- Focusing on my goals helps to supercharge my motivation to succeed.
- Having an action plan helps keep me motivated and on track.
- I act purposefully and make things happen.

- I always do everything I need to do, as and when it needs doing.
- I always know what needs to be done, and get to doing it right away.
- I always reward myself for a job well done.
- I always take action when needed.
- Fear is only a feeling; it cannot hold me back.
- I know that I can master anything if I do it enough times.
- Today I am willing to fail in order to succeed.
- I believe that I have the strength to make my dreams come true.
- I'm going to relax and have fun with this, no matter what the outcome may be.
- I'm proud of myself for even daring to try; many people won't even do that!
- Today I put my full trust in my inner guidance.
- I grow in strength with every forward step I take.
- I release my hesitation and make room for victory!
- With a solid plan and a belief in myself, there's nothing I can't do.
- I welcome positive energy and I use that feeling to accomplish more.
- I use my energy to live my life to the fullest.

- No matter what I'm working on, I'm always committed to completing my goal.
- I trust my thought processes. They are clear and I am very capable.
- I can find my own intrinsic motivator.
- No matter how hard I may fall, I get back up, dust myself off, and forge on.
- No matter the challenge, I will see it through.
- I enjoy being responsible for my actions.
- My life is full of purpose, exciting change, and many recognized deeds.
- By commemorating the smallest nuggets of success, I am motivated to complete the larger tasks.
- I am at peace with myself.
- I accept myself.
- My self-esteem is growing daily.
- I love the real me.
- I'm happy being who I am.
- All I have to be is me.
- My life is meaningful.
- My life is important.
- I now make good use of my life.
- I'll now be the best me I can be.
- I don't have to be perfect; I just choose to be perfectly me.
- I now recognize my talents and skills.
- I feel good about myself.
- I feel better each moment.
- I'm happy being me.
- The more I accept and love myself, the more I can accept and love others.
- I now eject negativity.

- I now control my thoughts.
- I now control my feelings.
- I'm building a storehouse of positive energy.
- I'm storing positive thoughts.
- I'm storing positive images.
- I am in charge of my mind.
- I am in charge of my life.
- I choose to be positive.
- I am positive.
- I have great potential and I'm going to use it.
- Every day life gets better & better.
- I expect good things to happen.
- I see something positive in all situations.
- I turn negatives into positives.
- I am totally positive.
- I am sure of my ability to do what is necessary to improve my life.
- If I make mistakes, I am able to give myself the benefit of the doubt.
- I feel basically worthy as a person.
- I am able to take risks and try new things without fear.
- I feel good about the way I do my job.
- I feel about myself pretty much what others think of me.
- I have compassion for myself and the way my life has developed.
- I am deserving of all the good things in my life.
- I am glowing with health and wholeness.
- I behave in ways that promote my health more every day.
- I deserve to be in perfect health.

- Wealth is pouring into my life.
- I am sailing on the river of wealth.
- I am getting wealthier each day.
- My body is healthy and functioning in a very good way.
- I have a lot of energy.
- I study and comprehend fast.
- My mind is calm.
- I am calm and relaxed in every situation.
- My thoughts are under my control.
- I radiate love and happiness.
- I am surrounded by love.
- I have the perfect job for me.
- I am living in the house of my dreams.
- I have good and loving relations with my wife/husband.
- I have a wonderful and satisfying job.
- I have the means to travel abroad, whenever I want to.
- I am successful in whatever I do.
- Everything is getting better every day.
- I can choose my thoughts at any time

- I enjoy releasing my limiting beliefs
- I feel full of energy to accomplish my dreams
- I can meet successfully all the challenges I encounter
- My body is perfect the way it is
- I am always loved
- I take care of my needs
- I enjoy living my life
- I create my own reality
- I always have access to internal peace
- I have all the resources I need at any given time
- I am grateful for my good health
- I am supported by loving people
- I radiate compassion
- I treat myself with respect
- I am open to abundance
- I am grateful for the blessings I receive daily
- I love nutritious healthy food, and I enjoy eating fresh fruits and vegetables.
- I am healthy since my practices are healthy.
- I let go of the past so I can create health now.

# Chapter 2:

## *Healthy Living and Weight Loss*

---

- *I am healthy and whole*
- *I listen to my bodies messages with love*
- I am perfectly healthy in body, mind and spirit.
- I am well, I am whole, and I am strong and healthy.
- I am healthy, and full of energy and vitality.
- All the cells of my body are daily bathed in the perfection of my divine being.
- I am healthy, happy and radiant.
- I radiate good health.
- My body is a safe and pleasurable place for me to be.
- My sleep is relaxed and refreshing.
- I have all the energy I need to accomplish my goals and to fulfill my desires.
- God's love heals me and makes me whole.
- My body is healed, restored and filled with energy.
- I have the power to control my health.
- I am in control of my health and wellness.
- I have abundant energy, vitality and well-being.
- I am healthy in all aspects of my being.
- I do not fear being unhealthy because I know that I control my own body.
- I am always able to maintain my ideal weight.
- I am filled with energy to do all the daily activities in my life.
- My mind is at peace.
- I love and care for my body and it cares for me.
- I am perfectly healthy in body, mind and spirit.
- I am well, I am whole, and I am strong and healthy.
- I am healthy, and full of energy and vitality.
- All the cells of my body are bathed in the perfection of my divine being.
- I am healthy, happy and radiant.
- I radiate good health.

- My body is a safe and pleasurable place for me to be.
- My sleep is relaxed and refreshing.
- I have all the energy I need to accomplish my goals and to fulfill my desires.
- God's love heals me and makes me whole.
- My body is healed, restored and filled with energy.
- I am glowing with health and wholeness.
- I behave in ways that promote my health more every day.
- I deserve to be in perfect health.
- I am highly motivated to exercise my body because I find exercise as fun.
- I love nutritious healthy food, and I enjoy eating fresh fruits and vegetables.
- I am healthy since my practices are healthy.
- I let go of the past so I can create health now.
- I create health by expressing love, understanding and compassion.
- I am healthy in every way.
- Every cell in my body vibrates with energy and health.
- I nourish my mind, body and soul
- My body heals quickly and easily.
- I am in control of my health and wellness.
- I have abundant energy, vitality and well-being.
- I am healthy in all aspects of my being.
- I am always able to maintain my ideal weight.
- I am filled with energy to do all the daily activities in my life.
- My mind is at peace.
- I love and care for my body and it cares for me.
- My body is healthy, energized, and perfect in every way.
- I am healthy, whole and complete.
- The vibrant wellness in my body increases every day.
- I am perfectly healthy in body, mind and spirit.
- I am well, I am whole, and I am strong.
- I am healthy, and full of energy.

- My entire body functions perfectly.
  - I radiate good health.
  - I sleep soundly and peacefully.
  - I am living a long and healthy life.
  - I have a healthy heart and a strong set of lungs.
  - I am in control of my health and wellness.
  - Healthy living ideas flow to me easily.
- 
- God gave me a healthy body and in gratitude, I take care Good of myself.
  - I always contribute in healthy ways to my body.
  - I AM living a long and healthy Life.
  - I eat healthy, nutritious and digestible food every day.
  - I drink large amounts of thirst quenching water every day.
  - I have a healthy spirit, mind and body.
  - I have a healthy heart and a strong set of lungs.
  - God has healed my body and in return, I will forever praise His name.
  - My strong body has fully recovered and healed.
  - I AM miraculously cured by the touch of God's Divine Hand.
- Affirmations for Anxiety:
    - \* I trust the flow and process of life
    - \* I am safe and secure
    - \* I am calm and peaceful
  - Affirmations for AIDS:
    - \* I am strong and hopeful
    - \* I am part of a Universal plan
    - \* I love and appreciate myself
    - \* I am capable and healthy
  - Affirmations for Allergies:
    - \* I am not allergic to anything or anyone
    - \* I am powerful
    - \* My surroundings are safe and friendly

- \* I am at peace
- Affirmations for Arthritis:
  - \* There is no blame and there are no victims
  - \* I choose to love and approve of myself
  - \* I send others my love
  - \* I am filled with love
- Affirmations for Back:
  - \* My needs will always be taken care of
  - \* I move forward with love and trust
  - \* Life supports and sustains me
- Affirmations for Bladder:
  - \* I release old ideas that are no longer of use to me
  - \* I let go and trust
  - \* I welcome the new in my life
- Affirmations for Blood Pressure:
  - \* I choose to live in the joyous now
  - \* I live in joy and peace
  - \* I now resolve any long standing problems
- Affirmations for Breasts:
  - \* I care for myself with love and respect
  - \* I am important and worthwhile
  - \* I nourish myself and my needs
- Affirmations for Cancer:
  - \* I release all anger, sadness, grief and resentment
  - \* I lovingly forgive everyone, including myself
  - \* I choose to fill my world with joy and peace
  - \* I approve of myself and my decisions
  
- Affirmations for Circulation:
  - \* I let love and joy circulate through me
  - \* I love my life
  - \* I create love and joy wherever I go
- Affirmations for Constipation:
  - \* I release the old

