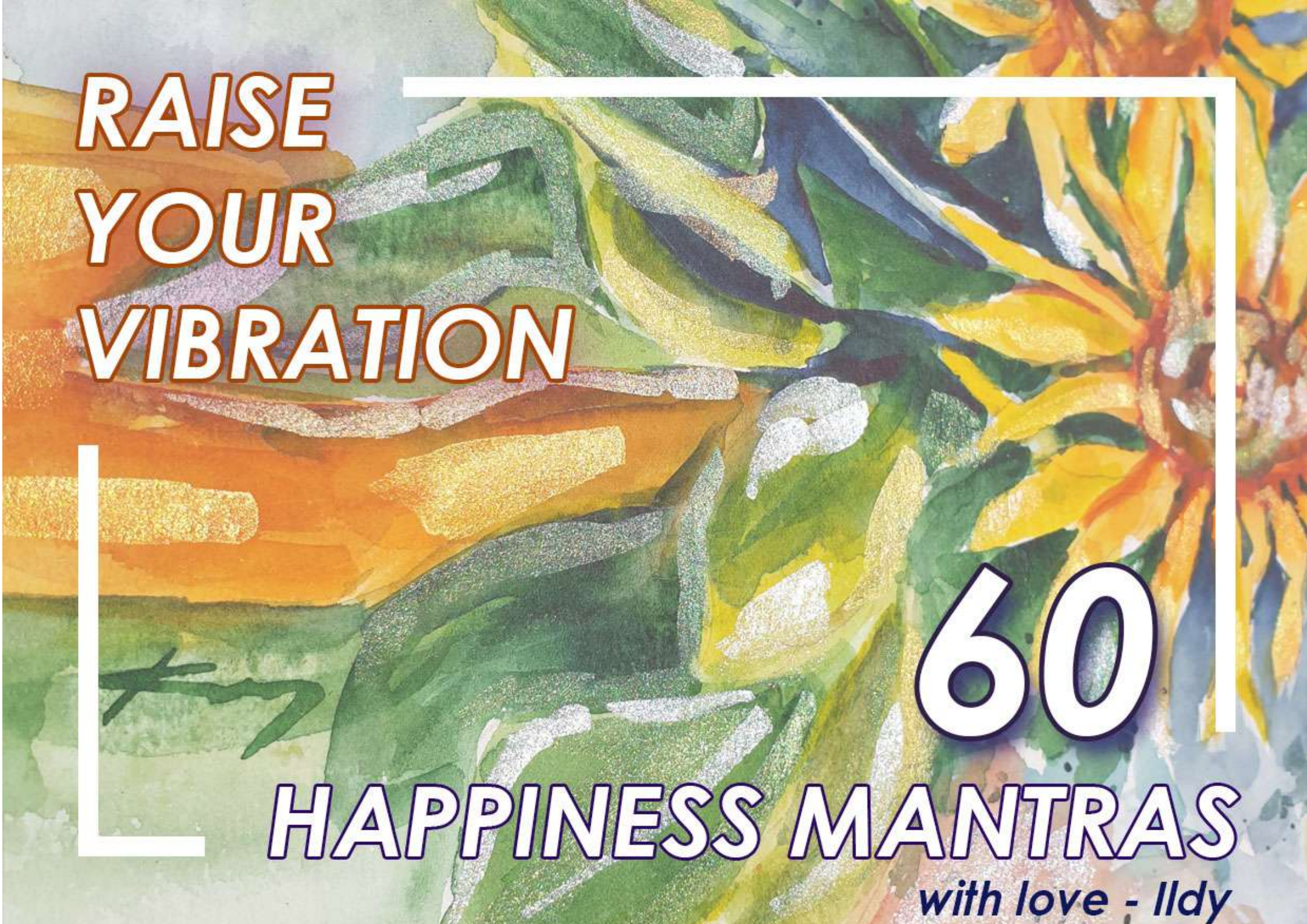




**RAISE  
YOUR  
VIBRATION**

