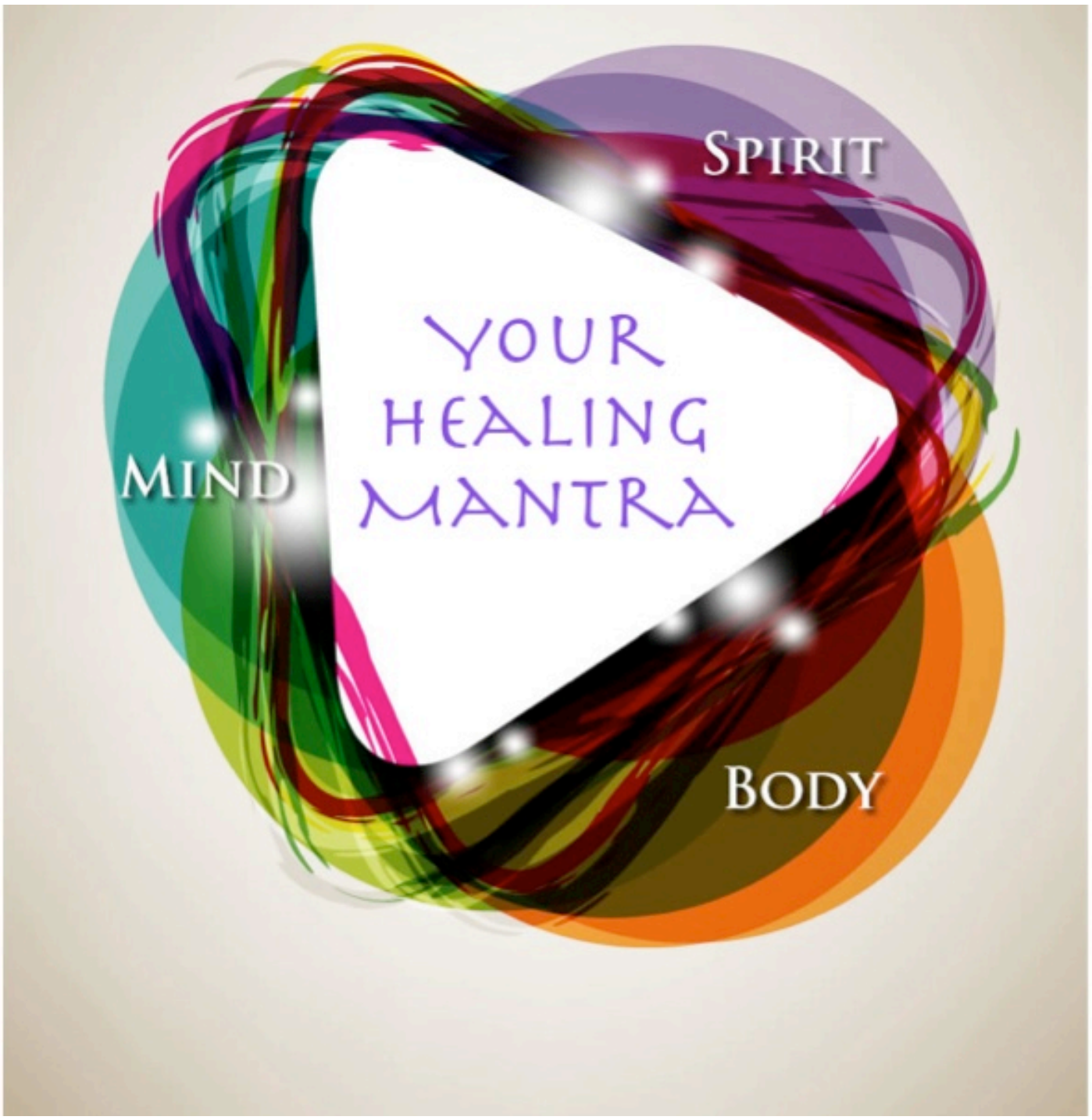
Words for Healing



A Gift from The Healer's Way Community

Why Use A Mantra?

Some people wonder what the purpose and function of a mantra is. Many of us are aware of it's use as a meditation tool, but beyond that, they ask

Why use a Mantra?