- \* I allow life to flow through me
- \* I share what I have
- Affirmations for Depression:
  - \* I go beyond my fears and limitations
  - \* I give up my anger and hopelessness
  - \* I create a life I love
- Affirmations for Diabetes:
  - \* I experience the sweetness of life
  - \* I fill every moment with joy
  - \* I let go of sorrow and control
- Affirmations for Diarrhea:
  - \* I release all fear and rejection
  - \* I let life flow peacefully for me
  - \* I take in, assimilate and eliminate in a perfect process
- Affirmations for Fatigue:
  - \* I give myself over to life
  - \* I am full of energy and enthusiasm
  - \* I love what I do
- Affirmations for Heart Conditions:
  - \* I am the center of love and joy
  - \* My heart beats with love and compassion
  - \* I express my love for others
- Affirmations for Heartburn:
  - \* I am no longer afraid
  - \* I breathe fully and freely
  - \* I am always safe
- Affirmations for Insomnia:
  - \* I lovingly release the day
  - \* Tomorrow will take care of itself
  - \* I slip into peaceful sleep
- Affirmations for Menopause:
  - \* I look forward to the rest of my life
  - \* I am balanced and peaceful
  - \* Angels bless me with love
- Affirmations for Migraine:
  - \* I am in charge of me

- \* I go with the flow
- \* I allow my sexual side to emerge
- Affirmations for Osteoporosis:
  - \* I stand up for myself
  - \* Life itself supports me
  - \* I am strong and flexible
- Affirmations for Overweight:
  - \* I am strong and powerful
  - \* I am protected by angels
  - \* I forgive myself and others
- Affirmations for PMS:
  - \* All is well in my world
  - \* I love the cycles of my life
  - \* I love my body and myself

- Affirmations for Yeast Infections:
- \* I pay attention to my own needs
  - \* I support my own ideas
  - \* I give myself love and approval
  - I am awesome.
  - I have balance in my life.
  - Every day my mind is filled with positive thoughts creating a beautiful life for me.
  - I am beautiful.
  - The Choice is within me.
  - I have the choice to change.
  - I always have choices!
  - I am committed to excellence in everything I do.
  - I am an excellent person.
  - I seek excellence.
  - I am losing weight as I exercise
  - I am healthy.
  - I have vitality.
  - I am losing weight as I eat right.
  - I know that my healing is already in process
  - Every cell in my body vibrates with energy and health
  - "I am healthy, healed and whole"

- "I choose health"
- "I naturally make choices that are good for me, I take loving care of my body and my body responds with health, an abundance of energy and a wonderful feeling of well-being"
- For those about to undergo surgery or medical treatment:
  - "Every hand that touches me is a healing hand"
  - "I now receive the treatment I need in the perfect time, place and way for me"
  - "My body heals quickly and easily."
  - Health and healing affirmations
  - I can heal
    - I am healing
    - I am getting healthier
    - I am getting (or feeling) better
    - My health is improving
    - My (add a part of the body in here) is getting better (or healing or mending quickly...)
    - I am healthy
    - I am a healthy person
    - I am well
- All the systems of my body function perfectly.
- I am perfectly healthy in body, mind and spirit.
- I am well, I am whole, and I am strong and healthy.
- I never get sick.
- I am healthy, happy and radiant.
- I radiate good health.
- My body is a safe and pleasurable place for me to be.
- My sleep is relaxed and refreshing.
- I have all the energy I need to accomplish my goals.
- My body is healed, restored and filled with energy.
- I have abundant energy, vitality and well-being.
- I am healthy in all aspects of my being.
- I am always able to maintain my ideal weight.
- I am filled with energy to do all the daily activities in my life.
- My mind is at peace.

- Every day, in every way, I am becoming better and better.
- I am healthy and happy.
- I love and care for my body and it cares for me
- If you suffer from ill health state say the following healing affirmations:
- I am healthy and have healing in my life and bless myself with Love.
- I love and bless my body as a physical manifestation of my soul.
- I love and approve of myself and my body.
- I am healed of\_\_\_\_ and bless myself with Love.
- My whole body, mind and soul are one and I listen to my body's messages.
- I listen to my body's message with gratefulness and love.
- I move to a new reality of health and healing in my life and bless myself with Love.
- I am my perfect body; I am my perfect weight.
- I live a healthy and balanced life.
- I always contribute in healthy ways to my body.
- I am vitality.
- I am in excellent health.
- God has healed my body and in return, I will forever praise him.
- I eat healthy, nutritious, digestible foods everyday.
- All my organs and systems are functioning properly.
  
- I am healthy, relaxed, and free of pain and disease
- I love myself, and I deserve to feel healthy and alive
- I approve of myself, and I'm safe to be who I am
- Every day in every way, I am getting better and better
- I am in the flow of life, and I am grateful for the gift of being alive
- My life is my own and I easily resolve my conflicts

# Chapter 3:

## *Millionaire Mindset and Financial freedom*

---

- I am successful in everything I do
- I am joyfully receiving wealth and abundance in my life.
- I am moving towards money.
- I am creating money in my life
- It is great to have money!
- If you like to read the full article, click here: [I am ready for abundance](#)
- I am a rich person
- I love the energy of money
- Money enhances my positive power
- I love life
- I am a loving person
- I am successful and I love it
- My life is a success-story
- I am a beautiful, loveable human being
- I am successful in everything I do
- I am willing and daring to go all the way
- I will reach my goals, joyfully and easily.
- I am always reaching my goals in one way or another
- I am joyfully receiving wealth and abundance in my life
- I am moving towards money
- I am creating money in my life
- It is great to have money!
- I love my self.
- I love all beings on this planet
- I am so happy to be alive.
- I am creating riches to share with the whole world, because it is my joy to share
- Every day and in every way I am getting better and better

- Little by little, I am learning more about money, smart planning and investing.
- Just because I might have debt, does not make me a bad person.
- No matter how much money I have, I am making positive choices about what I do with it.
- I am learning to take more intelligent risks. I'm confident that sensible risk taking will help me build my financial future.
- I am choosing to make the time to take charge of my money.
- It's not a bit selfish to take good care of myself financially. It's self-respecting and self-caring, and ultimately makes my relationship with others richer and more satisfying.
- My loved ones enjoy, respect, and appreciate my financial knowledge, power, and success.
- I enjoy earning.
- I deserve to be wealthy.
- My job/business is one of the pipelines through which I tap the infinite wealth of the universe for my own desires.
- My personal connection to Infinite Being and Infinite Intelligence is enough to yield a huge personal fortune.
- People enjoy paying me for what I enjoy doing the most.
- Life always holds out as much goodness as I am willing to accept.
- I am enjoying creating value for the people that give me money.
- I have the right to give myself permission to become wealthy or do anything that I want.

- Each year, my money increases faster than I spend it.
- It takes less effort to be wealthy than it does to keep out the universal supply.
- Life rewards me with abundance.
- I deserve to be wealthy, rich, prosperous and affluent.
- I enjoy expressing my abundance.
- I spend money wisely.
- I always have more money than I need.
- I bless all my bills with love.
- I pay all my bills on time easily.
- I enjoy spending.
- Every dollar I spend comes back multiplied.
- The more willing I am to enrich others, the more willing others are to enrich me.
- I now have a positive personal cash flow.
- Saving
- I am worthy of having money in the bank.
- I am financially independent and solvent.
- I enjoy saving.
- A part of all that I earn is mine to keep.
- Investing
- I enjoy investing.
- I find investing to be relaxing, easy and safe.
- My income increases every day whether I am working, sleeping or playing.
- All my investments are profitable.
- I don't have to work to get money.
- Part of all my profits goes into permanent wealth creation, capital and reserves.
- People love to give me money!
- I am rich and wonderful.
- I am now earning a great big income doing what satisfies me.
- Something wonderful is happening to me today-I can feel it!

- All my bills are paid up in full and I still have all this money.
- My affirmations work for me, whether I believe they will or not. (This is for the skeptics among you.)
- A lot more money is coming into my life. I deserve it and will use it for my good and others.
- All my clients praise me and pay me!
- I am a money magnet!
- Money comes to me easily and effortlessly, waking and sleeping.
- I am now highly pleasing to myself in other people's presence.
- I walk, talk, look, act, think and am rich!
- I am a winner-I win often, and I win big!
- I now receive large sums of money, just for being me!
- My income is constantly increasing.
- I am a money magnet.
- Abundance surrounds me.
- I release all feelings of lack and limitation and gratefully accept blessings of joy and abundance.
- I am open to receiving the abundance of the Universe
- I choose abundance of all that is good
- I choose to be positively abundant in all areas of my life
- I recognize and embrace my ability to manifest my desires
- The universe naturally and freely provides for all my needs including those of my children
- I expect and welcome good fortune abundantly at every moment of my life
- I HAVE unlimited abundance
- Money comes to me easily and effortlessly
- My prosperity is unlimited

- I expect and embrace abundance every day
- My income is growing higher and higher now
- I am passionate about building wealth
- I deserve and welcome financial abundance in my life now
- I create abundant wealth easily and effortlessly
- God provides me with more than enough abundance in my life
- I AM easily accepting abundance in my life now
- I am financially secure
- I am healthy and wealthy
- I allow myself to prosper abundantly
- I trust that I am creating abundance
- I open myself to receive the abundance of The Universe
- I am open to abundance
- I am saving more money every day
- I am prosperous, health and wealthy
- I have a financially stable future for myself and my family
- I value my money
- I deserve to be abundantly prosperous
- I am worthy of and open to receiving abundance
- I am the source of my abundance
- I am a powerful money magnet
- I am receiving \$xxx of unexpected income
- I love money
- I am abundantly wealthy now
- Money comes to me effortlessly and abundantly
- My connection with Divine Intelligence is blessing me with vast amounts of money
- I am a money magnet and money comes to me effortlessly and easily
- I am grateful and happy for all that I have and all that I receive.
- I am prosperous; I have everything I need for a joyous, abundant life right now.

