

# Mantra to Align with the Universe: Activate Earth, Water, Fire, Air, Space & the Third Eye

## Mantra to Activate Earth Element:

*I'm solid and always grounded to Mother Earth.*

Hi, I have a mantra to ground with Earth. Whenever you walk barefoot on soil, beach, park, or even in your home, you can feel it with mindfulness and say the mantra below six or more times. "I'm solid and always grounded to Mother Earth." This practice will release all your excess non-serving energies by grounding with Earth, and you will effortlessly feel relaxed.

## Mantra to Activate Water Element:

*I'm flexible and flow freely with all the life forces.*

Hi, I have a mantra to flow freely like a river in your life. Whenever you see any water body, such as a river, pond, lake, sea, or even when you take a shower, you can look at it with full attention and say the mantra below six or more times. "I am flexible and flow freely with all the life forces." This will release all your rigidity about your life, and you will effortlessly flow with ease and grace.

## Mantra to Activate Fire Element:

*The fire outside is the same fire inside me.*

Hi, I have a mantra for kindling your Fire element. It will give you maximum results when you see the sunrise or sunset and embrace the mighty SUN, one of the sources of all life forms and say the mantra below six or more times. "The fire outside is the same fire inside me." If you miss the sunrise or sunset time or are unable to see the SUN due to rain or fog, you can light a lamp or candle and keep approximately 1 meter away from you and keep it straight

## Mantra to Activate the Air Element:

*I'm present to the Prana of the Cosmos. I'm inhaling the essence of it. I'm exhaling all my tensions.*

Hi, I have a mantra for embracing the Prana (Air element). Start with eyes closed and neutral breath while uttering, "I'm present to the Prana of the Cosmos." Then inhale slowly and say, "I'm inhaling the essence of it." While exhaling slowly, feel and say, "I'm exhaling all my tensions." Repeat the mantra six or more times. This will release all your tensions and anxiety and keep you cool.

## Mantra to Activate the Empty Space Element:

*I'm empty and meaningless. I'm nothing, yet everything.*

Hi, I have a mantra for realizing the vast Empty Space within. Start with your eyes closed, keep your focus nowhere, and say the mantra below six or more times. "I'm empty and meaningless. I'm nothing, yet everything." Through embracing this feeling of nothingness, you can amplify your power to create and step into your role as a co-creator with the Universe.

## Mantra to Activate the 3rd Eye:

*I perceive the Universe the way it is, nothing more, nothing less.*

Unlock your Third Eye perception with a powerful daily mantra. As you look toward the Universe, repeat this mantra at least six times. "I perceive the Universe as it is, nothing more, nothing less." With consistent practice, you'll begin to see the world as it truly is—revealing the miraculous, ever-unfolding beauty around you. Embrace the journey to greater awareness and perception.

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