

MANTRAS

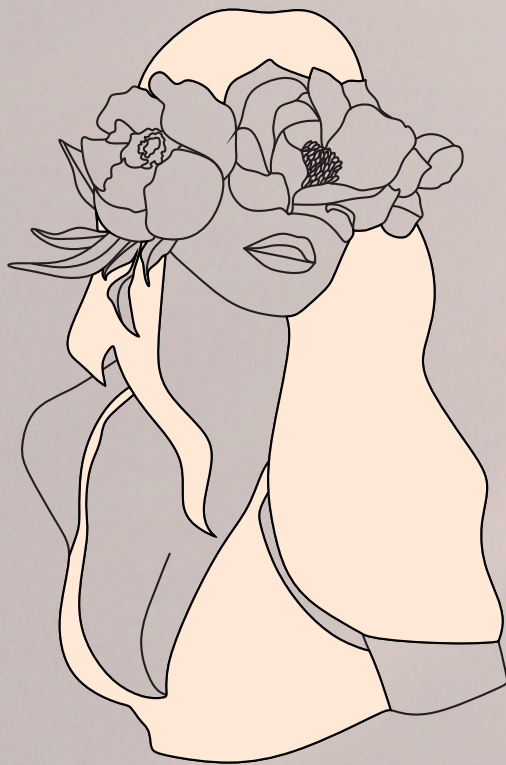


MOTHERING SURRENDER

*helping the conscious mother
relinquish control, heal, and
find inner peace*

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MANTRAS



WHAT TO EXPECT

*each day you will receive 4
new mantras written and on
audio. You can print these
off at the end of the 7
days. Repeat these mantras
3+ times a day for best
results <3*

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MANTRAS



***I choose to see their
emotional needs as
an opportunity for
connection and
deeper understanding***

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***I choose to see
emotional
connection as a
sacred way to
communicate with
my child***

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***When I see my
child, I see them
as a version of
myself I get to
love and be
patient with***

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***When I hear my
child's cries and
frustrations that's
my cue to pause
and slow down***

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