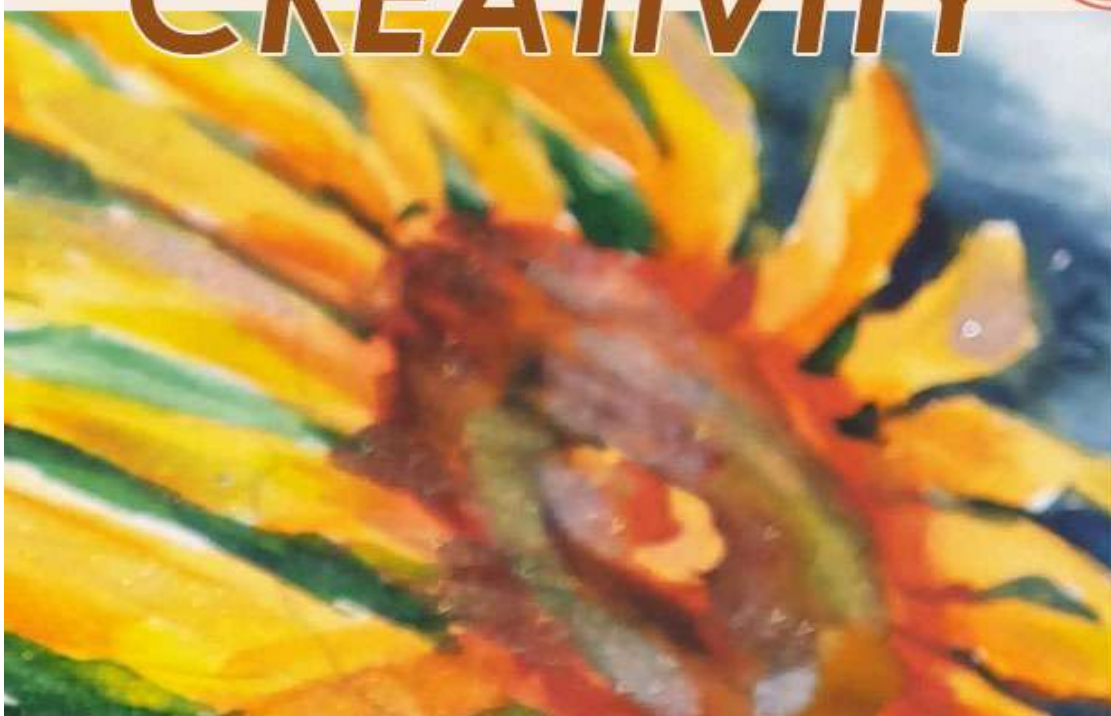
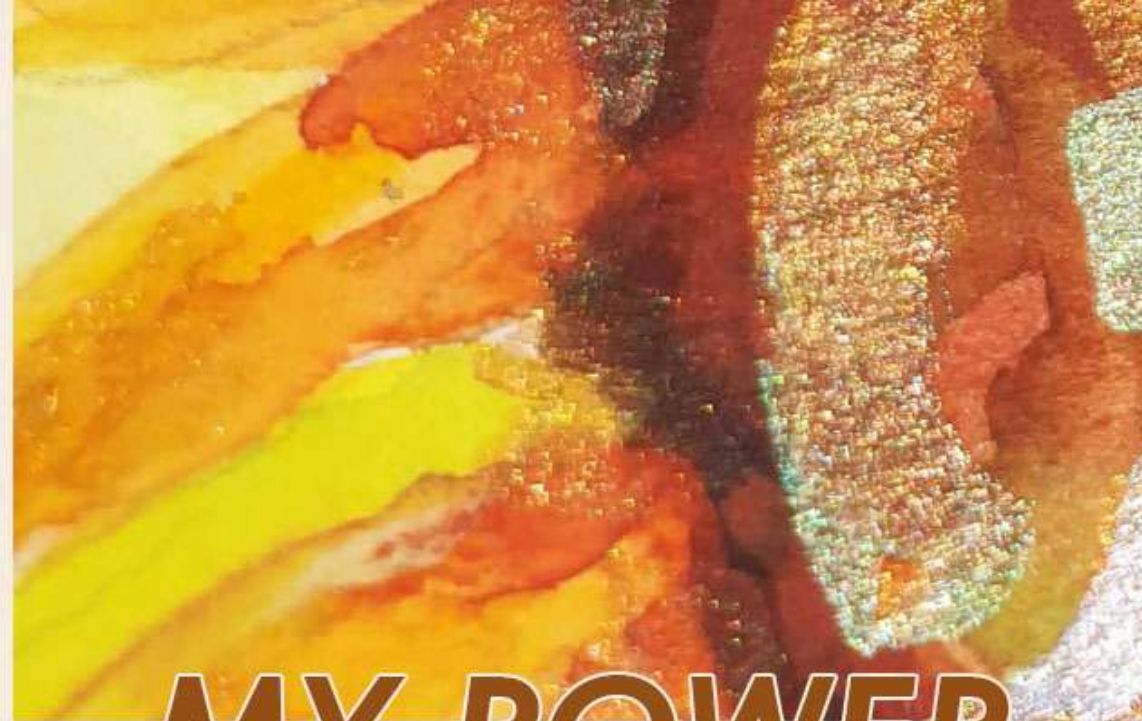
**60**