- I effortlessly allow abundance in all areas of my life
- Money is forever circulating in my life and there is always a surplus.
- Wealth is an effortless result of my prosperity consciousness.
- Everyday my bank balance is more than that of the previous day.
- I let go of all internal struggle to earn more money
- Through the power of my subconscious mind, I effortlessly attract all the wealth I need and desire.
- Being wealthy is my inherent right and I claim it now.
  - Money loves me; there is always an abundance of it in my life.
  - Money is good.
  - I am getting more and more prosperous day by day
  - I am successful at everything I do, and everything I do is a success
  - I am wealthy and successful
  - Money flows to me in ever increasing quantities, from multiple sources of income, on a continuous basis.
  - Balance and harmony rule my world.
  - Everything that I desire is already a reality in my vibrational escrow and it is making its way to me.
  - I am free to choose what I want to experience in my life.
  - I release all resistance to money.
  - Circumstances have no power over me, I create within and manifest without.
  - I deserve to be wealthy.

- I let go of all resistance to prosperity on the soul level
- I am NOW aligned with Source energy.
- My wealth is increasing massively everyday.
- I now have all the money that I want and need.
- I love money and money loves me; I use it wisely, constructively and judiciously.
- I am aligned with my higher self.
- Money is constantly circulating in my life. I release it with joy and it returns to me multiplied in a wonderful way.
- Money flows to me in avalanches of abundance.
- I love money.
- I am grateful for the money flow in my life
- Creating wealth and I are one.
- I enjoy being wealthy.
- I can be, do and have anything that I desire.
- My imagination now creates all the wealth I desire
- I am grateful and happy for all that I have and all that I receive.
- I effortlessly allow abundance in to all areas of my life.
- As I focus upon feeling better I find more and more treasures that allow me to feel good.
- Money flows into my life easily.
- I live an independent life that I choose to design however I want.
- Money ideas come to me easily

- My life is magical, my life is blessed.
- I release the need to live in poverty
- I am grateful for this perfect universe that brings me all that I desire
  - I consciously create my own reality, everything in it is perfect. I am a magnet for money. Prosperity of every kind is drawn to me.
- Today is a delightful day. Money comes to me in expected and unexpected ways.
- The money that comes to me today is a pleasure to handle. I save some and spend some.
- Money is a state of consciousness that supports me. I allow prosperity to enter my life on a higher level than ever before.
- I move from poverty thinking to prosperity thinking, and my finances reflect this change.
- I delight in the financial security that is a constant in my life.
  - I give my financial burdens to God. I let go of fear.
    - I know how to make money.
- Money flows easily to me.
- I receive money easily and effortlessly.
- Every day I make more money.
- I know what to do to make money.
- I enjoy making money.
- I am a money magnet!
- Money-making opportunities are all around me.
- I always find a way to finance what I want to do or have.
- I am always learning of new ways to create financial abundance.
- I will inevitably find one idea that will change my financial destiny.
- There is limitless supply and it is mine.

- I always have an abundance of money to meet all of my needs.
- I am financially secure.
- This is a rich universe and there is plenty for all of us.
- I have everything I need or want.
- I am wealthy.
- I allow myself to prosper.
- I deserve to be wealthy.
- I deserve to live in luxury.
- I am worthy of abundance.
- I trust that I will create abundance.
- I have more than I need in every area of my life.
- I am open to receiving the abundance of the universe.
- I love money.
- I love having money.
- Money is positive energy.
- I enjoy a steady flow of positive energy.
- I have plenty of time and money.
- I think big! I choose to serve a massive amount of people.
- I give myself permission to be financially aware.
- I give myself permission to change my relationship with money.
- I see opportunities all around me.
- I love spending money on my favourite causes.
- All of my debts are paid in full.
- I always pay my bills on time.
- I now have X amount of dollars in my checking account.
- I now have X amount of dollars in my savings account.
- I allow myself to make X amount of dollars or more each week.
- I am now creating multiple streams of income.
- I am now in the process of receiving \$X dollars per month.
- I deserve to be wealthy because I create my wealth.

- I am now in the process of receiving work that is emotionally, physically, and financially rewarding for me.
  - I am now in the process of attracting the perfect relationship for myself.
  - Opportunities flow to me with ease.
  - I prosper wherever I turn and I know that I deserve prosperity of all kinds
  - The more grateful I am, the more reasons I find to be grateful
- 
- I pay my bills with love as I know abundance flows freely through me.
  - I am now open to receive.
  - Life is easy; I have an abundance of whatever I need.
  - I now have surplus, all my needs are being met.
  - I have unlimited abundance.
  - I now give and receive freely.
  - This is a rich universe and there is plenty for all of us.
  - I now live in a rich and loving universe.
  - Money comes to me easily and effortlessly.
  - I am always supplied with whatever I need.
  - I look for and receive a bountiful supply.
  - My greatest good is coming to me NOW.
  - I am a success in all that I do.
  - Everything I touch returns riches to me.
  - I am always productive.
  - My work is always recognized positively.
  - I respect my abilities and always work to my full potential.
  - I am constantly adding to my income.
  - I always spend money wisely.
  - I always have enough money for all that I need.
  - I am rewarded for all the work I do.
  - I am now wealthy.
  - I deserve to be wealthy.

- I am now a financial genius.
  
- I am now highly pleasing to myself in the presence of other people.
- I now earn, save, spend, and invest my money wisely.
- My wealth is increasing massively everyday.
- My money is now creating more money.
- My outstanding ideas, energy, and passion are now creating new wealth for me and others around me.
- I now give away massive amounts of wealth to causes that I believe in.
- All the investments I own are profitable.
- Every dollar I spend returns to me massively multiplied.
- I manage my money effectively with precision.
- I now have all the money that I want and need.
- I now give away large amounts of wealth wisely and intelligently.
- Every thought I have is now being transformed into massive financial abundance for me.
- I am now creating all of the wealth that I want and need.
- My imagination is now creating all the financial abundance that I desire.
- The more of my wealth that I give away wisely, the more my personal wealth explodes massively.
- I now seize my opportunities boldly and courageously decisively applying my faith through my actions.
- My imagination now creates all the wealth I desire
- Through my power of intention, I effortlessly attract all the wealth I need and desire.
- I habitually give more than I get. I cheerfully go the extra mile in every task I undertake.
- I am now accumulating vast amounts of wealth consistent with my integrity and honesty.

- I respectfully accept the gifts of others with the knowledge that these gifts were intended to gratify the giver more than the receiver.
- I am now receptive to unexpected gifts of wealth.
- I am a gracious giver and receiver.
- When I think wealthy thoughts, I become more wealthy in all aspects of my life.
- My wealth is now multiplying and creating more wealth easily and effortlessly.
- My financial abundance is now exploding massively 24 hours a day even when I am playing, eating, and sleeping.
- I am now surrounded by an ocean of wealth and I draw from this ocean all I need.
- My job is my personal pipeline from which I tap the infinite wealth from my world economy for my personal desires.
- I am now earning massive amounts of wealth doing what I love to do while rendering useful service to other people.
- Through my power of my subconscious mind, I effortlessly attract all the wealth I need and desire.
- I am a money magnet.
- Money is forever circulating in my life and there is always a surplus.
- I have a responsibility to accumulate vast sums of wealth through useful service to others and to give it back to society through gifts that benefit the entire community.
- I project wealth and good fortune to each person I meet.
- Large amounts of money are coming to me.
- Money flows to me easily and naturally, just as the waves flow into the shore.
- I deserve great sums of money and use it to help myself and others.
- I am putting more loving energy into my work and this is providing me with a larger and larger income.

- The more money I have the more money I have to give.
- I am like a magnet to money.
- It is attracted to me.
- My financial worth increases every day regardless of what I do.
- I am learning and growing every day which makes me more valuable to the world.
- Money is always circulating freely in my life and there is always a surplus.
- Every dollar I spend circulates, enriches the economy and comes back to me multiplied.
- I see money as a useful tool.
- The more money I have, the more money I can use to help myself and others.

# Chapter 4:

## *Inner Peace*

---

- I am in full control of my thoughts and emotions.
- I am connected to the source energy which provides me divine well being, infinite abundance and faith in my abilities to attract and create positive outcome in any situation.
- I am optimistic and I have great attitude towards everything.
- I feel a great sense of happiness, security and well-being in my life.
- I feel grateful and lucky for all the abundance that flows into my life.
- I accept myself with complete love and appreciation.
- I feel divine well-being, happiness and appreciation.
- I deserve great success and abundance.
- I am optimistic and I believe in abundance.
- I feel a divine sense of well being, an abundance of positive energy and an absolute faith in my purpose.
- I feel confident and assured of myself and my purpose.
- I am a channel of peace and well-being.
- I am secure now.
- I am peaceful and calm in any situation.
- People feel peaceful, comfortable and good around me
  
- *I am filled and surrounded with the positive energy of peace, calm, and well being*
- *I am always expressing myself from my peaceful and unconditionally loving heart in all that I think, speak, and do.*

- *I am always expressing and encouraging peace in all my interactions with others.*
- *I give and receive the positive energy of peace and love gracefully and easily*
- *People naturally feel at peace around me.*
- *Peaceful energy is always radiating within and around me.*
- *I experience a tremendous sense of peace, calm, well being, and love with every breathe I take.*
- *My need for peace within myself is abundantly met.*
- *I am at peace within myself.*
- *I am always centered in the peaceful loving energy of my heart.*
- *The peaceful energy within me radiates out and around the world wherever it is needed.*
- *I recognize and encourage the peaceful nature of others.*
- *I see a peaceful resolution wherever conflict exists in the world.*
- *I recognize the world is filled with Divine Beings having a human experience, and their natural way of being is peace and love.*
- *Peace in the world is growing day by day.*
- *The positive energy of peace is expanding within and around the people of the world.*
- *The people of the world are at peace within themselves.*
- *People around the world are awakening and recognizing their peaceful loving nature.*
- *With every breathe of every person in the world the energy of peace is multiplied and expanded.*
- *The opportunity for peace is always present all around the world.*

