

EASE IS A CHOICE.

Create ease through affirmation and mantra.

Repeat each mantra 10 - 20 times.

I AM LOVED

Trust yourself and your words. As you repeat this mantra, place both hands over your heart and connect to your heart energy, which is ever available. Believe that you ARE loved. Why? Because you are.

I AM SAFE

You are not lost. You geographically know where you are. At this moment in time, you are safe. As you repeat this mantra, place both feet on the floor (or ground) and really feel grounded, connected and safe energy.

I AM SUPPORTED

As you repeat this mantra, look out a window and connect with the nature you see - whether you see the streets of a city or trees of a forest - connect with the sky above you and the nature around you and trust your words that you are supported.

I AM STRONG

As you repeat this mantra, stand in your tadasana -> ground through the soles of your feet, with the natural curves of your spine, Balance your skull on top of your very first vertebrae. Stand tall, and stand proud. Be in your strength, because you are strong.

I AM HEALTHY

While you repeat this mantra, close your eyes and imagine all of your cells in your body. Visualize or feel the words of this mantra filling up every single cell of your body, starting with the tip of each toe, to the tips of each finger, to the entire front of your body, through the sides, to the back and all the way to the top of your head; and everywhere in between. You are healthy.