



Mantra Worksheet:

Mantras are so powerful and important I wanted to give them their own PDF. I use mantras as a way to return my mind to calm, to the now. I get most stressed when I fill myself with too many busy thoughts. (It is then that I used to binge or not eat or call on another bad habit to cope) Learning how to prevent a spin out into thoughts and thus stress/anxiety, will help you in all areas of life. I know it has for me.

A mantra is a phrase, an energy that you repeat over and over again. It occupies your conscious mind and opens your subconscious mind to release (stress/negativity) and receive (calm/positivity).

Here are a few Mantra Suggestions:

- “My best is enough”
- “Stop. Calm my thinking.”
- “I can see peace instead of this”
- “I CAN do this”
- “I don’t have to cook, I WANT to cook”
- “I am enough”
- “I have enough”
- “Love is what is true and love fills me now”
- “I will do the best I can with the energy I have
- “I feel the peace of God in me now”
- “I love life and life loves me”
- “I am grateful”
- “I accept my wholeness and I am glad”
- “I am whole, healthy and complete already”
- “Light. Light. Light”
- “Peace. Peace. Peace”
- “Ram” (which can be interpreted as “the inner fire that burns away impurities and bad karma.)

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- “Sat nam” (roughly translated as “true identity”)

When it comes to mantras it's helpful to find one that speaks to you personally. We all could have different mantras that hold different meanings for us.

Choose 1 to 5 words max, so it's easy to remember and call upon it in any time of need. Write it in your phone. Write it on a paper on the wall or your mirror or your car. Tell your husband or partner about it. Put it on your fridge. Tell us! Write it in your journal. Make it know that THIS is your mantra and you need to do anything you can to remember it.

THIS is what you will call upon when you need help or mental rest/peace.

What's your chosen Mantra(s)?

Another suggestion could be to use your mantra in my meditation and repeat it over and over and over again. Repeating it out loud so you can hear it will also deepen the experience for you. I will often repeat the mantra “Thank you God for all the blessings in my life” for a good 10 minutes, sometimes an hour or more. It's incredibly helpful in clearing the mind and bringing peace.

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