- Everything in the world begins with a thought. If you want peace in the world. Let your thoughts be thoughts of peace.
- I open my heart to You, dear God, and let Your peace fill my being. In Your presence, I am peaceful, poised, confident and strong.
- I relax in Your loving care, dear God, and release all my cares to You, knowing that You are upholding me and sustaining me in all that I do.
- As I keep my heart and mind centered in You, God, I feel Your peace infusing my entire being and keeping me serene and secure.
- To You, beloved God, I release all sense of turmoil. In the comfort of Your presence, I am content and peaceful.
- God, Your presence calms me, quiets the storms around me, and leads me to a place of perfect peace. As I center myself in Your peaceful presence, I let go of every concern and relax in the safety of Your love. *The love of God quiets my thoughts and instills peace in my mind and heart.*
- *I am poised and secure in God's presence, and my heart is serene.*
- *God's presence within me is my center of perfect peace. I am confident and calm, knowing that God is with me always.*
- *God within me is my constant source of peace and strength.*
- *I relax, release any anxious thought, and peacefully rest in the presence of God.*
- *I lay aside the battles within my own mind, and grant myself peace.*
- *I bring Peace into moments of chaos.*

- *My Peace is Counterpoint to the Clamour of the World.*
- *I attain Inner Peace by Intending my future, and never Expecting it.*
- *My life is for living, not for worry or doubt,*
- *My life is the eye of the hurricane - an island of calm in a sea of uncertainty.*
- *Slowly and Deeply, I Inhale a Calming Breath.*
- All is well, right here, right now.
- Peace begins with a conscious choice.
- Today I embrace simplicity, peace and solace.
- A peaceful heart makes for a peaceful life.
- I trust the universe to deliver my highest good in every situation.
- By becoming peace, I create peace in every experience.
- I am filled with the light of love, peace and joy.
- Peace comes when I let go of trying to control every tiny detail.
- Where peace dwells, fear cannot.
- Today my mission is to surrender and release.
- The world is a peaceful, Loving and enjoyable place to live.
- I AM at peace with my choices in Life.
- I choose a peaceful and calm spirit.
- I release my past and live with calm and serenity.
- I AM free to be me and express myself openly.
- I have a peaceful and calming heart and soul.
- Everyone around me is at peace with each other.
- My environment is a garden of peace.
- I rub elbows with peaceful people.
- My work environment is peaceful and quiet.
- I am aware of all of the beauty around me. I embrace my oneness with nature, the seasons, the sky, and all of the colors, smells and textures.

- I take time for spiritual connection in meditation or prayer.
- As I close my eyes and take a deep breath, I inhale uplifting feelings of peace and calm. I exhale and release any tension or stress.
- I embrace love in the present moment, and I let go of fear.
- I choose serenity now, as I allow myself to go within and to connect with the comforting silence of my soul.
- I deserve to relax. As I stop and relax I refresh my mind, my body and my spirit.
- No matter what events occur during my day I remain calm and centred.
- I let go of worry. I enjoy the natural flow of this day; whatever it may bring.
- I make time today for true priorities in my work and in my personal life.
- I offer love and appreciation in small ways to my family today.
- I offer myself a day of nurturing this week. I deserve it!
- Who I am is equally as important as what I do.
- I live and enjoy fully the present moment.
- I radiate peace and love out to others, helping them to be in peace and in love as well.
- I open my heart to receiving love fully today.
- I trust, I listen, and I follow my inner guidance
- I am at peace with myself.
- All my relationships are loving and harmonious.
- I am always in harmony with the Universe.
- I am filled with the Love of the Universal Divine Truth.
- I am at peace with all those around me.
- I am at peace.

- I have provided a harmonious place for myself and those I love.
- The more honest I am with those around me, the more love is returned to me.
- I express anger in appropriate ways so that peace and harmony are balanced at all times.
- I am at one with the inner child in me.
- I trust in the process of life.

## **Chapter 5:**

### ***Internet Marketing Affirmations***

---

- I have the right to say these numbers suck
- I am free of partners who spam others.
- I am learning to let go and let the programmers fix it.
- Making money in a business is easy.
- I am a money magnet
- I always have more money than I need
- I can afford to buy everything I want
- The universe is abundant and prosperous
- Any money I make is far less than the service I offer.
- Because I am such a positive resource, people love to do business with me.
- Each business action I take enhances and expands my life.
- Each day I discover new ways to improve and grow my business.

- Every action I take supports and expands my company's potential.
- Google loves me. MSN loves me. Yahoo loves me.
- I am no longer controlled by spam filters.
- Everyone loves to do business with me because I deliver the goods.
- I always give more in value than I receive in cash.
- I am a natural entrepreneur.
- I am always creating new markets for the products I provide.
- I am always creating new markets for the services I offer.
- I am attracting new customers every day.
- I am changing lives for the better.
- I am constantly added income to my ever-growing business.
- I am my own boss and I love my job!
- I am setting up an exciting new business for myself.
- I am so happy and grateful for all the fantastic orders I receive every day.
- I am so happy and grateful for all the wonderful customers that support my business.
- I am so very grateful to own a thriving home-based business.

- I am thrilled to be starting my own business.
- I attract new clients daily.
- I effortlessly channel my energy into working on my business.
- I employ loyal, trustworthy people.
- I employ the most positive staff for my company.
- I have a great vision for my business which I work towards every day.
- I have a reliable support team that keeps my company running smoothly.
- I have a successful business that improves everyone's lives, including mine.
- I have hundreds of new customers every week.
- I have the perfect business for me.
- I have what it takes to be a successful entrepreneur.
- I know how to attract loyal customers to my business.
- I know that a positive attitude is as important as credentials.
- I know what people want and I give them that plus more.
- I love running my own company.
- I love working from home.
- I make wise and profitable business decisions every day.
- I manage my business with honesty and integrity.
- I now have the perfect business for my talents and skills.
- I offer exceptional value for money.
- I only recommend or sell products I believe in 100%.
- I provide all of my employees with opportunities to advance their careers.
- I serve humanity with the practical products I offer

- I serve humanity with the valuable services I provide.
- I stay informed about my business.
- I succeed by helping my clients succeed.
- I take active steps to improve my business each passing day.
- I take great pride in what our company has to offer.
- I take the initiative in difficult business situations.
- I constantly attract success-minded entrepreneurs to assist me to grow my business.
- I am a brilliant and savvy business person.
- I have a billion-dollar brain.
- I have all the skills, intelligence, contacts and money and perspective I need right now to create an incredible masterpiece with my business.
- I have great abundance flowing into my business, which affords every luxury I desire.
- I am very focused and persistent
- I am wealthy and successful, every day, in all that I do.
- I have absolute certainty in my ability to generate any amount of income I choose.
- I am committed, determined and passionate about what I do.
- I have all the resources I need right now to become a multi-millionaire.
- I accomplish my financial goals with ease applying sound and honest business practices.
- I am a master at what I do.
- I am a leader and I attract leaders into my business.
- I am building a successful and important business that will assist in making a difference in my life and the lives of those I touch.
- People are very eager to purchase my products.

- People love to do business with me because I care about my customers.
- What I offer through my company has tremendous value.
- With every breath I take, I am bringing more and more business opportunities into my life. My company spans the globe.
- My internet business is incredibly successful.
- My internet revenue increases exponentially.
- My internet website is attracting new patrons every day.
- My new business offers incredible potential.
- My online business is a great success.
- My online business is successful because I offer my expertise freely.
- My online business is the most popular in its field.
- My partner and I work brilliantly together.
- My profits increase weekly.
- My services are in huge demand.
- My unwavering service to the betterment of others provides me with infinite abundance.
- My website is increasingly popular because I know exactly what people want.
- My work is a labor of love.
- My business is booming!
- New customers are attracted to my business, and I warmly welcome them all.
- People are extremely eager to engage my services.
- People are really excited to do business with me.
- I believe in myself and in my company.
- I build my business with understanding and dedication.
- I contribute to the lives of others through the abundant services I provide.

- I contribute to the lives of others through the incredible products I offer.
  - I deliver true value through my work.
  - I easily attract new customers every day.
  - I easily attract the perfect employees for my business.
  - I easily get the funds I need to help grow my business.
  - I make a prioritized list of what I need to do and get started right away.
- 
- I know exactly what I want to accomplish.
  - I imitate those who through faith and patience inherit what God has promised.

# Chapter 6:

## *Love and Relationships*

---

- I see you clearly with the eyes of pure, unconditional love.
- I love what I see.
- My marriage/relationship made in heaven is made manifest on earth.
- I am in a joyous, intimate relationship.
- Every day in every way our marriage is getting better, better and better.
- My partner and I are very much in love with each other.
- My partner and I are fully compatible and perfectly aligned physically.
- My partner and I are fully compatible and perfectly aligned sexually.
- My partner and I are fully compatible and perfectly aligned emotionally.
- My partner and I are fully compatible and perfectly aligned intellectually.
- My partner and I are fully compatible and perfectly aligned spiritually.
- I draw love and romance into my life and I accept it now.
- My partner is loyal to me.
- I am magnetic and irresistible to my partner.
- I radiate pure, unconditional love towards my partner.

