

Mindfulness Mantras

30 DAYS
OF
MINDFULNESS MANTRAS



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Mindfulness Mantras

I created 30 Days of Mindfulness in my previous Life Coaching business, but it's still applicable today for my nomad clients!

Some creative ways to use 30 Days of Mindfulness Mantras:

Commit to a thirty day program of journaling using the prompts.

Use the 30 days as a journal. Print out each page, put in a binder, and use the short journal prompts for 30 days.

Pick your favorites and print them out. Cut out the “cards” and carry them around. Put them where they'll remind you to ALIGN with mindfulness.

Print and cut out all 30 cards and pick one daily for a positive start to your day.

Print all 30 to use as divination cards. Randomly pull one out when you have a struggle or question. Notice the guidance from the universe!

The mindfulness mantras are organized into the five practices of A.L.I.G.N, a program I created in my previous Life Coaching Business.

ALIGN = Awareness, Liberation, Inner Focus, Growth, and New Life.

Awareness: mantras 1 - 6

Liberation: mantras 7 - 12

Inner Focus: mantras 13 - 18

Growth: mantras 19 - 24

New Life: mantras 25 - 30



Use the prompts as guides to inner exploration, to connect to your inner wisdom, and to increase consciousness awareness.

Enjoy!

Mindfulness Mantras

Day 1

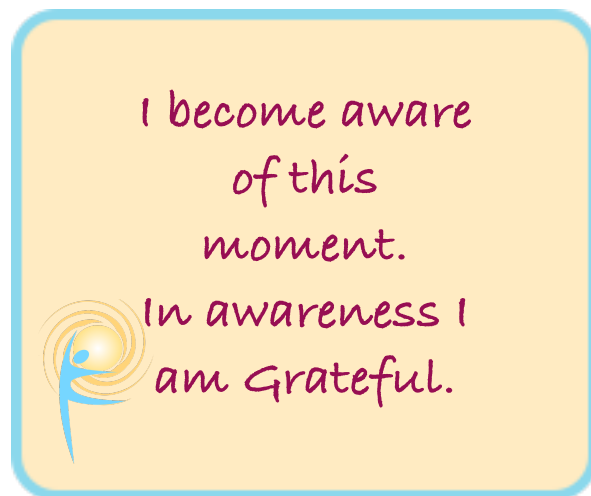


Aligning with our center grounds us. Connecting to our inner space allows us to know what's ours from within, and what's not ours coming from external influence. At our center within we can feel totally safe, peaceful and connected to Source. Close your eyes. Become conscious of your inner space. Feel for your calm center deep within. Opening your eyes, see the world around you while staying calm in your center.

Journal prompt: ALIGN to your center for a few minutes. What do you feel?

Mindfulness Mantras

Day 2



Take 3 calm breaths. Shift your focus to your breath, your hands, your feet on the ground. Let thoughts of the past or future drift away in the moment, knowing they are not your reality in this present moment. The present moment contains the powerful energy of life. Feel grateful awareness now for life in this moment!

Journal prompt: Can you become more peacefully present in this moment?

Mindfulness Mantras

Day 3



Radical acceptance is non-judgement of what IS. If there's struggle in your life, just for the moment, let it go. Lovingly accept your resistance, the not-coping, resisting, staying stuck. You are perfect and whole in this moment. Conscious Surrender is not weakness, rather it's an act of strength. Acceptance starts the process of change! Take 3 calm breaths. ALIGN to your center. Be present to yourself just as you are in this moment.

Journal prompt: What are you resisting? What would happen if you surrendered?

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Day 4

I stop resisting
suffering, and in
this moment begin
to look for its
message.