In my experience, using a mantra can be a very powerful tool for expanding and accelerating any healing process. Mantras 'fill the space' where fear, doubt, or negative self-speak dwells, replacing these destructive thoughts and emotions with life-affirming energy.

Mantras serve to redirect your thoughts, uplift your spirits and silence the 'monkey mind' of negative self-speak.

Mantras are also easy to use. Simply pick one and repeat :)

Mantras can be repeated silently or aloud and should be incorporated with the breath to create a steady, soothing rhythm. By breathing steadily and keeping your focus as much as possible on the words and meaning of the mantra, you will quickly shift yourself into the deeper brain wave states of meditation.

If this Healing Mantra Guidebook is valuable to you, please visit me at The Healer's Way :)

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a wealth of free healing tools & guidance.
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3 Ways to Use A Mantra

The Meditation Mantra

Traditionally, mantras are used during meditation. Some spiritual masters say that by repeating a sacred word or sound, or a sacred name of god, anyone can achieve enlightenment (eventually). But you don't need to make a long-term commitment to a single mantra in order to receive the benefits of a peaceful mind.

Mantras for meditation can be used to enhance your meditation or any aspect of your life. For example, if you are in a healing crisis, you can choose one of the healing mantras in the pages below. Simply repeat the mantra during your daily meditation to give more power and focus to your body's healing.

The Ease Your Mind Mantra

When you're under stress, it's easy to let your mind wander deeply down the rabbit hole of worry or anger or regret. Using a mantra during these times serves to keep you 'above ground' emotionally and mentally, which lowers stress on your body and helps you deal with any challenges you might be facing.

Affirmation mantras are great for these situations. If you're seeking to deepen your relationship and trust level with the divine, one of the spiritual mantras can also offer great comfort and assurance during stressful periods.

Simply select a mantra (or modify one you find in this book) and every time you find your thoughts slipping into fear, worry or other negative thoughts, take a deep breath and repeat the mantra 5-15 times, breathing deeply in between each statement.

The Crisis-Intervention Mantra

This is like Rescue Remedy for the mind. A crisis-intervention mantra is used when you've experienced acute trauma or are under short-term but intense pressure. Here's what you do:

1. When *not* in crisis, choose a short and simple mantra from this book (or create one of your own).
2. Repeat it several times a day for a week to 10 days, or until you have it memorized.
3. If a crisis arises in your life - either for yourself personally or a loved one whom you must be present for - take a deep breath and repeat the mantra silently or aloud 3 times in quick succession.
4. Take another deep breath and repeat.
5. Follow this as much or as often as you can during the crisis period. By doing this, you'll effectively 'block out' a lot of the negative and fear-based thoughts that will be wanting to emerge in the situation. You'll also consciously be 'feeding' your brain *and* muscles needed oxygen for effective, focused and calm response.

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What is a Mantra?

A Mantra is a word or phrase repeated over and over again during meditation. Often, mantras are a sacred name or sound, but mantras can be used for other things like healing, too. The Healer's Way community have gathered their favorite healing mantras to uplift and support you in your healing process.

When I sent out a request to the Healer's Way community for their favorite Healing Mantras, I received more than 200! In these pages you'll find many of them. May they serve you on your Healing Journey of

Spirit ♥ Mind ♥ Body

Many thanks & Angelic Blessings to everyone of you who contributed to this book.
May your life's journey be blessed with Health, Wholeness and Joy !

♥

This book is dedicated to the Healing of Mother Earth and all Her Children

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The energies of healing and unconditional love are essentially the same. Love reaches beyond romance, beyond personality and beyond the limits of time and space. Love is the vibration of that which is most Sacred - and when we rest within its pure gaze, we are Wholed and Holy.