- From time to time I ask my husband, "How can I love you more?"
- I choose to see my husband clearly with the eyes of love and compassion, I love what I see.
- Love happens! I release the desperate need for love. I release the need for my partner to approve of me. I allow love to find me easily and effortlessly.
- Love is all around me. I feel everywhere. Joy fills my entire world.
- I was born to learn to love myself more, and to share that love with people around me.
- My partner is the love of my life and we adore each other.
- I rejoice in the love I encounter everyday.
- I now deserve love, romance, and joy--and all the blessings that life has to offer me.
- Love is all there is!
- Only love is real.
- I radiate pure, unconditional love towards my partner.
- I am safe in all my relationships. I am always treated well.
- Long-lasting, loving relationships brighten my life.
- I am very grateful for all the love in my life. I find it everywhere.
- I am surrounded by love. All is well.
- My heart is open to love. I speak loving words to my spouse.
- I have a wonderful partner, and we are both happy and at peace.
- I come from the loving space of my heart, and I know that love opens new possibilities.
- There is no problem so big or so small, that it cannot be solved with love.

- Deep at the center of my being is an infinite well of love.
- I am in a joyous intimate relationship with a person who truly loves me.
- My relationships are mirrors that show me myself.
- I am now learning from all my relationships.
- I laugh with my husband more and more each day.
- My relationships are helping me to heal and love myself.
- I am strong, vulnerable, and loving in my relationships.
- I deserve love and sexual pleasure.
- All is well in my marriage. Really.
- I am now ready to accept a happy, fulfilling relationship.
- I am now ready for my relationships to work.
- I love myself and I naturally attract loving relationships into my life.
- I am now attracting exactly the kind of relationship I want.
- I am now divinely irresistible to my perfect mate.
- All difficulties between me and \_\_\_\_\_ are now being healed.
- The more I love myself, the more I love \_\_\_\_\_.
- I love \_\_\_\_\_ and \_\_\_\_\_ loves me.
- All of the changes in my marriage and life are positive. I am safe.
- I am open to receiving love and to extending it.
- I interact with my husband positively and joyfully more and more each day.
- I/We remain focused on the big picture in our marriage.
- Giving my husband unconditional love makes me feel energized.

- I enjoy performing small acts of kindness for my husband. I love to see joy on his face.
- I always keep a sense of humour about things in my marriage.
- I am always centered and in present moment in my life and marriage.
- I accept, respect, and enjoy our differences. Differences add interest and variety to my marriage.
- I look for ways to contribute to my partner's growth and happiness. I support my partner in their goals unselfishly, knowing that it will make them happy.
- I respect what my partner has to say. I listen to my partner with genuine interest. I offer empathy when appropriate.
- I desire love, so I give my partner love.
- I desire respect, so I give my partner respect.
- I desire cooperation, so I give my partner cooperation.
- I desire compassion, so I give my partner compassion.
- I desire control, so I give my partner control!
- I am feminine and full of grace.
- I am feminine and receptive.
- I possess great inner-strength.
- I am fully receptive and appreciative for all the love that my partner showers upon me.
- I release excessive control. I live and let live in my marriage.
- I am receptive to my husband's romantic advances.
- I greatly admire and respect my husband for all that he is.
- I admire and respect my partner because ...
- I verbalize my respect and admiration for my partner daily.

- My yin/feminine energy blends perfectly and beautifully with my partner's yang/masculine energy.
- My husband and I are aligned with Spirit, more and more each day.
- Spirit is the source of love for me and my husband.
- Spirit is the source of abundance for me and my husband.
- Spirit heals our marriage thoroughly on all levels.
- Spirit dissolves all that is unlike love from our marriage.
- Through this marriage, we are growing closer to Spirit each day.
- Spirit blesses me and \_\_\_\_\_ with health, harmony and prosperity.
- Spirit fills me and \_\_\_\_\_ with Divine Love and compassion.
- We are filled with the light and love of Spirit at all times.
- We surrender all differences between us to Spirit.
- My partner and I fulfil Divine potential in our marriage for Thy Glory.
- Spirit heals all differences between me and my partner.
- I interact with my partner from the level/heart of my Higher Self more and more each day.
- I see and focus on our similarities more and more each day.
- How easy it is to create a marriage made in heaven!
- I trust that my marriage is in the safe, protective, loving arms of Spirit.
- I love my partner as Spirit loves me.
- We can do all things through Spirit who strengthens us.
- I trust the voice of Spirit inside me as the guide for all actions and decisions.

- I AM the divine love presence here and now in this marriage.
- Spirit guides by letting me know when to talk and when to stop and listen. With Spirit's help, I empathize with my partner's position easily. With Spirit's help, I see things from my partner's point of view easily.
- Our home is filled with beautiful loving energy. (visualize)
- Our bedroom is filled with beautiful loving energy. (visualize)
- Our bed is charged with the energy of love and romance. (visualize)
- My aura harmonizes perfectly with that of my partner's and is filled with pure love when we are together.
- My energy harmonizes perfectly with that of my partner's and is filled with pure love when we are together.
- Our chakras are aligned in perfect harmony with Source and between ourselves.
- Love and peace surrounds my husband and I at all times.
- We are surrounded with romantic, loving energy when we are together.
- Our minds function in perfect harmony.
- My husband and I are cosmically compatible souls.
- My husband and I exude an inviting sense of heart, compassion and support towards each other. We intuitively feel safe, relaxed, wanting to get closer. We emanate a peaceful glow. We feel good around each other. We feel energized and optimistic when we are together.
- I am a radiant being, full of vitality, enjoying life to the fullest.

- I am beautiful, and everybody loves me. I am greeted by love wherever I go.
- I am becoming more and more self-assured, calm and confident.
- I love life and life loves me.
- I am a beautiful being of light.
- I look upon God, and the Divine within to be the source my happiness.
- I love myself unconditionally for all my perfections and imperfections.
- My inner light shines brilliantly from within me.
- I am beautiful both on the inside and outside.
- The infinite love of Source is filling me.
- I am acting from my Higher Self.
- I look in the mirror joyously and say "I love you. I really love you.
- I release all past perceived wrongdoings of my husband. I release them with love.
- I honour who I am.
- I see the world through eyes of love and acceptance. All is well in my world.
- I willingly release any need for struggle or suffering. I deserve all that is good.
- I choose to be at peace with myself.
- I am choosing to feel good about myself. I am worthy of my own love.
- It does not matter what other people say or do. What matters most is how I choose to react and what I choose to believe about myself.
- I am wonderful, and I feel great. I am grateful.
- The greatest gift I can give myself is unconditional love.

- I love myself exactly as I am. I no longer wait to be perfect in order to love myself.
- I am a creature unlike any other - truly unique and blessed.
- I am irresistibly attractive to any man!
- Life supports me in every possible way.
- I move through life knowing that I am Divinely protected and guided.
- I can do all things through Spirit who strengthens me.
- I am a woman of substance.
- Any man is lucky to have me!
- Any man is lucky to have me because ...
- I am a woman truly busy fulfilling my life purpose.
- I see myself achieving great heights of success.
- I see myself achieving ..., ..., ...
- I am a truly remarkable women who had achieved ....., ..., ... (List all your successes no matter what they are!)
- I love my life!
- Today is a wonderful day!
- It's a fabulous day for singing a song!
- I have abundance of self-assurance!
- I attract miracles into my life now!
- <Your name here> .... award winning scientist!  
<Replace with your own goals>
- <Your name here> .... the woman of power!
- <Your name here> .... empowering author extraordinaire! <Replace with your own goals>
- I deeply and truly love and approve of myself.
- I am adequate at all times to do that which is required of me.
- I love who I am.
- I am willing to love everything about myself.

- I trust in love.
- I open my heart to love.
- I forgive myself
- I forgive those who need forgiving for not being what I wanted them to be.
- I acknowledge my own loveliness.
- I am pure, good, and innocent.
- Love is the purpose of my life.
- Love is everywhere.
- I open myself to the healing powers of love.
- I follow the path of the heart.
- The healing power of God's love heals my mind, heart and body.
- (Insert name) is the one that I truly Love and he/she returns to me with open arms and mounds of Love.
- It is easy for me to express Love and in return, it is easily expressed back to me.
- I follow God's example of True Love.
- I AM open to receiving Love from the perfect man/woman for me.
- (Insert name) is deeply and passionately in Love with me, as I AM with him/her.
- I AM attracting emotionally available partners to my Loving and giving spirit.
- Love is attracted to me and I AM attracted to Love.
- I attract Love so easily that my phone is ringing off the hook for dates.
- I AM ready to Love again and I welcome Love with open arms.
- I clearly see myself in Love with the man/woman of my dreams.
- I am surrounded by love and everything is fine.
- My heart is always open and I radiate love.

