



THE PATHWAYS COMMUNITY

“

DAILY SELF-LOVE

# *Mantra Guide*

 @PATHWAYSCOMMUNITY

 @PATHWAYSHEALINGCENTER

 @PATHWAYSCENTERPAGE

[www.thepathwayscenter.com](http://www.thepathwayscenter.com)





# “ DAILY SELF-LOVE *Mantra Guide*”

***"Whatever you believe about yourself on the inside,  
is what you will manifest on the outside."***

Words have power in them, words are energy. These words and beliefs feed your mind and your soul. Therefore, your beliefs, whatever you say to yourself—have a huge amount of power over your life.

## **But first, what is a mantra?**

A mantra is an often repeated word, phrase, or formula that outlines your intentions, usually to help in concentration and focus during meditation.

This mantra guide is meant for beginners in the spiritual path who choose to start using mantras as a tool in their own inner journey to self-love. Daily mantras of affirmation bring about a positive outlook in life as well as a change in the pattern of your thoughts. We made this guide to kick start your daily practice in becoming more aware of your thoughts, more free, and more aligned with your own truth—in your personal journey—so eventually you can make up your own daily mantras.

## **Now, what is Self-Love?**

Here in Pathways, self-love means the full acceptance of the self. It is an INNER JOURNEY towards understanding and accepting the self as a whole. It is taking time and space for yourself. Understanding and allowing the self in going through the process and phases of healing for your own spiritual growth—ultimately finding your way to loving yourself unconditionally.

To have a deeper understanding and guidance on SELF-LOVE, visit our website and book a workshop on SELF-LOVE, INNER TWINFLAME, or INNER JOURNEY to best guide you in living the life of your dreams!

[www.thepathwayscenter.com](http://www.thepathwayscenter.com)





# “ DAILY SELF-LOVE *Mantra Guide*”

## How to use this mantra guide?

There are no exact ways and steps in performing mantras and affirmations. It differs for everybody. But if you are just learning about mantras, we have a suggestion here that might help you. **Remember that this is just a guide, feel free to do it in your own time and space, and let your own spiritual creativity move you:**

STEP  
01

### READ THIS MANTRA GUIDE BY HEART



Prepare yourself, your energy, and intention while reading this guide by heart.

### PICK ONE MANTRA EVERYDAY

Choose one that resonates with you in your day. Your chosen mantra will be the theme for the day.

STEP  
02



### SIT DOWN OR LIE DOWN

Relax in a comfortable position that you can maintain for about 5-10 minutes or more. The duration is completely up to you.



STEP  
04

### FIND A COMFORTABLE SPACE

where you can be relaxed with your thoughts alone. You may play a meditative song, or you may also practice it in silence. Light a candle or an incense while you're at it!



STEP  
03

[www.thepathwayscenter.com](http://www.thepathwayscenter.com)





“ DAILY SELF-LOVE

# Mantra Guide

STEP  
05

## CLOSE YOUR EYES & CONCENTRATE ON YOUR BREATHING



Do it with your eyes open if you'd like. Leave your thoughts behind. It's just you, your energy, and your mantra at this moment.

## BEGIN TO CHANT YOUR MANTRA

STEP  
06

When you're ready, say your mantra silently in your thoughts or out loud. Focus on your intention and your energy while saying your mantra.



## FOCUS ON YOUR BREATHING, & OPEN YOUR EYES WHEN YOU'RE READY

When you feel like you're done, take time to be present in the moment. Connect with your surroundings before opening your eyes. And enjoy the rest of your day!

STEP  
08



## REPEAT CHANTING YOUR CHOSEN MANTRA

As many times as you want to—add more affirmations aligned to your mantra theme of the day. Keep flowing with an open heart. Maintain your focus on your energy and intentions.



STEP  
07

**Don't forget to congratulate yourself after each mantra session!** Radiate the rest of the day with your intention and your energy at hand. If you're having trouble focusing and concentrating, that's okay too! It takes time and practice to keep getting better. Visit our website for more tips and workshops about self-love and inner journey!

[www.thepathwayscenter.com](http://www.thepathwayscenter.com)





“

DAILY SELF-LOVE

# Mantra Guide

*This is the mantra chart, you may choose one that resonates with you when doing your daily mantra.*

<b>I am worthy of love</b>	<b>I am balanced and grounded</b>	<b>I have everything I need</b>	<b>I am creatively inspired</b>	<b>I am in control of my own being</b>
<b>I am special and unique</b>	<b>I can accomplish anything</b>	<b>I honor myself &amp; the decisions I make</b>	<b>I am powerful with ease and grace</b>	<b>I am love, I am loved</b>
<b>I forgive myself</b>	<b>I accept myself and others</b>	<b>I am free of all limiting beliefs</b>	<b>I speak with kindness &amp; love</b>	<b>I speak my truth</b>
<b>I trust my own intuition</b>	<b>I trust myself and my abilities</b>	<b>I create my own reality</b>	<b>I am proud of myself everyday</b>	<b>As I do what I love, money flows to me freely</b>
<b>I understand myself</b>	<b>I am light and love</b>	<b>I am connected to the divine in me</b>	<b>I am limitless</b>	<b>I am now creating the life I love</b>

[www.thepathwayscenter.com](http://www.thepathwayscenter.com)





“

DAILY SELF-LOVE

# Mantra Guide

We also suggest to write down your thoughts after the mantra in your journal to serve as a reminder, as well as to keep track of your growth. It's nice to be able to go back and read about your own thoughts, write down your experience and realizations, here are some examples of what you might want to write about:

1. **How did you feel before, during, and after the mantra?**
2. **How does your body feel? How does your heart feel?**
3. **What did you add to the mantra theme of the day?**
4. **What are your realizations for the day?**
5. **What do you aspire to change in yourself today?**
6. **What is the focus of your life at the moment?**
7. **Do you have new discoveries about yourself? And the like!**



Remember to use these mantras only as a theme for the day, feel free to internalize the theme and allow yourself to explore the concept using your own spiritual creativity. For example: "I am love."—What is your concept of love? What do you love about yourself? What do you love about your life? Add your answers to the mantra.

Download this file and print the mantra chart. You may post it on your wall to remind yourself everyday of your mantra practice. We find it best to do the mantra in the morning to keep flowing in positive vibe all throughout the day. Or at night before going to bed to have a good night's sleep. Take your time and always remember to make it your own.

[www.thepathwayscenter.com](http://www.thepathwayscenter.com)





“ DAILY SELF-LOVE

# *Mantra Guide*

THANK YOU FOR DOWNLOADING THIS FILE!

Be proud of yourself for trying something new today in exploring your spiritual path.

May you make use of this mantra guide while making it your own in the process.

May this help guide you in raising your vibrations everyday.

If you have any questions/clarifications on this guide, feel free to let us know through our website or any of our social media platforms.

Once you've finished exploring all the mantras in the chart, we would love to hear about your experience—how did it change your life and energy for the better?

We can't wait to hear you story!

**A mantra practice is just one way to lift you up, if you want to know more practices in bringing happiness and spiritual growth in your life, visit our website and book a SELF-LOVE, INNER TWINFLAME, OR AN INNER JOURNEY WORKSHOP! Happy mantra!**

## *Be proud of yourself!*

 @PATHWAYSCOMMUNITY

 @PATHWAYSHEALINGCENTER

 @PATHWAYSCENTERPAGE

[www.thepathwayscenter.com](http://www.thepathwayscenter.com)