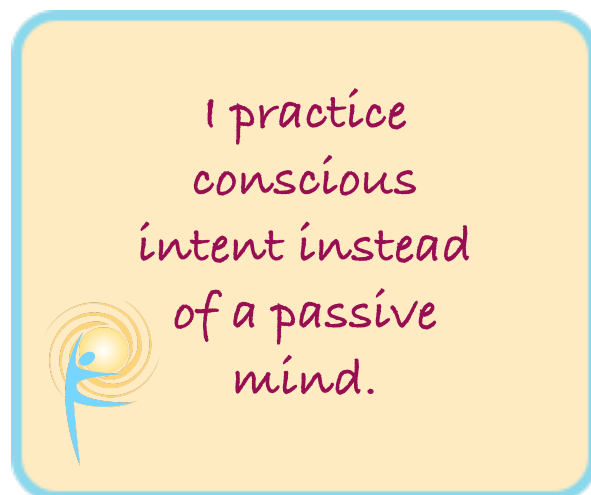


Some suffering in life is unavoidable, but it's how we handle suffering that defines the quality of our lives. Some suffering is self created. Sometimes there are gifts in our suffering, and truths longing to be heard. It's a practice to see these truths and bring them to light. Take 3 calm breathes. ALIGN to your center. Allow the feelings to flow. Listen for your truth.

Journal Prompt: Where is the area of your suffering? What deeper truth longs to be heard?

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Day 5

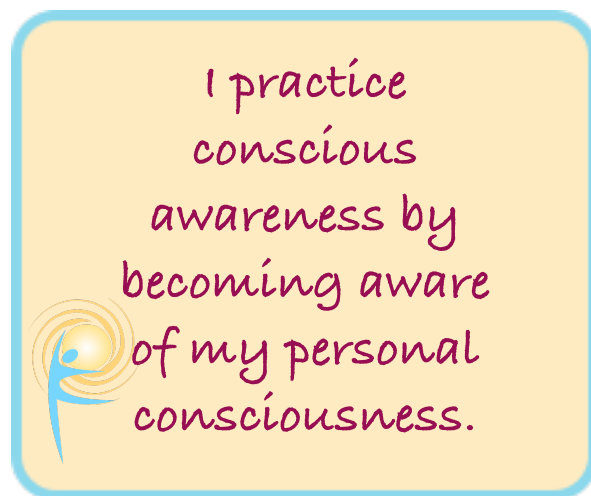


It's something of a miracle to learn we have power over our own consciousness! Instead of things "happening to us" we become creators of our own lives. Practice this right now by making one statement about what you DO want, instead of what you don't want. Take 3 calm breaths. ALIGN to your center. Turn a struggle around to discover your desire.

Journal prompt: What do you desire instead of the struggle? What are three baby steps that might get you closer to your desire?

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Day 6

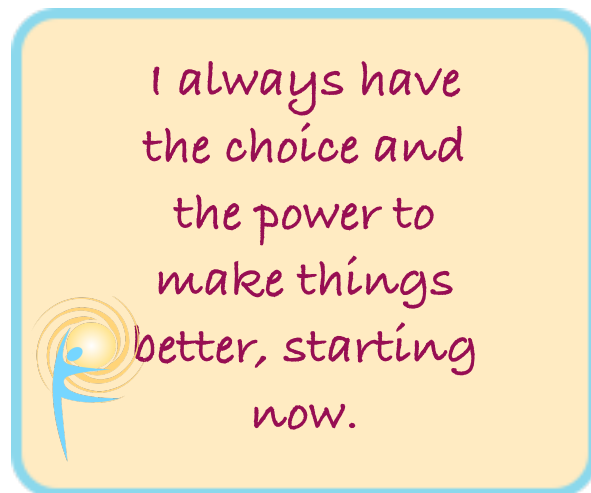


Conscious awareness is participation with your SELF. This participation with self brings healing. Some say consciousness occurs in the brain, but conscious AWARENESS is the quiet peaceful *observer* of the mind. Take three calm breaths. ALIGN to your center. Feel the delicious awareness of who you are apart from the busy thinking mind.

Journal Prompt: Move your consciousness. Do this by remembering a very happy event. How does this affect your state of being? Where do you feel this in your body?

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Day 7

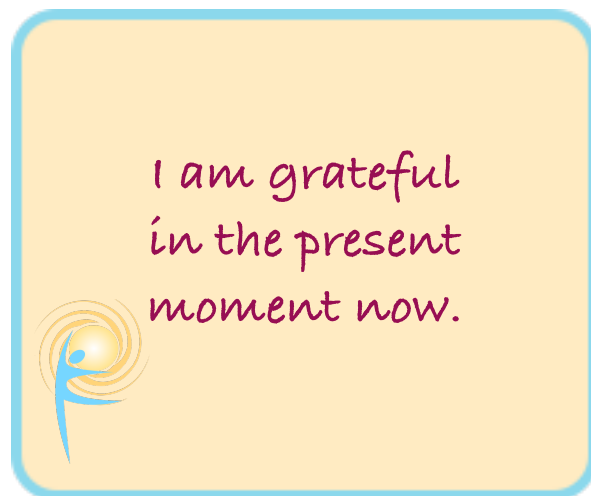


Where there's fear, confusion, and doubt, the ego may be at work. The ego warns us that our yearnings are scary and impossible. The ego looks ahead and predicts disaster. Ignore this scare tactic for the moment. Take 3 calm breaths. **ALIGN** with your center. Choose one hopeful thought about your future.