**HAPPINESS MANTRAS**

*with love - Ildy*



1. I'm important.
2. I'm valuable.
3. I'm unique part of the universe.
4. I'm lovable.  
I deserve to be loved.
5. I deserve the good things.



# CREATIVITY



# MY POWER

6. I create from my heart with joy
7. I'm enough. I don't compare.  
my creations to others.
8. The journey is important  
not the result.
9. I give myself enough free time
10. I believe everybody is  
creative, just like me.



- 11. I have happiness and share it with my surroundings.
- 12. I deserve happiness.
- 13. I choose happiness.
- 14. I am happiness.
- 15. Happiness is my default.



# HAPPINESS



# LOVE



- 16. I am open to love.
- 17. I am love from love
- 18. I radiate love towards my surroundings.
- 19. I trust myself to pure love.
- 20. I accept and take love.



- 21. I deserve perfect health.
- 22. I'm fine.  
Security and love surround me.
- 23. I'm full of energy.
- 24. Let life flow through me.
- 25. I'm in good health.  
I let go of my past.



# HEALTH



# FEAR



- 26. I move lightly, safely  
with the flow of life.
- 27. I love and accept myself.
- 28. I trust that I always get  
the best I can.
- 29. I am safe in times of change.
- 30. I'm ready to let go of my fears.



- 
31. I always get everything I wish.  
32. In the Universe endless possibilities are available for me, too.  
33. I let abundance into my life.  
34. I value myself, I'm worthy.  
35. I deserve abundance.

