



Essential Life Mastery Coaching & Healing

10 Mantras for Healing to Say Before Bedtime

What we see and hear before going to bed each night will sit on our minds while we sleep. This is a great time to imprint positive Mantras into our subconscious mind.

Say these Mantras before you go to sleep every night to help you change your thoughts during the day.

In the beginning, try saying them before you get out of bed in the morning as well! The more you say them, they will become the way you think.

After saying each one, take a moment to feel what each Mantra means to and for you. Put a positive annotation to each of them.

1. I Will be open to allowing healing to enter my physical, mental, spiritual and emotional body!
2. I Will keep a clear thought of what I want my life to look and feel like!
3. I Will allow myself to seek alternate modalities for coping with the challenges in my life right now!
4. I Will accept these challenges as lessons to learn and grow from in order to move forward!
5. I Will do the work my inner being asks of me!
6. I Am strong and confident to be able to rise up and Thrive in my life!
7. I Have all I need - I Trust the universe is providing for me!
8. I Am fully Protected and Guided - All Will Be Done!
9. I Am Living my true, authentic self for I know No Other!
10. I Am Myself - I Am My Life - I Am Well - I Am Whole!

With Love & Light I wish you Peace & Prosperity!

Melissa A Peshka