

## 5 Morning Mantras For A Better Day

Our brains are, simply put, just like a light switch. When we're "off", we don't see much... but when we're "on" we see everything: the positivity, possibilities, potential, and perspectives. Every so often we need a tool to help us harness our "on" power for better focus and enhanced internal connection. Mantras, in addition to meditation and conscious breathing, are ways to internalize and harness your positive consciousness... your true nature!

A mantra is a word or sound meant to be repeated in order to enhance concentration in meditation. It is a positive point of concentration that allows us to be truly present, silencing the noise in our lives and allowing us to be where we need to be. Using mantras in the morning sets a tone for how you'll view and respond to the world throughout the day. Morning mantras set an intention for where your focus and energy should be, empowering you to maintain that mindset.

Here are 5 mantras that will ignite internal conscious connection and get your day started on the right foot.

### 1. "I Exist."

Repeat, "I exist" during your morning meditation to help harness your ability to identify your self-existence. As you start to chant, or silently say to yourself, "I Exist", you are becoming present in the current moment. Practice being non-judgmental toward yourself. Try "I Exist" to restore your mind before you embark on your busy day.

### 2. "I am powerful."

By chanting, "I am powerful" you are defining your ability to control any situation through your thoughts. You recognize that you are in control of your destiny and are able to see that your gifts and abilities fuel your internal power. Your absolute happiness lies in your power to choose positivity. Notice how "I am powerful" fills you, then repeat. Try "I am powerful" when you need to bring your 'A game'... before a meeting, job interview, presentation, or an exam.

### 3. "I Love."

Try repeating "I love" as your morning mantra. Every time you exhale you will think, or even say, love. You will start to realize that the things you love pop into your head as you repeat it! Try this if you are feeling down, impatient or defensive.

#### 4. “Om”

OM is the most universal mantra. When you chant “Om,” you are creating a powerful sound and vibration. Ancient sages identified Om (or aum) as the most elemental sound, representing infinite universal consciousness. They were (and so can you) able to hear the subtle vibrations produced by everything in nature – wind, thunder, water, and recognized that these sounds are a manifestation of spirit into matter. Try chanting “Om” in the morning before getting out of bed, before and after your yoga practice, or when you’re looking to dive deeper into a situation or project. If you are feeling spaced out and disconnected, chanting “Om” will help ground you before you start your day.

#### 5. “I am.”

You are all! You are Om. To chant “I am” is to sit and acknowledge your divinity. You, in your space, as yourself. Contained within each of us is everything, and everything is expressed through us. Let the joy of being alive fill you from your fingers to your toes. Try “I am” when you first wake up to pass harmony into your day and into the world.