**ABUNDANCE**

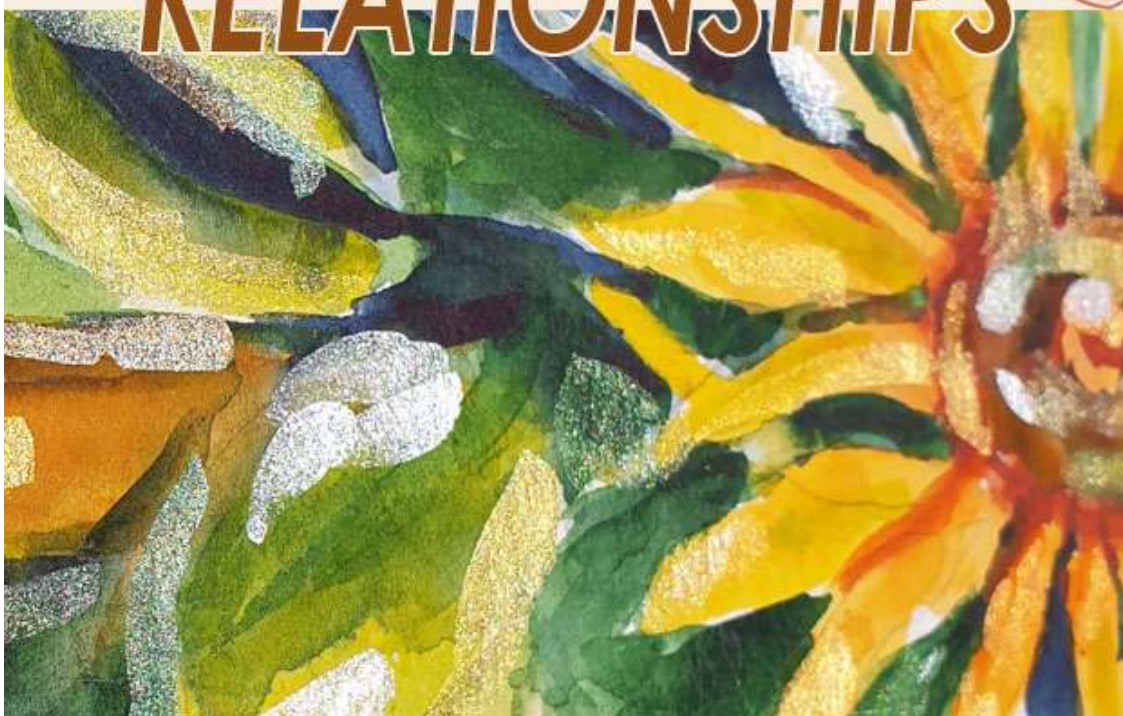


**FORGIVENESS**

36. I forgive myself because I know that I always did my best.  
37. I'm ready to let go of my grievances.  
38. I'm ready to let go of my past.  
39. I feel the liberating power of forgiveness.  
40. I am able to forgive.



- 
- 41. I am complete,  
I'm a wonder.
  - 42. I love and accept myself.
  - 43. I'm beautiful.
  - 44. I am able to achieve my goals.
  - 45. I'm able to renew myself.



# RELATIONSHIPS



# SELF-CONFIDENCE

- 46. I sincerely welcome  
others' success.
- 47. I recognize others.
- 48. I help others with a pure heart.
- 49. I recognize my unity  
with others.
- 50. I connect to others with love.



- 51. I'm open to the Moment.
- 52. I let go of my past and my future.
- 53. I live every moment.
- 54. Everything I desire is  
here and in the present.
- 55. I recognize the miracle of  
the present moment.

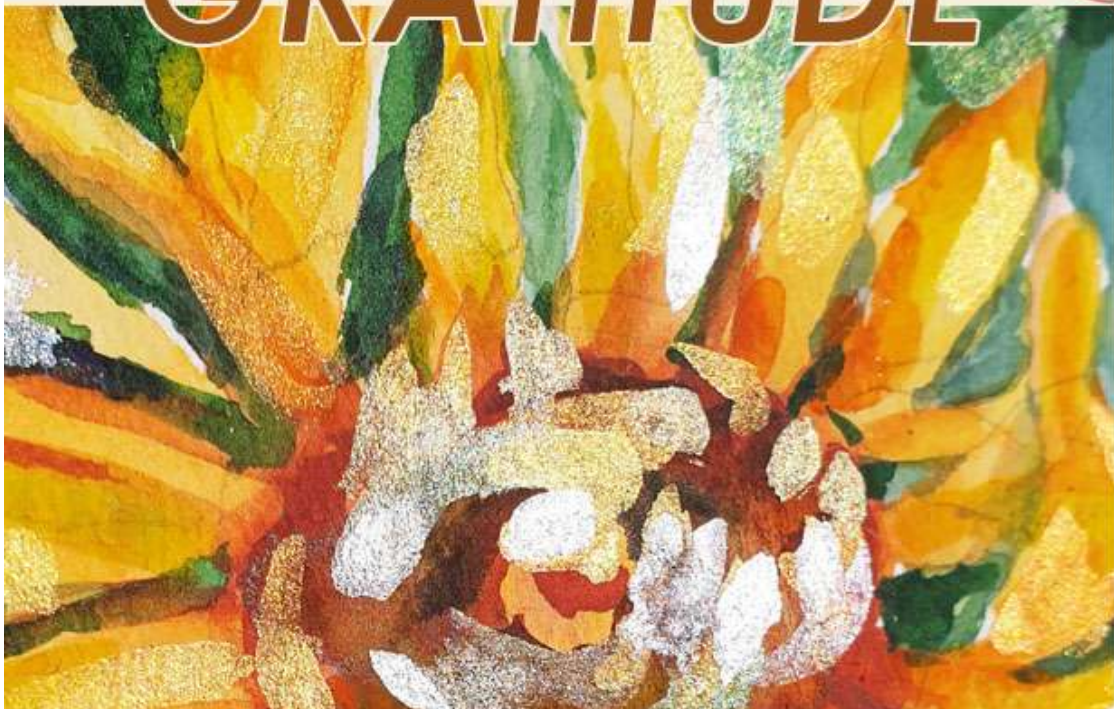


# GRATITUDE



## HERE & NOW

- 56. My heart is full of gratitude.
- 57. I am grateful for every  
moment of my life.
- 58. I welcome all that I receive  
with gratitude.
- 59. I am grateful that I am who I am.
- 60. I am grateful for all  
the teachings in my life.







**THANK YOU**  
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