4 TOOLS TO DEEPEN YOUR MANTRA MEDITATION

SACRED SPACE:

1. DECLUTTER
2. REMEMBER YOUR LIGHT
3. BREATHE
4. FEEL YOUR BODY

INTENTION:

1. TUNE IN
2. HOLD YOUR INTENTION
3. WRITE
4. LETTING GO

CONNECTING:

1. RETURN TO YOUR ESSENCE
2. BRING BACK YOUR AWARENESS
3. FIND YOUR WAY

INTEGRATION:

1. OBSERVE
2. GRATITUDE
3. BLESSING

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