Journal prompt: Creating an intention is a practice of deliberate thinking. What one good thing do you intend for your future?

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Day 8



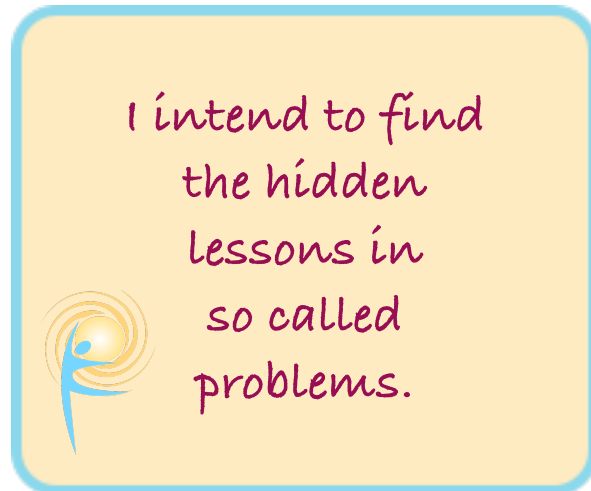
Gratefulness is a powerful consciousness shifter! Not just a spiritual practice, scientific research proves it elevates mood and changes the brain. Shifting the mind from worry to gratefulness is a practice that moves us from suffering, to freedom. Take 3 calm breaths. ALIGN with your center. Be grateful for one thing today. Make it a conscious statement.

Journal prompt: Write this sentence:

I am grateful for _____ . Describe your gratefulness.

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Day 9

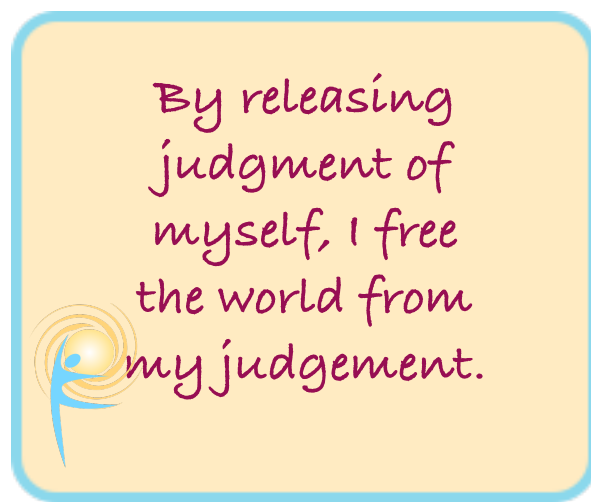


This is a tricky one, because of course there are times that life is inevitably heartrending, but even grief can bring lessons. Learning to look for the lesson in a situation elevates our consciousness to see the bigger picture of our experiences. Worth the practice, it can change the quality of our life. Take 3 calm breaths. ALIGN with your center. Make an intention to discover what a struggle may be trying to teach you.

Journal prompt: Try to find the deeper meaning about a struggle you're experiencing. (i.e. My job struggle is forcing me to define what is important to me.)

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Day 10



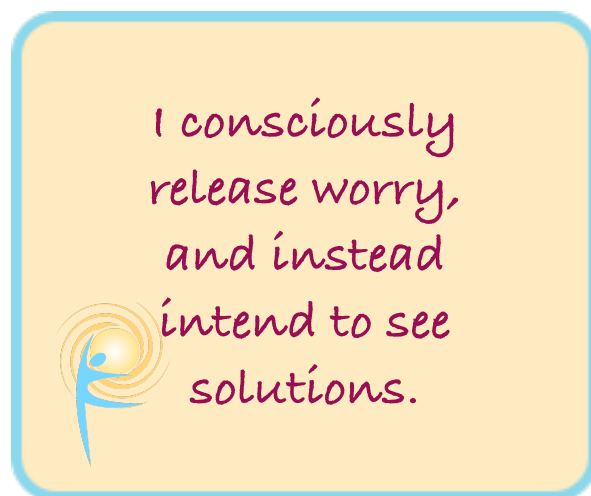
By releasing
judgment of
myself, I free
the world from
my judgement.