- All my relationships are long lasting and loving.
- I see everything with loving eyes and I love everything I see.
- My partner is the love of my life and the center of my universe. He loves me as much as I love him.
- In life I always get what I give out and I always give out love.
- I encounter love in all my relationships and I love these encounters.
- I deserve love and I get it in abundance.
- I have attracted the most loving person in my life and life is now full of joy.
- I love myself and everybody else and in return everybody loves me.
- Everywhere I go, I find love. Life is joyous.
- My partner and I are perfect match for each other and the love between us is divine.
- love and accept myself exactly as I am
- I am open to receiving Love from the perfect man/woman for me
- I am now in an ideal relationship with my perfect partner
- I love myself completely
- I am a forgiving and loving person
- I now express love to all those I meet
- I radiate love and happiness
- I give and receive love easily and joyfully
- I follow God's example of True Love
- Love comes to me easily and effortlessly
- I am surrounded with loving, caring people in my life
- People are just waiting to love me, and I allow them
- I love myself and I am in charge of my own happiness
- I give and receive love effortlessly

- I am worthy of great love
- I breathe in universal love
- I love myself for who I am
- I attract loving, beautiful people into my life
- I commit to loving and feeling loved all the time
- I always deserve love
- I deserve love, success and happiness
- I am attracting loving relationships into my life
- I release the pain of my unpleasant experiences in love
- I am worthy of love
- I project love to everyone I meet
- I radiate love and happiness
- I love and approve of myself
- Genuine love comes to me effortlessly
- I feel loved and loving all the time
- I bathe in the unconditional love of my Creator
- I deserve to be loved fully and completely
- I am a radiant being filled with light and love
- I express love freely
- I live in expanding waves of love and creativity
- Divine love is working through me now
- I radiate love to all persons and places and things
- I am a radiant being filled with light and love.
- I love and accept myself exactly as I am.
- I now express love to all those I meet.
- I am a radiating center of divine love.
- Divine love is working through me now.
- I bathe in the unconditional love of my Creator
- Love radiates from me at all times.
- I love myself completely.
- Love comes to me easily and effortlessly.
- I give and receive love easily and joyfully.
- Others love me easily and joyfully.

- I now feel loved and appreciated by my parents, my friends.
- I express love freely
- As I give love, I am instantly supplied with more.
- I radiate love to all persons and places and things.
- People are just waiting to love me, and I allow them.
- I breathe in universal love.
- I attract loving, beautiful people into my life.
- I always deserve love.
- I am attracting loving relationships into my life.
- I project love to everyone I meet.
- I love and approve of myself.
- I am a loving person
- I accept the love of others
- I love myself
- I can show love by my actions
- I love my co-workers
- I love my neighbours
- I love my Wife
- I love my Husband
- I love my kids
- I am a lovable person
- I love living
- It's okay to love myself
- I love the opportunities in my life.
- The more I love the more I will be loved.
- I love everyone even though I don't always love what they do.
- Love is eternal. I love, therefore I am an eternal being.
- I pray that love will fill the hearts of those around me.
- Love makes me happy. The I love the happier I am.
- I love therefore I am loveable.
- I show love to all those I meet.

- I am surrounded by love
- I love and accept myself exactly as I am
- I know that I deserve love and I accept it now
- I am a loving, beautiful creative person and this is reflected in my relationships with others
- Loving myself unconditionally brings healing and an abundance of love into my life
- The love I give out returns to me multiplied
- Love flows through my body, shines in my face and radiates out from me in all directions
- I love myself for who I am
- I am beautiful inside and out
- I am special in many unique ways
- I love every part of me from, the tip of toes to the tips of my hair
- I am endowed with an amazing body that functions perfectly
- I am able to do wonderful things because of this body
- I love and accept myself and honour every aspect of my physical self that makes me who I am
- I am loving abundance expressed
- I love all the knowledge I have and all the wisdom that comes to me each moment
- I am blessed with a mind that comprehends things easily
- I am a creative being capable of making life joyful and exciting
- I love the lessons learned from daily experience
- I am full of ideas to empower others and support them in their journey
- I am able to communicate knowledge and wisdom to anyone effectively

- I love and accept myself and honour all the thoughts of who I am
- I am loving abundance articulated
- I love the passion I have for life and unconditional love
- I am eager to give boundless love to myself in order to lavish boundless love on others
- I am keen on bestowing all things pleasurable to those I encounter each day
- I love the talent and skills I possess
- I am a creator of many amazing ways of expressing love to anyone I meet
- I am an active participant of making the world a better place for all
- I love and accept myself and honour all emotions that make me who I am
- I am loving abundance illustrated
- I love the abundant spirit that moves in all of me
- I am surrounded by a magnificent light that attracts all the best of life
- I am pure love energy vibrating in the highest and grandest expression of itself
- I love the divinity that abounds in me and all others surrounding me
- I am one with every spirit in this universe desiring peace, unity, harmony and joy
- I am part of the bigger entity of which all love and light dwells
- I love and accept myself and honour the holiness inside me that make up who I am
- I am loving abundance manifested

**Section 2**

# Mantras

# Chapter 7:

## *Love Mantras*

---

### Synopsis

Mantras are said to work at a very deep level where the subconscious mind is a collective consciousness of all the forms of primitive consciousness which exist throughout one's physical and subtle bodies. In this way, they positively affect our aura and give us the energy shields which surround our body. The continuous and dedicated chanting of a mantra can dig into our subconscious crystallized thoughts stored in the organs and glands of our body which can transform our bodily parts into repositories of peace and wisdom.



Mantras can help us in accessing our own inner wisdom, accomplishing our own inner peace, releasing fear and

anxiety from us, overcoming the inner barriers for our personal growth and happiness, vitalizing the life force of the whole universe, opening the doorways to more spiritually favourable conditions and spiritual transformation for viewing all powers as personal which in turn, immediately aligns us with the true power of our own life.

### **Prayer to Glorify**

- SRILA BHAGAVATA BHUSANA GURU

“vandarū-jana-mandara kṛṣṇa karnamṛta priyam  
dayardra-hṛdayam-gadha radha-tattva-nivedakam  
gaura-prema-pradīpena loka-kalyāna karakam  
srīla sṛīdhara-devasya sisya-varyam guṇojjvalam  
vandamahe gurum bhaktya sṛī bhagavata bhusanam”

### **Translation:**

I offer my profound obeisance's to my loving Spiritual Master, His Divine Grace Bhagavata Bhusana Gurudeva, who is the best and foremost disciple of His Spiritual Master, Paramahansa Thakura Srila Sridhara Deva Gosvami Maharaja. He is brilliantly adorned with all the divine qualities of his Spiritual Master.

### **Status: Single**

I love the idea of love  
I love the idea of me...in love  
But, what I love most is that *I'm* my greatest lover of all  
time  
For now, for always...  
I promise not to abuse my love  
Or use it in vain  
Or wish for a new lover, just to make *others* feel good  
I love myself happily, deeply,  
reserving the rest for those who find me worthy – and are  
worthy of me

### **Status: In a Relationship**

Dating is a delight,  
Or it's difficult sometimes  
But, as it ebbs and flows, my heart only grows  
Lord only knows where love will take me, or where I will  
take love  
I only know that I'm a sexy, super, sassy, sultry, seductress  
That gives to someone else this joyful, jolly journey inside of  
me...  
As the season of love draws near, let me and my lover be  
open  
to giving our hearts the best.

### **Status: Engaged**

There's some time before our wedding,  
And there's no time for despair...  
My love with my lover is finally here...

It's waiting in red, not waiting in vain,  
It's signed, sealed and delivered,  
Topping the charts,  
Singing, dancing, laughing,  
Warming our hearts...  
May we spend all seasons of life together...  
In the most heated of times, and the coldest times,  
In the best of times and worst of times,  
May we remember the love that brought us here

### **Status: Married**

When the world's on our shoulders,  
We keep love in our hearts...  
We don't need one special day  
to continue on in our lifetime  
of soul-mating  
baby-making  
money-shaking  
argument-starting  
makeup-sex-having  
death-do-us-part-pledging  
love.

### **Status: Widowed**

Though you're gone,  
my love for you isn't.  
Love once known  
can never be forgotten.  
May the spirits of your world  
carry a message, from my heart to yours  
on every Lover's Day  
that you are my past, my present,  
my everything.

### **Love Mantra #1: Love is Who We Are.**

Love isn't just something we feel for others, it's who we are. Though we usually think of love as a stream of emotion flowing between two people, love is more like an ocean that's inside and all around us.

Instead of walking around with a little cup, begging for a few drops of love from others, recognize that you're the huge ocean of love. Let go of the feeling, *There's a limit to love and I have to get mine*. When you do this, you relax, and your energy expands. Rather than looking at every interaction as a potential *source* of love—something to fill you up and make you feel good—come to every interaction *radiating* love. Then you go from being a "love beggar," to being a "love philanthropist."

### **Love Mantra #2: The Purpose of Life is to Expand in Love.**

Love is your job description—no matter what you do for a living. If you ever feel unsure of what you're supposed to do in a situation, here's a good rule of thumb: always do what leads to greater love. When you put giving and receiving love at the top of your priority list, you'll definitely experience more everyday success and raise the quality of your life.

### **Love Mantra #3: The Heart is the Portal to Love.**

Your heart is more than a physical pump; it's your ticket to experiencing Love for No Reason. If it's open, love flows freely, both in and out. If it's closed, even with the best intentions, you'll have a hard time being loved or being loving. Try pouring water into or out of a jar if the lid is on. It's a simple case of physics.

Focus your attention on your heart. When your heart feels open, expanded and light, then you know you're on the right track for greater love. When it's shut down, tight or heavy, you know you're going in the direction of less love. When this happens, shift your thoughts, feelings and actions so they support the opening of your heart.

# Chapter 8:

## *Success Mantras*

---

**Undying shadows of fear and doubt:** Understand that shadows of fear and self-doubt are likely to lurk around often. But that doesn't mean that you allow them to take over you or that they're invincible. Like all of us have our strengths, so we have our weaknesses, shadows are just a reminder of the latter. So remember, don't give them more importance than they deserve.