My love for others heals me

Love is the only Miracle there is
In loving myself I can truly love others
I feel love and give love to others
Let me be love...Bright white light...flowing, glowing, bestowing
I am love , I am light , I am at peace with all that is around me
Love forgives all, love heals all
Light and Love flows though me
I Live in Love and Faith

Love is my daily work

A Heart full of Unconditional Love can Move Mountains and Heal All ♥

I am love
Love forgives all, love heals all
The love in me heals my body
Love and compassion breed Love and compassion
Love heals me ♥ I am love ♥ I am health

Light and Love encompass me now
I am surrounded with pure love
We are one in healing love
Love is all around
Love and light fills my life
I Love All of Me
I love and accept myself immensely
I am part of everything. I am Love

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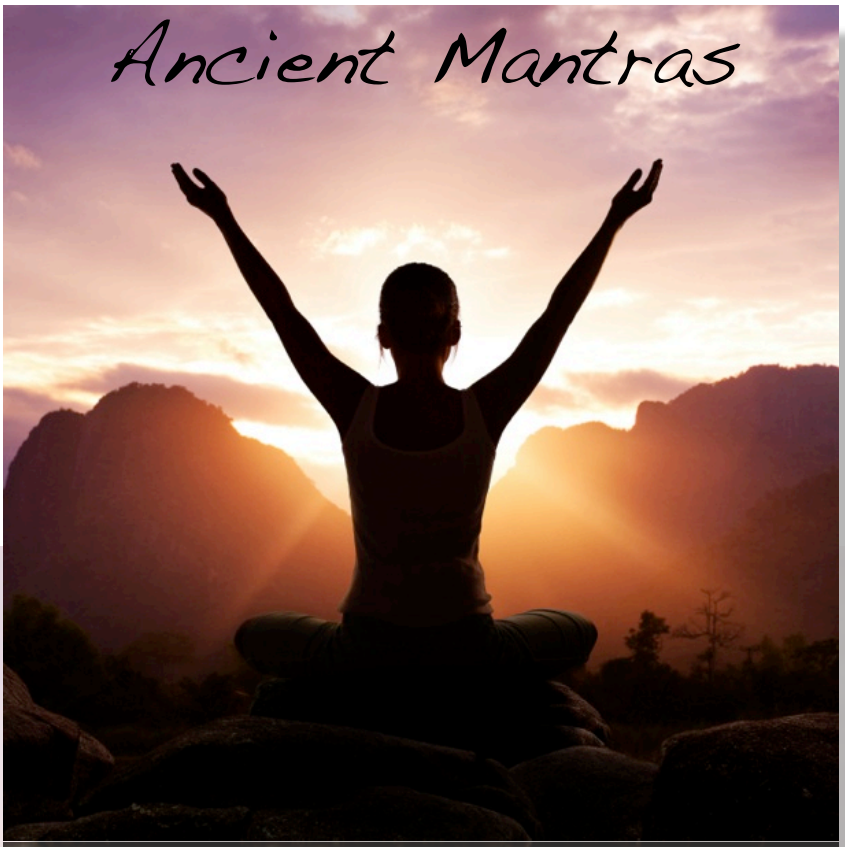

Om Mani Padme Hum - "Hail the jewel in the lotus"

AUM - "Om" (Sanskrit)

I am that - "Hamsa" (Sanskrit)

Om I am love, Om I am love, Om
Shiva Shakti I am love

I AM that I AM (Hebrew)

Namo Amita Bha - "Homage to the Buddha of boundless light"

I love you, Im sorry, Please forgive me, Thank You. - Ho'oponopono (Hawaiian) Mantra

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Affirmation Mantras

"Every day, in every way, I am getting better and better."

I am powerful, whole, and complete

I create pure beauty

Peace and calm flows through me

"All my needs and desires are met before I even ask" Louise Hay

Everything good flows to me effortlessly - WINNER

I am entitled to miracles

This is the beginning of my perfect, healthy life!

I am happy

Life brings all that I need

I am abundantly blessed in all areas of my life

The universe supports me now

Every day, I experience positive changes

Everything is in Divine Perfect Order

I believe all thing are possible

Everything is working out perfectly now

This or something better now manifests

All is well in my world

I am light, love and harmony

I receive love and divine prosperity now and always

My supply is endless and inexhaustible it comes to me in perfect ways

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Healing Mantras

My body heals itself

I am healed, I am whole
I am connected to universal healing
Healing Power flows through my Body
Every cell radiates perfect harmony now
I'm always connected to Healing Source
Peace love and healing are mine
When I breath, healing energy fills my body