The ego part of mind loves to judge things as good or bad. This judgement brings conflict if the world doesn't agree with us. Most judgement is a mirror of how we first judge ourselves. Take 3 calm breaths. ALIGN with your center. Where were you first made to think you aren't good enough? Unconditionally love yourself there, as if you were a small child.

Journal prompt: Where do you feel not good enough? Go back to the first time you felt this as a child. Send love back to that child and write her/him a love note. What does she/he most need to hear right now?

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Day 11

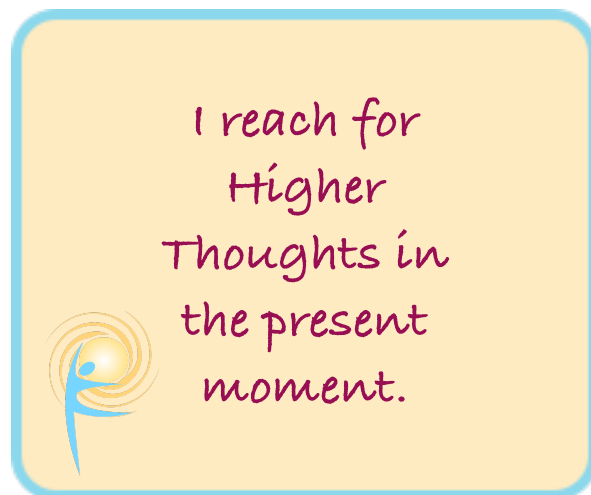


We can accept our situation while intending a better future. To do this, we must first shift our consciousness out of fear. Fear causes hyper-focus on the problem, instead of solutions. Release the mind from fear by *intending* to find solutions. This isn't about immediately knowing the solutions, it's about being open to finding them!

Journal prompt: What's the perfect outcome for a struggle you're having? Focus on the FEELING of that outcome. Journal your intention to find a way to have that feeling.

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Day 12

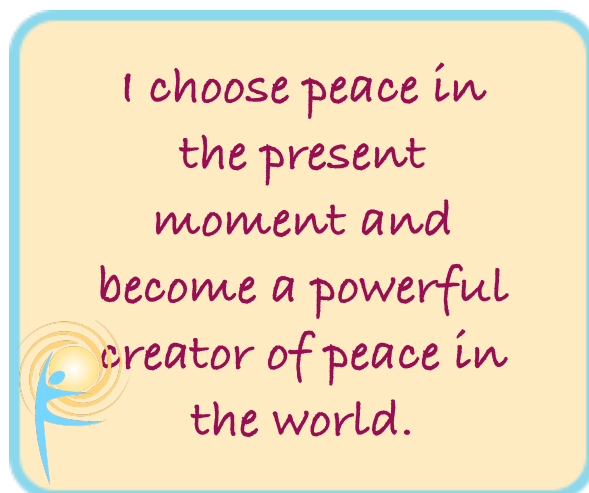


We don't have control over much in life, but we're able to consciously choose what we think. It's the most powerful "secret" to happiness. We've been conditioned to find safety by focusing on fear! While this fear tries to protect us, it also causes intense suffering. Take 3 calm breaths. ALIGN with your center. Choose one positive thought to think right now about anything. Notice how you feel.

Journal prompt: Pick one painful thought about an area of suffering in your life. Fake it, pretend, make it up ... and write the opposite of this thought, followed by three reasons the opposite may be true. (From Byron Katie, The Work.)

Mindfulness Mantras

Day 13



When we come to peace with our past, and our future, we create peace in the present moment. We can choose to reframe the story of our life ... or we can choose to believe we must continue to suffer. You are exactly where you're supposed to be, having experienced exactly what you've needed.

Journal prompt: Just for now, choose to release your past in love. See it was perfect by writing your story backwards. (i.e. I'm blessed with two wonderful children, two of my greatest joys. I divorced their father. My dysfunctional childhood set the stage for our dysfunctional marriage. Without those "wrong" things happening, I wouldn't have experienced the greatest joys of my two children, and grandchildren!)