**Embrace and accept:** Want to get rid of your weaknesses? Start by accepting their presence. The more you try to keep pushing them away, the more they'll stick like a gag around your ankles. Instead, watch them, learn about them and then decide how you can drive them away.

**Conquer:** Now that you've accepted your shadows, you'll be a little at peace. But you still won't be completely relaxed till you've overcome them. So get ready for the battle! Some people make up for their weaknesses by developing new strengths, while some people overcome them with courage, practice and perseverance. Decide which path you want to take.

**Discover yourself:** No matter whom you share your fears

with - your shadows will always be yours alone. Understand that shadows are a kind of 'rites de passage' that will help you discover your black spots, vulnerabilities and weaknesses. So don't see them as something you need to shoo away, see them as one of life's many learnings that will help you discover yourself.

**Your world view:** The greatest mistake we can make is to let our shadows affect our world view. If a great disappointment came your way when you were 19 years old, don't let it take over your mind and allow it to shape your world view when you're 25. That way, you're just getting stuck in the past and shutting out new things that come your way. Let it go so that you can grow.

### **Looking outwards for strength**

As far as winners are concerned, the concept of inner, and not outer power, holds very true. Most successful people don't seek support and acceptance outside. Instead, they take a critical look at themselves, analyze their strengths and shortcomings objectively and strategies towards working on them or making them work to their advantage.

### **Self Doubt leads to downfall**

If you want to make it big, do away with this itch by assessing yourself thoroughly. This will help you figure out your true powers and help you understand your capacity better. Once you comprehend this, set your goals within those capacities and make sure you achieve them.

### **Impatience is not a virtue**

There are no established barons whose success came overnight. So no matter how much effort you put in, you'll mostly always be waiting for results. In some cases, you may not get it right the first time. This means, a lot more waiting and watching to figure out what really strikes gold. None the less, be assured that if you're working hard and smart, there is always a light at the end of the tunnel.

### **Failures stop only losers**

If you have a dream, you can't give yourself just once chance to make it come true. Success stories are often a result of mistakes that made way for new learning. So, put the hours in and be ready to work and re-work things from ground zero to pen your story.

### **Procrastination**

Often guised as advanced thinking, procrastination is nothing but a mighty waste of time. Why spend your time thinking about an issue so much when you could use that time in actually going through with it? That's the difference between dreaming of success and achieving it.

### **First step to success**

Dreaming of success is often the first big step ahead for most individuals. A dream is a seed of thought that opens one's mind to new avenues. If you dream big, the next step is to make a path for yourself to get there!

### **Valuable insight**

Dreams can offer you a lot of insight. They tell you about your state of being and are a much needed reality check about the present. They help you understand your own mind and its wants and needs better, preparing you for the success chase.

### **Key into the Subconscious**

Dreams often represent thoughts that are brewing in our subconscious. If you dream about something that you aren't currently doing, it is often considered an indication about an underlying unrest and a latent desire in you to engage in something you haven't had a chance of doing. This way, dreaming can push you closer to success.

### **Motivation:**

Dreams can be an enormous motivating factor for many people. Champion athletes have often mentioned that they have dreamt about big victories before accomplishing them. In the same way, dreams can boost your morale too and push you to work harder.

### **Staircase to happiness and achievements**

Most people don't know this, but dreams really have the power to elevate your spirits and leave you with a sense of well being. In other words, dreams have the power to make you happy. This happiness usually enhances confidence, taking you much closer to achieving your targets.

### **Words that spell self-doubt**

Failure just needs a seed; and very often words are those seeds! Many a times when you think that you aren't as good as another, you reinforce your thought through words like, "I don't know", "I'm not sure", "I am incapable of", "How can I", and so on. This constant insecurity then spreads to all aspects of your life and before you know it, your self confidence is diminished to the size of a pebble.

### **Words that provide an easy refuge**

Many a times, we seek refuge in words to stay away from doing things we don't want to be confronted with. This gives rise to excuses that begin and end with ifs and buts. When you really want to do something, there should be nothing that stops you from doing it.

### **Words that ooze negativity**

Some sociology and psychology studies often categorize subjects into 'Yes' and 'No' people. While the 'Yes' people are the ones with the positive approach looking out for new things in life, the 'No' people are the ones with the doubtful mindset. With words such as I can't, NO, not me and so on, the 'No' people close doors for themselves. Also, as the words you use represent your worldview and vice versa, using the 'no' word too often will portray you as being narrow minded, restricted and non-experimental.

### **Words that portray you as a weakling**

"If only" I had the support of, "If only" I knew how to, "If only" I had the opportunity to... "If only" you didn't use these words that paint the picture of a person too desperate to shift blame on other people and circumstances, you would emerge stronger. Don't hope for things to be better, make them better by using words such as "Because I can".

### **Words that indicate you've already accepted defeat**

"I probably won't", "it's beyond my control", "I will try but I am not sure" are words that indicate that you're OK with the idea of success not coming your way. In other words, this means that you're OK with losing. Once you have already left this option open to yourself, how will you push yourself to give your hundred percent?

So, if you want to ace the game, banish these words; they serve no more than as mere roadblocks on your way to the top.

Very often a lot of our successes and failures are governed by our primary approach to things. When we choose to accept situations and challenges with a mindset to fight them out rather than give up before we begin, we increase our chances of a win. Here is how saying 'yes' positively affects not only your mental make-up, but also those of the others around you, thus, helping you win battles and attract success:

**It changes your perspective**

When you say 'yes', you automatically change your perspective. You flip over from the negative or the undecided to the positive, seeing new possibilities.

**It allows you to learn something new**

A 'yes' is the first step of learning. Only if you agree to go through a new process or a new route will you give yourself the opportunity to learn something new. Who knows, you may even discover things that you really enjoy doing or paths that you may love to explore further.

**You win the admiration of others**

When you adopt the 'yes' attitude, it doesn't just pertain to the case at hand. Your outlook towards life becomes much more positive and the more you implement it, the more it becomes inherent in you. This clearly does not go unnoticed and hence makes you popular amongst not only those directly associated with you but even amongst those who are superficially connected with you.

**It has no negatives**

The 'yes' attitude aids in only gains and makes you lose nothing at all. It may involve taking risks and exploring the unexplored but more often than not, you have nothing to lose.

### **It puts you through a self-test**

The reason a 'yes' attitude is the first step of success is because it allows you to test yourself and your capabilities. Agreeing to do something you haven't tried before or something that does not come easily to you lets you gauge your strengths and weaknesses, helping you discover more about yourself.

So go ahead and say 'YES' to challenges. Say 'YES' to success.

### **Lord Ganesha Vakratunda Mahakaya Mantra for Success**

- "Vakratunda Mahakaya  
Surya Koti Samaprabha  
Nirvighnam Kurumedeve  
Shubha Karyeshu Sarvada"

-

### **Lord Ganesha Mantra English Translation**

"O Lord, with large body, curved trunk and the radiance of a million suns. Please make all my good work free of obstacles, always".

This mantra is said to get *siddha* or perfection after chanting it 108 times a day for 11 days. This mantra is never failing for one who seeks success in business and financial prosperity, or who faces barriers in business growth, or other obstacles to prosperity. This mantra is very dear to Goddess Lakshmi, who told Vasistha that, "I am very

pleased by this mantra and if any person recites this mantra even once, I will establish myself in his home." It is:

Om Shreem Hreem Kleem Shreem  
Laxmirachagachha  
Mama Mandire Tishtha-Tishtha Swaha

### **Marketing mantras everyone must know**

- Know your target consumer segment (prospective customers who will use your product/ service).
- Pay attention to consumer insights (information related on how your customer is actually using your product/ service).

### **Mantra for Success**

Krishna Krishna Mahaayogin  
Bhaktaanaam Bhayankara  
Govinda Parmaananda  
Sarvey Mey Vash Maanay

O Krishan, O Krishna!  
Thou art the Yogi of Yogis.  
Thou bestoweth fearlessness on Thy devotees.  
O Govinda! Thou art the giver of Supreme Bliss.  
Bring everything to my favor.

### **Mantra for All Success**

"TADYATHA NAKSHEDE SAPHA DITTHI MUTENA SHATRANI  
MESA MITA DAHNI BAHPHENTU SVAHA"

"Success is a light.  
Glow of which is very bright,  
it's a planned approach,  
And you yourself is its coach.

It's not a calculation of what we "GET"  
But living our life without any regrets."

# Chapter 9:

## *Wealth Mantras*

---

### **Lakshmi: "Om Shrim Mahalakshmiyei Swaha"**

Rough Translation: 'Om and salutations to that feminine energy which bestows all manner of wealth, and for which Shrim is the seed'

This mantra has not only been used for the purpose of attracting prosperity, but also for drawing in proper friends, clearing up family misunderstandings and quarrels, and smoothing some health problems. As we all know, there are many different kinds of wealth. As you use this mantra, focus on the kind of wealth you wish to manifest in your life.

### **Mantras of the Goddess of Wealth**

"Sarvagay Sarvavarday Sarvadushtbhaydkree

Sarvadukharay Devi Mahalakshmi Namostutay"

"Siddhi Buddhipraday Devi Bhuktimuktipradayeenee

Mantramurtay Sada Devi Mahalakshmi Namostutay"

"Aadhantarhitay Devi Aadshakti Maheshwari

Yogajay Yogasambhutay Mahalakshmi Namostutay"

"Sthulsukshmay Maharodray Mahashakti Mahodray

Mahapaapharay Devi Mahalakshmi Namostutay"

"Padnaasanstithay Devi Parbrahmaswaroopeenee

Parmashree Jaganmatra Mahalakshmi Namostutay"

The meaning of all the above Mantra's can be summarized as follows:-

"I bow to Maa Lakshmi who everything, who grant favours to all, who terrorizes the evil and who removes the misery of all. I bow to the divine goddess who is the provider of success and intelligence and the benefactor of both worldly pleasure and freedom. I bow to the Ultimate Mother who is without beginning and without end. I surrender to the auspicious Mother who can remove even the greatest of sins.

