

Morning Sentences and Mantrams
See Morning Meditation Instructions

(Use the following format for one week)

Morning Sentences

(Contemplate before meditating and throughout the day)

1. Each boulder on my path becomes an opportunity to serve the Lord.
2. I walk in perfect faith with my Lord on this day and all Eternal days.

God Realization Mantram

(Speak 3x's in rounded tones: loud, medium, soft)

The Lord giveth
and the Lord Taketh
in perfect timing to the need of the soul.

I walk in perfect timing with the Lord
in full faith that all is well
and in Divine Order.

Before Meditation Mantram

My Beloved I AM
I am free in thee.
I walk in the embrace of bliss
in union with Thee.
Esse, Esse, Esse.

After Meditation Mantram

I am the Light
I am one with Thee.
I AM, I AM, I AM.