OM healing starts from within me

I let go the past and am healed in the present
I accept my feelings and I am healed
My healing begins with purity of heart
I trust in my healing

I completely trust the healing process

Healing light surrounds me daily
I am healed completely now
My magnificent light heals the world
I am healthy - I am strong
I am filled with pure white light
Healing light flows through me now
The healing process is perfect

My cells are changing to match my commands

I am Divine Healing Light
I am Divine Healing Power
I am always Renewed
I am InfiniteHealing Love

Divine Loving Light Covers me

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Healing Mantras

So Sure, Love Pure, Perfect Cure

Healing Angels light my path
Love and healing radiate from me
Healing miracles are available to me
I'm sending love light and healing
I am vibrantly health now!

I chose to think healthy thoughts

The healing power of Divine Spirit flows in me and through touching every area of my mind, body and spirit creating harmony and peace in all areas of my life. I am one with this power and only what is mine by divine right flows into my life NOW!

Watching sunsets heals me from within

I sit and center....and imagine holding a healthy, perfect cell in my hands. I imagine it glowing with a vibrant green color, and that it pulses with energy and life. Then I give permission to ALL my cells to act and repair and replicate into cells that are all happily acting like that perfect one...and I say, "I 'm filled with health and happiness."

I am healthy and I have healthy habits

I am perfect health, I am a Divine Being every moment of every day
I love being a healthy, happy-go-lucky ME!
I am an abundantly energized, healthy being!
My body heals itself daily!

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God, Universal Life Force, & the Divine

I am one with the Universe

There is not one Spot where God is not!

I am love. I am light. I am the Divine

I am co-creating with Divine Source

I am one with Source

Health and love are God's sweet gifts

Love and light flow from Spirit

I am filled with gods light

I am in harmony with the Universal spirit of life!

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♥ Earth ♥

Nature's given me everything I need to heal myself

From the sky to the Earth and the Earth to the Sky the Love of the Rainbow covers me

I am a tree... My feet are the roots, going through the earth and back

I am one with nature, I am filled with light and strength

I am so balanced, my feet have grown roots deep into Mother Gaia's heartland

I am so Enchanted my roots are mossy

♥ May the Earth touch your heart ♥
and may you always be Free

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More Words of Inspiration

live life to the fullest as nobody gets out alive

love laugh and live

There is sunshine in my heart

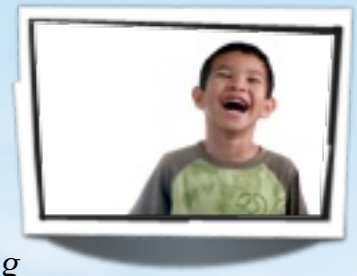
Energy IS Everything, Everything IS Energy

Truth sets me free

Negative energies fly away from me

I chose balance

Every moment my soul guides my life and heals the self!



I release yesterday to the wind

Trust self, love source, human being

Light fills the heart with possibilities

I Am All That Is

I accept all that is me

All of us are carriers of light

I am ever expanding joy

Seek yourself, and you'll never be bored

My heart is the safest place I know

Let there be peace and let it begin with me

Peace perfects and completes all it encounters

For the Light Within is Within Us All. Joy Gratitude LOVE!

Breathe in; breathe out! Let the rhythm create itself!

Feeling good creates a healing peace within me

Peace, Love, Joy, Harmony,Vitality, Clarity

Peace Love and Harmony fills my spirit

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~♥♥~~♥♥~~♥♥~~♥♥~~♥♥~

Many thanks to every member of The Healer's Way community who contributed to this book. In no particular order:

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Many blessings and thanks to each of you - and all who read this book!
xoxo
Dawn

~♥♥~~♥♥~~♥♥~~♥♥~~♥♥~

Click here to visit me at The Healer's Way :)

What Next?

I hope you've found these mantras inspiring, uplifting and of service to you on your journey of healing Spirit, Mind and Body.

If you want more great tools, please be sure to visit me at TheHealersWay.com and subscribe for regular updates and resources.

You can also connect with The Healer's Way Community on Facebook. Just click on the Facebook icon below.

And in the mean time, please spread the good energy by sharing this Healing Mantra eBook with your friends & love ones!

Many blessings and much love, Dawn

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