



PURPOSEFULLY MADE

PRESENTS

I AM

Daily Affirmations & Mantra

Guide

THE GUIDE TO RAISING YOUR INNER VIBRATIONS WITH MANTRAS AND AFFIRMATIONS

This guide book features carefully crafted tools to help you become more aware of the power of your words and how to use them intentionally.

You will get:

- ✓ The difference between mantras and affirmations
- ✓ How to use mantras and affirmations for ritual
- ✓ An affirmations list to use daily to lift your vibrations

Bonus:

- ✓ I AM Guided Meditation Audio

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WELCOME



LaDonna PM
PURPOSEFULLY MADE

Hey Friends!

I am so glad you accepted this gift! I am LaDonna PM- you can refer to me as Ms. Purpose Pusher or your very own Soul Coach. I am an Author, Entrepreneur & Media Host and I inspire soul seekers with tools to ignite the flame of purpose within them. Many people have seen first hand, the transformations in my life and how I alchemized pain into purpose through betrayal, abuse, totally bad decisions and starting my life over after all of that. It is no surprise how often I get asked how I discovered my purpose and how I got started on this path of personal freedom and awareness. This is one of the reasons why I created the **I AM Daily Affirmation and Mantra Guide**. In order to shift into my own empowerment, I had to first start with my mind- and especially the words I used to shape my reality.

On my journey of self discovery, there were some helpful baseline tools of mastery I learned along the way . I remember a time in my life when I was literally in a pit of despair. I was depressed. Feeling stuck in a career that left me feeling depleted and over worked. I felt hopeless in a partnership that was toxic. I was searching for something to uplift me and to reframe my mindset and I remembered a tool I learned when I was a pre teen as a member of a church organization. This organization taught the fundamentals of higher consciousness and meditations closed every single service. I remember feeling so uplifted when I utilized these tools which included affirmations, mantras and meditation. I really understood what "**I AM**" was within me. So when I found myself in a pit of stinking thinking and negativity, I had to go back to those fundamental teachings and renew my mind to affirmations, mantra and meditation.

Friend, this guide was designed to meet you right where you are to help lift your vibrations to a state of higher consciousness that is inherent and truly apart of our divine makeup. It is your birthright to to access sacred sounds of power and utilize them freely on the path to your purpose.

Let's begin.

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Let's start this guide by first exploring the amazing power of your words and how you can incorporate them into creating new realities into your life. The words we use and the energy behind them carries so much weight which is why it is so important to maintain a high vibrational intonation when using them. High vibrational in a spiritual aspect means fixating our mind and thoughts toward what the sacred text of the bible says in Philippians 4:8 (NLT) on what is true, honorable, right, pure, lovely, and admirable. It means thinking about things that are excellent and worthy of praise. The fact that you are uniquely made for a distinct purpose and meant to be a light in this world is worth fixating our minds on. And the words we use to do this matters greatly because speaking words of higher vibration starts in the mind and then those things that are formed in the mind become what we speak. And what we speak has the power to affirm life or death. Power or weakness. Success or failure. This is apart of the daily practice of mindfulness that this guide will help you attune.

One of the best examples of this power was shown in an experiment done by a author and pseudoscientist named Dr. Masaru Emoto. To learn more about the experiment he did, click [here](#) to watch the video. The study shows how words, prayer, intention and affirmation affected the molecular structure of water. By using positive and high vibrational words like 'love' were used, the water created beautiful crystalline patterns. When lower vibrational words like 'hate' were used, the crystals patterns were deformed and unstructured. I will leave you with this thought. If the human body is composed of 70% water, how do you think the energetic intention of words create a positive or negative impact?



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The Difference between an Affirmation & Mantra

Affirmations: defined as specific statements that help you to overcome self-sabotaging, negative thoughts. They help you visualize and create positive changes in your life. An affirmation might be a cute sticky note placed on your bathroom mirror that you see each day as a reminder.

Mantra is defined as a Sanskrit word, 'ma' meaning 'mind' and 'tra' meaning 'that which protects.' A mantra is a sacred sound recited aloud or repeated internally during a spiritual practice to amplify the energy of it. It is practiced in a more devotional way such as during meditation.

Take a minute to think of some words you can use to create short affirmation phrases. Begin with:

"I have,"

"I am,"

"I trust/accept,"

"I am grateful for,"...etc.

I like to write affirmations in the present tense so that when they're repeated or read, it is as if I am already embodying this energy.

For example: I am confident. • I accept myself • I am abundant. • I embrace this day with joy. • I trust my intuition and heart to guide me. • I offer honor to others with every opportunity. • I am blessed.

HOW TO USE YOUR AFFIRMATION OR MANTRA:

Write it out, print it out, hang it up. Study it. Write it on your bottle of water. Use it with prayer beads or a mala to repeat the word(s) over and over. Read it out loud, meditate on it's meaning in your life, your body, your relationships, your mind...etc. Discover every opportunity to remind yourself of the word or words you're using. The key is to repeat the affirmation out-loud and with FEELING every single day, multiple times per day. Think of this as a prescription for inner wellness: Give yourself a regular dose of these the way you would take a medication and your body will begin to absorb the benefits.

By doing these habitually, you begin to use a technique called 'AUTO-SUGGESTION'-which is simply tricking your subconscious mind into believing something you are trying to create in your life. Over time, it will become natural to replace the negative thought that come up with positive ones. On the next page you will find a list of specially curated affirmations to use. Print and laminate or post where you can see and recite as a daily prescription for mental wellness.

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I am love

I am enough

I am not defined by my past

I am filled with joy and appreciation for my life

I am free of any thoughts and beliefs that do not serve me

I am in perfect harmony with the universe

I am always supported

I am grounded and connected to divine infinite intelligence

I am abundant in every part of my life

I am free to be who I am with authenticity

I am a powerful being

I am inspiring

I am deserving of true joy

I am worthy

I am in love with my unique self

I am filled with peace and trust God to guide me

I am gentle and kind to myself

I am centered in truth and peace

I am not restricted by limited beliefs

I am one with the power that created me

I am incredibly capable to learn, grow and experience a purpose filled life

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Bonus: I AM Meditation

The **BONUS I AM Meditation** included with this guide is a tool to help you connect with Divine Universal Consciousness that unites us all. The I AM Meditation incorporates some of the new words of power we have been creating with this guide. With intention, spend some time, connecting to the vibration of these powerful words that reframe how you experience yourself on this journey of life.

During your prayer and/or meditation time, I invite you to use this guide and Bonus meditation as an act of self and soul care, tending to your spiritual edification and changing your life with your mind and the words you speak.

Click on this [link](#) to connect you to the **BONUS I AM Meditation**. I pray this helps to edify the new version of yourself you are creating.

You can also use this handy tool included in the blog post "[Affirm Your Amazing Life.](#)" as a quick way to align yourself with positive affirmations.

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Congratulations!

You have taken the first steps on your journey to self awareness by shifting your mindset and utilizing sacred words and sounds to create a new identity with the I AM Daily Affirmations and Mantra Guide book.

"We rise by lifting others".

Robert Ingersoll

You don't have to go on your purpose journey alone. Consider this a personal invitation for you to contact me if you are ready to discover your purpose and walk confidently in it. I offer a complimentary **Discovery Call Session** to determine if you are the right fit for a deep energetic exchange where I teach, create and inspire you with tools of self mastery and living a purposeful life of freedom & personal awareness.



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