

# MANTRAS



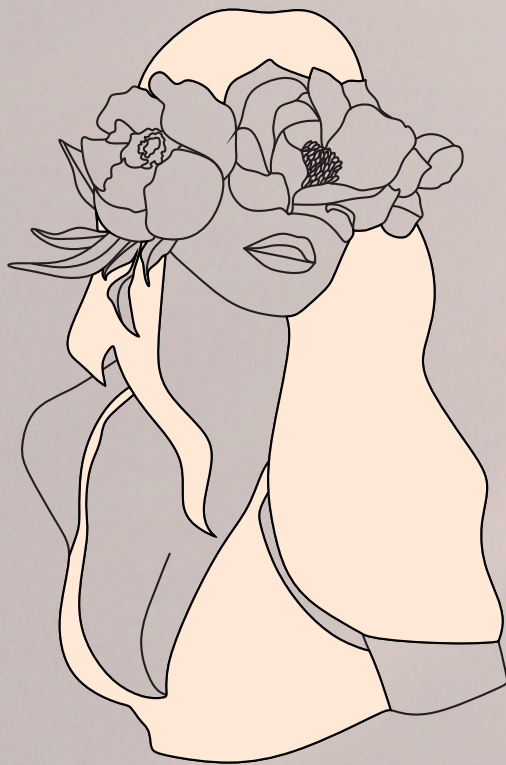
## MOTHERING SURRENDER

*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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***What I desire will  
not feel like what  
I'm already  
experiencing and  
that is okay***

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***My emotions are  
safe with me***

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***I'm capable of  
holding myself  
accountable to  
show up for my  
personal needs***

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# MANTRAS



***I will no longer  
shove my emotions  
down or put them  
on the back  
burner***

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