The DRM Mantra: Repeat this every morning and evening in a quiet place for at least 10 min, again and again until you feel connected.

I'm Becoming Happy. I'm Feeling Grateful. I'm Becoming Confident. I'm Loved and I Will Share My Love With Others. I Thank You For The Success I'm Manifesting. I Want More.

Life is a gift, the hardships in life are challenges that make the rewards of life worth living for.

If things would always work out, you would feel no joy. Remember that whatever you're going through right now, it will pass. And in the grand scheme of things it will make you stronger, wiser and a better person - if you choose.

-Daniel Brea