

MANTRAS

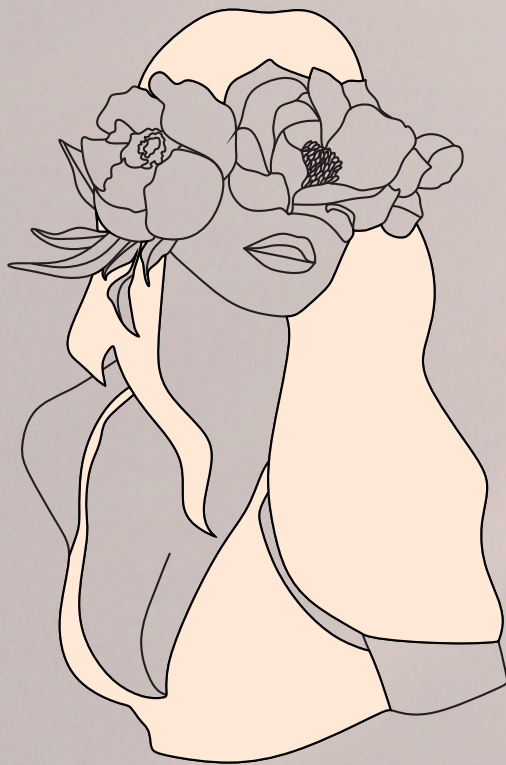


MOTHERING SURRENDER

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

[*www.divinemotherhood.org*](http://www.divinemotherhood.org)

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 allow
my emotions to
run freely***

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MANTRAS



***I choose to allow
my emotions to be
a safe space for
my child's
emotions***

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MANTRAS



***When my baby is
upset, I will lean
into my intuitive
nurture to comfort
them***

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MANTRAS



***I choose to be
present with my
child's emotions
today***

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