Mindfulness Mantras

Day 14




It's only from within that we make sense of what's "outside." We turn inward to pray, contemplate, appreciate, meditate. The energy of letting go, forgiveness, or healing all happen *within*. Take 3 calm breaths. **ALIGN with your center. Let the mind quiet and allow your consciousness to become aware of your inner self. You are alive there!**

Journal prompt: True empowerment comes when we're connected to our own unique life force within. Where do you feel disconnected and how could that change?

Mindfulness Mantras

Day 15



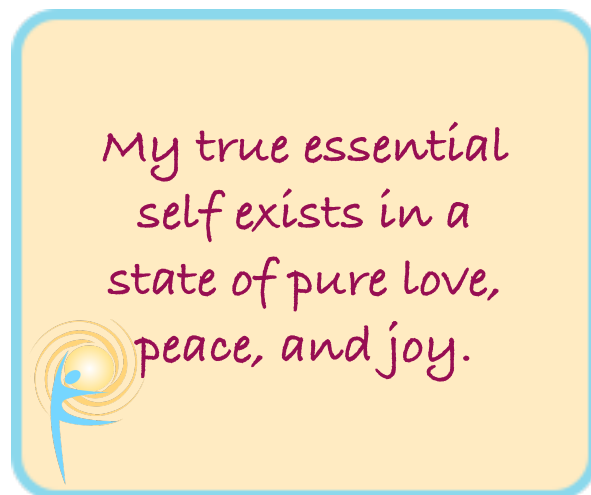
I welcome intimacy
by becoming
intimate with my
personal truth in
this moment.

Intimacy involves being seen, noticed and understood. It's easy to get distracted from our own truth by focusing on what's wrong outside of us. Nothing changes until we acknowledge *our own truth*. Take 3 calm breaths. ALIGN with your center. Sit with any uncomfortable feeling until you understand the truth it holds for you.

Journal prompt: Commit to getting some clarity today. What's bothering you? Sit with it until you can name what the real issue is for you.

Mindfulness Mantras

Day 16



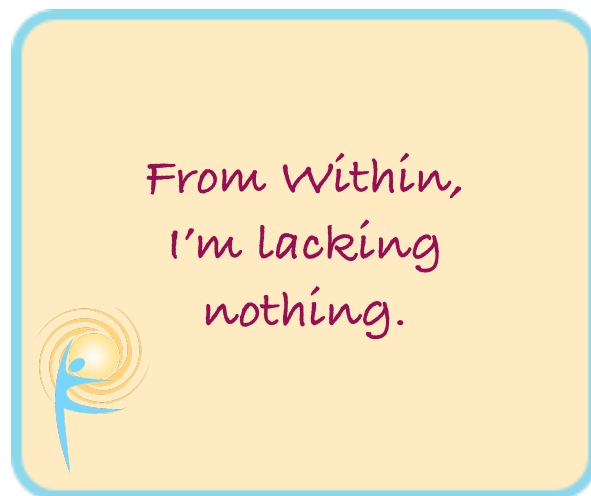
My true essential
self exists in a
state of pure love,
peace, and joy.

We all have a social self, also called the ego, learned from childhood, that only wants to fit in. Its job is to insure our safety. The essential true *SELF* is who we were before we took on the mask of the social self. Remembering our essential self frees us. Take 3 calm breaths. ALIGN to your center. Intend to connect with who you really are.

Journal prompt: Make a list of things you did as a child that caused you to lose track of time in a good way, or you did with natural talent. These are clues to what your essential self needs to be fulfilled now.