I bow to the great Mother who resides in the hearts of devotees is the goddess of wealth, luxury, beauty, power, generosity and auspiciousness".

**"Om Yakshyaya Kuberaya Vaishravanaaya  
Dhanadhanyadi Padayeh  
Dhana-Dhanya Samreeddhing Me Dehi Dapaya Swaha"**

**Meaning:** Kubera, the lord of yaks has, bless us with wealth and prosperity.

## **16 Mantras for Building Financial Wealth**

1. I only use credit for my business and investments.
2. I buy toys (even new cars) when I have the CASH to pay for them.
3. Every penny in the bank is stagnant.
4. Every penny put in my business will multiply exponentially.
5. I learn more from failure than success.
6. The more failures I have, the closer I am to success.
7. Money "left over" is more important than "how much I make".
8. I minimize expenses to increase cash flow.
9. My job/career will make others wealthy, not just me.
10. I always put customers success before my own; generosity = wealth
11. My passions fuel my business and money will follow.
12. My mind is my greatest obstacle.
13. I expand my mind to reach lofty goals (write them down).
14. I will research books and the internet to improve my business and investments.
15. I can be who ever I want to be.
16. Money is easy to find.

## **Mantras of Kubera - The God of Wealth**

### Kubera Mantra

Om Yakshyaya Kuberaya Vaishravanaaya Dhanadhanyadi  
Padayeh  
Dhana-Dhanya Samreedding Me Dehi Tapaya Swaha

### Sri Lakshmi Kubera Mantra

Om Sreem Hreem Cleem Maha Ashta Iswarya Sampathu  
Aadhi Dhiyudha  
Maha Kubera Managala Sarva Bhagya Sudharsana Sanka  
ChakraPadma Ghadhayudha  
Sree Lakshmi Narayana Dhevaya Namaha

### Moola Mantra

Om Shreem Hreem Im Kubera Lakshmiyai  
Kamaladharinyai Dhana Akrashinyai Swaaha

### Kubera Gayathri

Om Yaksha Rajaya Vidhmaya  
Alikadeesaya Deemahe  
Tanna Kubera Prechodayath.

## **Mantras for wealth:**

- Om Lakshmi Vam shri kamaladhram svaha
- Jimi sarita sagar mahu jahi
- Om Shri Ganeshaya Namah

### **For the acquisition of wealth**

Recite the following mantra for 1.25 lakh times. After completion of the recitation the sadhaka will acquire wealth, earn name and fame and will be free from ill health. Recitation of the mantra continuously will help the sadhaka to increase wealth, health and fame.

“Om Namo Arahamthaanam, Om Namo Siddaanam.”

“Om Namo Aayariyaanam, Om Namo Uvajhaayaanam.”

“Om Namo Loya Savva-Sahoonam.”

“Om Hraam Hreem Hroom Hrowm Hra: Nama: Swaahaa.”

Recite the following mantra for 21 days continuously for a minimum of one hour each in the early morning, noon and evening. One should take bath on all the three times that is morning, noon and evening. If one does so, gain of wealth is certain. He will also accomplish all his desires.

### **Gayatri Mantras of various deities for success, wealth, luxuries, power, wisdom**

“Om Bhur Bhuvah Suvah Tat Saviturvarenyam  
Bhargodevasya Dheemahi Dhiyoyonah Prachodhayaath”



# Chapter 10:

## *Health Mantras*

---

The following mantra should be recited for three times and infuse the water which be drunk by the native or by the patient. He will be benefited.

### **Dhanvantari Mantra**

“Aaham veshvanro bhootva praneenam harmashrit

Pronapan smayukta pchamyananm chaturwidham”

### **Healing Mantra for skin disorders:**

“Om Hroom Hraam Hreem Hroom Hra, Mahadusta Lootha  
Dusta Phodee Vrna Om Hraam Hreem, Sarva  
Naashaya,Naashaya Pulim Thakhangena Chinna, Bhinna  
Bhinna Hum Phat Swaahaa.”

Meaning: The Mantra has mostly 'beej (seed) mantras..

They have powerful vibrations, not necessarily meanings...naashaaya means 'remove' or 'destroy'.

### **Mantra while taking medicine**

Mantras are not substitutes for medicines but they can make medicine more effective. You could also remove its side effects...

“Sharire jarjari bhute vyadhi graste kalevare

oushadham jaanhavi toyam vaidhyo naraayano Harihi”

Which means:

The body suffers from fevers, sickness and old age. May this medicine become as charged with curative power as the holy Ganga and may the physician be the supreme Hari himself.

---

**Mritasanjeevani** is said to be an herb which cures one of all diseases. Mritasanjeevani Vidya or the knowledge of Mritasanjeevani is divine knowledge which can bring a dead person back to life.

This is an Mritasanjeevani Mantra from the Navanath Sampradaya or the Sect of the nine saints and Masters. This is a very important mantra of the Navanath Sampradaya and it has to be recited 108 times. By reciting this mantra one will succeed in all ventures in life, and gain all round good health.

### **Mrtiasanjevani Mantra**

“Om aon jon sah aon Bhurbhuva Swaha I  
Om Tryambakam yajamahe sugandhi pushtivardhanam  
bandhanat bhusheaya matrutat I  
Hon aon ju sah aon Bhurbhuva Swaha I”

## **Vishnu Shodasa Nama Stotra**

- Hindu God of Health, Medicine

Oushade chinthaye vishnum bhojane cha janardhanam I  
Sayane padmanabham cha vivahe cha prajapathim II  
Yuddhe chakradharam devam pravase cha trivikramam I  
Narayanam thanu thyage sreedharam priya sangame II  
Duswapne smara govindam sankate madhu sudhanam I  
Kanane narasimham cha pavake jalasayinam II  
Jalamadhye varaham cha parvathe raghu nandanam I  
Gamane vamanam chaiva sarva karyeshu madhavam II  
Shodasaithani naamani prathar uthaaya ya padeth I  
Sarva papa vinirmuktho vishnu lokam samopnuyath II  
hanvantri is the and. Wellbeing

## **The Dhanvantari Mantra**

- Recited to preserve and gain good mental and physical health. Eradicate fear of diseases and illnesses.

“Om Dhanvantaraye  
Dhanvantri Gayatri Mantra  
Om Vasudevaya Vighmahe  
Vaidhyarajaya Dhimahi  
Tanno Dhanwantri Prachodayat”

## **Mantra to cure Blood Pressure**

This is a mantra which is said to extremely effective in treating the illness of Blood Pressure. This is a mantra recited to seek the favorable frequencies of the planet Mars. Mars is said to be the planet, which has an effect on Blood pressure. This mantra has to be recited every morning for a total of 21 times.

This procedure can be followed along with your existing medical treatment.

“Om mangal grahadevaya nam”

## **Most Powerful Health Mantra**

“From thy eyes, thy nostrils, ears, and chin--the disease which is seated in thy head--from thy brain and tongue I do tear it out.

From thy neck, nape of the neck, ribs, and spine--the disease which is seated in thy fore-arm--from thy shoulders and arms I do tear it out.

From thy heart, thy lungs, viscera, and sides; from thy kidneys, spleen, and liver we do tear out the disease.

From thy entrails, canals, rectum, and abdomen; from thy belly, guts, and navel I do tear out the disease.

From thy thighs, knees, heels, and the tips of thy feet--from thy hips I do tear out the disease seated in thy buttocks, from thy bottom the disease seated in thy buttocks.

From thy bones, marrow, sinews and arteries; from thy hands, fingers, and nails I do tear out the disease.

The disease that is in thy every limb, thy every hair, thy every joint; that which is seated in thy skin, with Kasyapa's charm, that tears out, to either side we do tear it out.

## **Most Powerful Health Mantra – (2)**

Om namo parmatmne , parabrahmaya ,  
Mam sharir paahi paahi  
Kuru kuru swaha ||

### **Mantra for eye problems**

Om namo jhalmal jaher bhari talai  
Jahan baitha hanumanth  
Aai palet na karega  
Pida yati hanumanth rakhe hida ||

### **Mantra for Health**

- Mahamrityunjay Mantra

"Om Tryambhakam Yajamahe  
Sugandhim Pushtivardhanam  
Urvarukamiva Bandhanan  
Mrityor Mukshiya Maamritat"

### **Meaning of the Mantra**

"We worship the Three-eyed One who is fragrant, immensely merciful & and who is the Protector of the devotees. May he liberate us from death for the sake of immortality, Even as the cucumber is severed from bondage to the creeper."

# Wrapping Up

Through affirmations, people can motivate themselves subconsciously to achieve a better professional and personal life for themselves. This habit helps to constantly remind them of what they are capable of achieving so that they will not fall into the “victim mindset”. Use these affirmations to establish your foothold as a personal development guru in your niche.

Mantras, old and new play a crucial role in motivating and inspiring people to achieve their goals, whether in health, wealth or relationships. These generation old teachings give strength and hope to people despite their dire circumstances and inspires them to breakthrough from mediocrity to create better lives for themselves. Use these mantras to empower your followers to help them achieve better success in life.