

HEALING MANTRA'S



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Mantra's are a beautiful way to enhance your happiness and healing. Mantra's are simple chants or short phrases that are packed with energy and intention to promote healing and insight.

By chanting a mantra everyday you will begin to shift your brains pathways to more positive thoughts and emotions. The more your brain hears the mantra, the more peace and safety the brain will feel, which in turn creates healing.

Here are 5 magical mantra's to use this week. Give it a try, let me know what you think.

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"I AM
HEALING", "I
CHOOSE TO
LET GO OF
FEAR",
"I BELIEVE I
WILL GET
BETTER"





"I CHOOSE TO HAVE A BEAUTIFUL
DAY FULL OF HAPPINESS AND
HEALTH", "I AM LOVED", "I AM
MAGICAL"



"I BELIEVE
TODAY WILL BE
FULL OF
SURPRISE AND
LIGHT", "I
ALLOW MYSELF
TO FEEL SAFE
AND FULL OF
PEACE"





"I AM OPEN TO
MORE
HEALING", I AM
OPEN TO MORE
SELF
COMPASSION, "I
AM GOING TO
HAVE A
FANTASTIC
DAY"



"I MAKE
HEALTH A
PRIORITY", "I
CHOOSE TO
FOCUS ON
WHAT I CAN DO
AND NOT WHAT
I CAN'T", "I
LOVE MY BODY
AND MY BODY
LOVES ME"