Mindfulness Mantras

Day 17

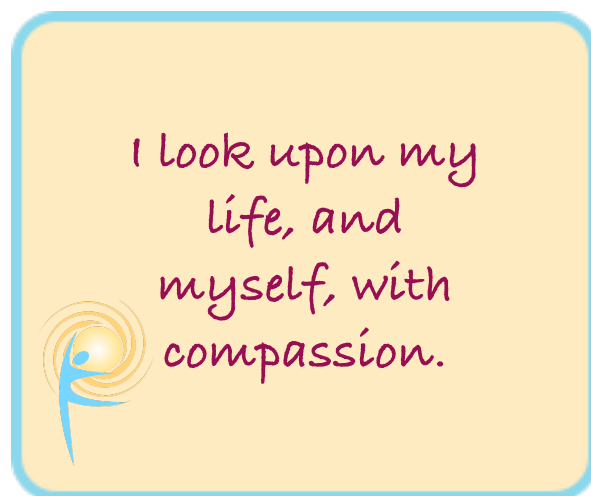


Our process starts within. Only by going within do we find precious healing and liberation! We find our courage, love, beauty, kindness ... all that's good, within us in unlimited abundance. Take 3 calm breaths. ALIGN to your center. If you're lacking something in life, from this moment forward commit to finding it first within yourself.

Journal prompt: What are you lacking? Is it commitment? Consider how you break commitments to yourself. Is it joy? Consider how you hold yourself back from joy. Pick one thing you feel you're lacking from the outside world and determine to cultivate it from within.

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Day 18

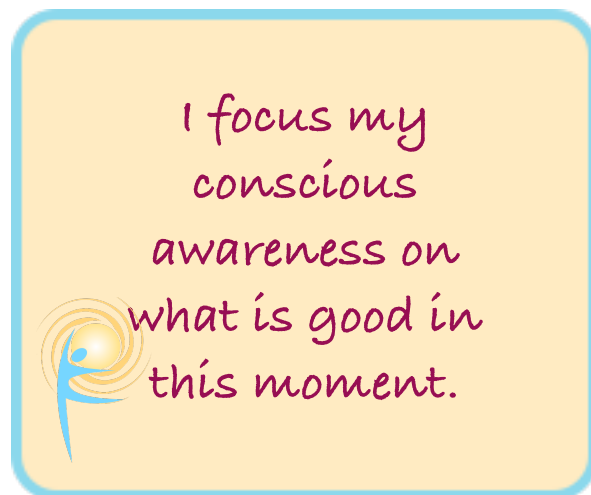


We often judge ourselves more harshly than we'd judge anyone else. Instead of judgment, we can choose compassion, even for our so-called mistakes. Take 3 calm breaths. ALIGN with your center. Take a trip backwards through your life and see the person you were in the light of compassion.

Journal prompt: Choose one decision you consider a mistake, and write about how you did the best you could under difficult circumstances. Give yourself some credit!

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Day 19

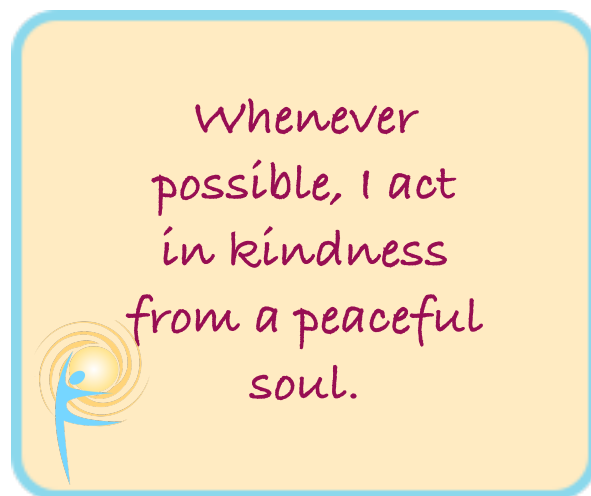


Good is contained in the present moment. Most of the time, judgement, fear, any negative emotion about what is happening comes from our minds. Take 3 calm breaths. ALIGN with your center. Drop in to the moment and be aware of your surroundings. There is always something, however small, that brings beauty, peace and love to life in the moment. Can you find just one small thing?

Journal prompt: It's a practice to shift our thoughts. Practice now by listing the goodness in this very moment. It can be something you see, smell, taste, touch or hear. Notice how you feel as you write.

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Day 20



Feeling peaceful isn't about reaching for perfection, it's about reaching for something better. By repeatedly choosing to ALIGN with peace, kind thoughts, or other positive values we find important, we re-wire our entire brain. Eventually, we manifest on the outside what we've practiced on the inside.

Journal prompt: Consider how you can create more internal peace in your being.

