



WHAT IS A MANTRA?

The translation of the Sanskrit word, *mantra*, is “instrument or tool of the mind.”

Commonly used in Hinduism and Buddhism for thousands of years, *mantras* are words, sacred sounds, prayers, or phrases used in meditation. Believed to raise physical vibration and positively affect body and mind they help to focus concentration, deepen meditation, achieve inner peace and connect to a higher power.

Using mantras helps to slow down our “talky mind” - it is difficult to repeat a mantra and think uncontrollable thoughts at the same time.

WHAT ARE AFFIRMATIONS?

Affirmations are positive statements, the process of affirming something to ourselves. They have different origins than *mantras*, although both are often used interchangeably. It is the meaning that matters, not the sound.

Positive *affirmations* were developed in the 1970s by neuroscientists, using psychotherapy and linguistics to consciously change thought patterns towards more desired outcomes.

Affirmations are generally phrases or sentences addressing something we wish to have or being as if we already have it in the present moment.

Source: www.modernmom.co



Mantras ~

I relax my thoughts and stay focused on the present.

I release thoughts of the past because I cannot change what happened.

I feel peace within my mind.

I am looking at things in a new way.

I am free from thoughts that weigh me down.

I find peace in focusing on things that I can control.

I know that everything is okay right now.

I breathe in relaxation and release tension and unhelpful thoughts.

I release unhelpful thoughts about things that aren't important.

I am free of fear about the future.

I am managing my thoughts without anxiety.

I am happy and think joyful thoughts.

I free myself of stress and worry.



Affirmations ~

“Every cell in my body is peaceful and calm.”

“I am relaxed even when life is difficult or stressful.”

“I have everything I need within me.”

“I feel centered and grounded.”

“I am capable of anything I set my mind to.”

“I accept peace, happiness, and calmness into my life.”

“I take the time to be joyful and positive whenever I can.”

“It’s okay to fail, at least I learn and grow.”

“I overcome my fear of anything and everything and live life courageously.”

“My mind body and spirit are strong.”

“I am creating inner peace.”

“I am writing my own story.”

“I create solutions.”

“I easily adjust to new situations and circumstances.”



More mantras & affirmations - some of my “go-to” sites for meditation and inspiration:

[DailyOM](#)

[Martha Beck](#)

[Mindvalley Blog](#)



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