Mindfulness Mantras

Day 21



In so many ways we rush to the end of our lives, missing what is good right in front of us. We're late, we're behind, we've missed out, but what we've really missed is the beauty that life has to offer in every single moment. Take 3 calm breaths, ALIGN with your center. Reframe your life. You are exactly where you belong right now. Can you feel that as truth?

Journal prompt: Consider a time you were running late or got held up. List three ways that may have been perfect timing. (i.e. Just missed an accident, or saw something beautiful you would have normally missed.)

Mindfulness Mantras

Day 22



Are there really lessons in life, or are we just experiencing random events? We can choose how to view our lives. One way is with meaning, and the other is not. Choosing meaning leads to purpose, something human beings long for. In every struggle there is a gift to be found, a strength we've discovered, a purpose to our suffering.

Journal prompt: Write down one "problem" and explore why this problem may have come into your life. Ask yourself "WHY" 5 times, journaling what comes up after each "why."

Mindfulness Mantras

Day 23



It's a universal human desire to be happy, yet so few choose happiness. It seems too simple to be a choice, yet often that's all that's preventing our happiness. Fear and worry can prevent happiness, and often have become a habit because that's what *protected* us when we needed it. The brain may resist the idea that we don't have to suffer, but by just breathing and being present, we can begin to override the fear brain. Take 3 calm breaths. ALIGN with your center. Decide right now to be happy, just for the moment. You can always go back to fear and suffering later.

Journal prompt: Choose one thing to be happy about right now. If this seems difficult, explore the feelings that come up. Is it Guilt? Obligation? Fatigue? What prevents your inner happiness?

Mindfulness Mantras

Day 24



Start making it a practice to shift your attention away from the negative. Your attention is *your* precious consciousness, a precious commodity, and where attention goes, energy flows. Train your consciousness to dwell on the positive, the beauty, the good surrounding you. Practice finding it, and it can shift negative thought habits.

Journal prompt: Take three negative thoughts, complaints or problems bugging you and turn them around. Try to find something positive in each one.

Mindfulness Mantras

Day 25



The resources we need are already available within. With conscious awareness, conscious thought, and conscious practice we create a deliberate life. With our consciousness we can dream, create and allow our best life to become manifest in physical reality. Intend it to be so!

Journal prompt: Intention is the first tool of change. Intention becomes powerful when condensed into written words. State your intention for your life here!

Mindfulness Mantras

Day 26

I intend to live with
my heart open, mind
quiet, and love
present. In this state,
all is perfect.

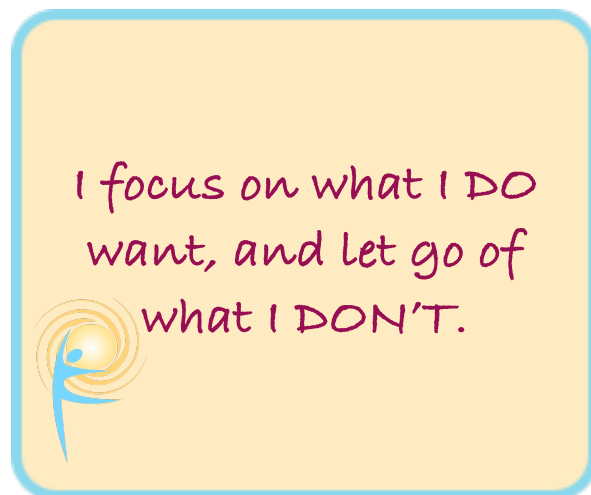


The best we can ever do is to live intentionally. We can choose to find our purpose, and intend to live as closely to that purpose as possible. Take 3 calm breaths. ALIGN with your center. Resolve to reach for purpose, meaning, joy and love in your life.

Journal prompt: What needs to be healed in your heart and mind? Do you know the next step?

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Day 27

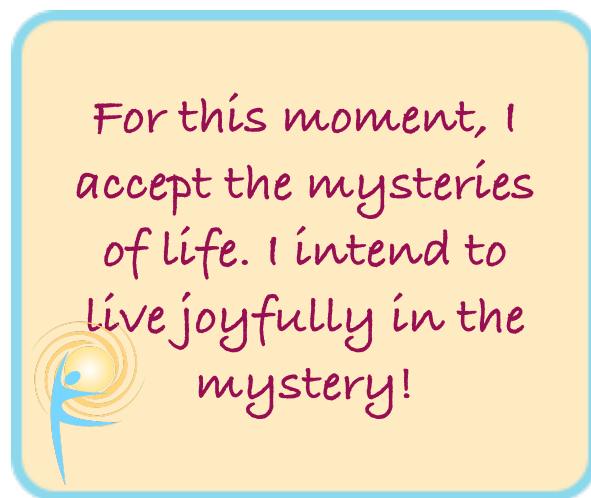


For every undesirable state, there's an opposite. We don't want to feel abandoned, we want to feel loved. We don't want to feel fear, we want to feel safe. It's easy to find what we don't like and complain about it indefinitely. The challenge of a deliberate life is to think and speak about what we DO want, and figure out a way to keep moving towards it.

Journal prompt: For a "problem" that you don't want, find the feeling state you DO want. Brainstorm 3 possible ways that state could occur for you.

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Day 28

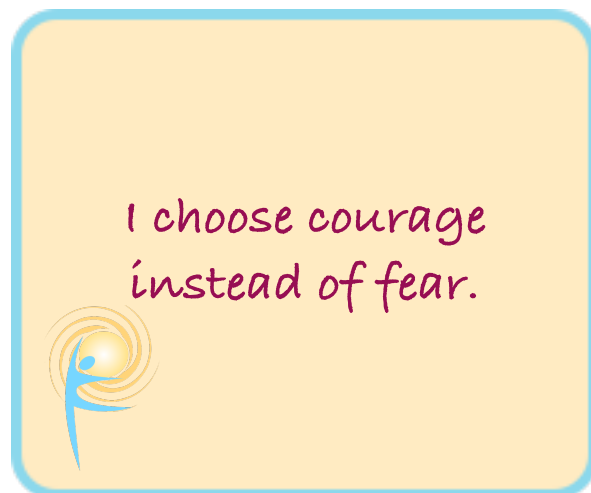


We may never have all the answers to why things happen, but we have the choice to find ways to feel better. Our personal consciousness is really the only thing we ever have control over. We can choose look for meaning, love and joy, until it's second nature to love the life we find ourselves living.

Journal prompt: What situation still provokes you to find an answer? Finding meaning is different than finding an answer. Sometimes the best we can do is find meaning instead of an answer.

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Day 29

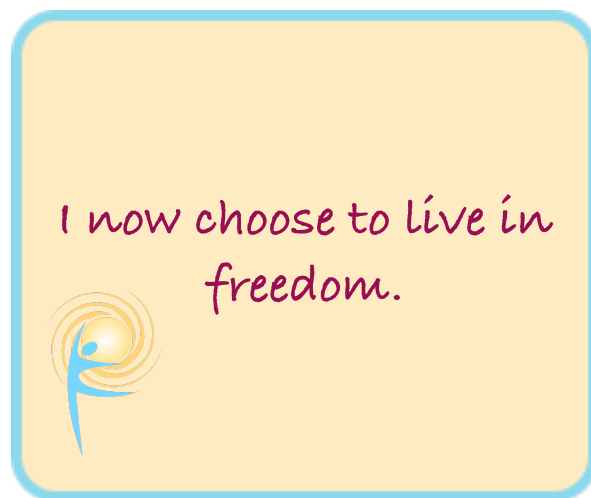


Humans have a built in fear response, which evolved to protect us. The problem begins when fear of change holds us back from the life we truly desire. Most of the time, what we're afraid of is much less frightening than the fear itself. When we find courage we can be happier, find our purpose, and live a NEW LIFE.

Journal prompt: What is it you really want in life? What fear gets in your way?

Mindfulness Mantras

Day 30



It's a journey to discover who we really are! From a young age we learn to put on a social self that fits in with family, school, culture and religion. If we're experiencing pain, suffering, or anxiety, we're probably not living from our essential, true self. When we commit to discovering our essential selves, we choose freedom from the social self that doesn't want us to change.

Journal prompt: What suffering are you experiencing in your life? Is it caused by living as your social self, and not your essential self?

Mindfulness Mantras

I hope you enjoyed your 30 days of mindfulness!

If you need more support, contact me by email at coachmaryellen@gmail.com, on Facebook at CosmicNomadVoyager, or on my websites cosmicnomadreikicoach.com or cosmicnomadvoyager.com.

Happy Travels!

Mary Ellen