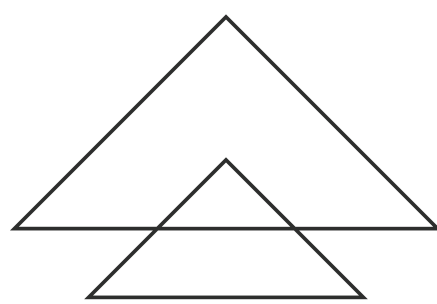


Daily Mantra

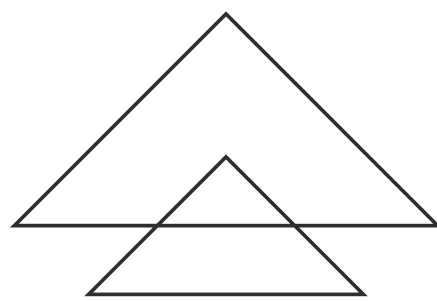
TEN POWERFUL
MANTRAS TO HELP
YOU BREAK FREE



Break Free

Daily Mantra

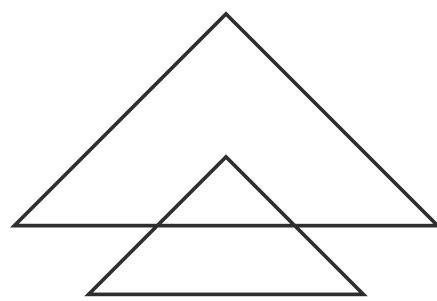
ANYTHING
WORTH HAVING
TAKES TIME.



Break Free

Daily Mantra

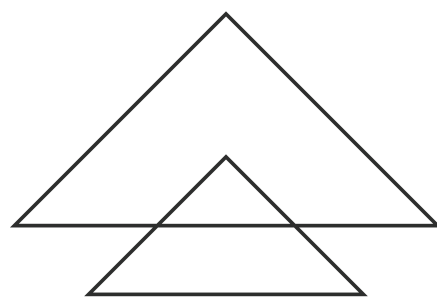
IT'S ONLY A
THOUGHT AND A
THOUGHT CAN BE
CHANGED



Break Free

Daily Mantra

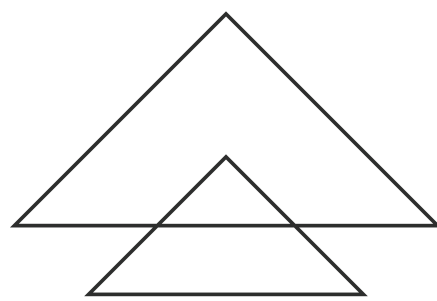
MY POINT OF
POWER IS ALWAYS
IN THE PRESENT
MOMENT



Break Free

Daily Mantra

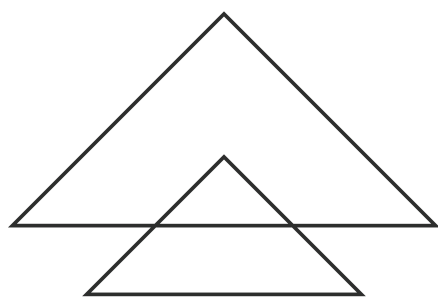
MY DISTANT PAST
IS NOT A
PREDICTOR OF MY
FUTURE SELF



Break Free

Daily Mantra

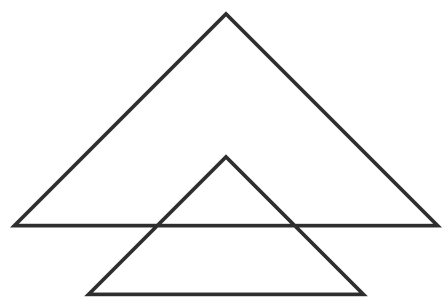
I TRUST THE
PROCESS OF
LIFE



Break Free

Daily Mantra

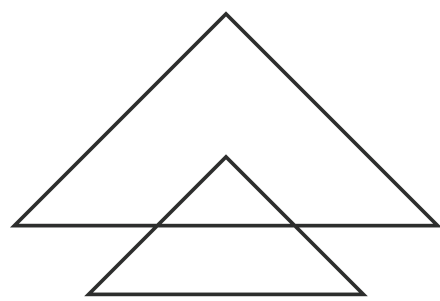
TODAY I CHOOSE TO
BE AT PEACE. THERE'S
NO PERSON, PLACE,
OR THING THAT CAN
ANNOY ME



Break Free

Daily Mantra

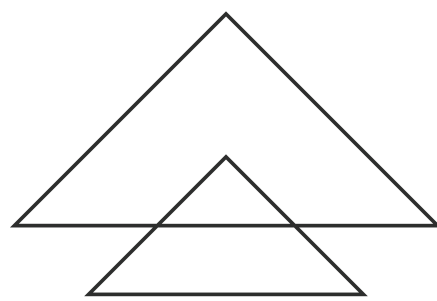
I AM OPEN TO SEEING
THE SITUATION OR
CIRCUMSTANCE
DIFFERENTLY



Break Free

Daily Mantra

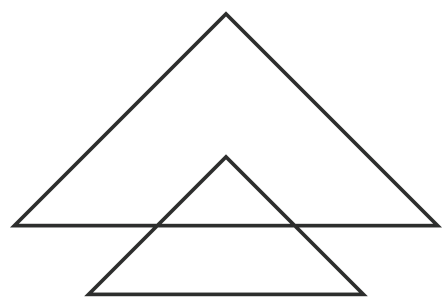
I RELEASE ALL
PAINFUL MEMORIES
ABOUT THE PAST AND
WORRIES ABOUT THE
FUTURE



Break Free

Daily Mantra

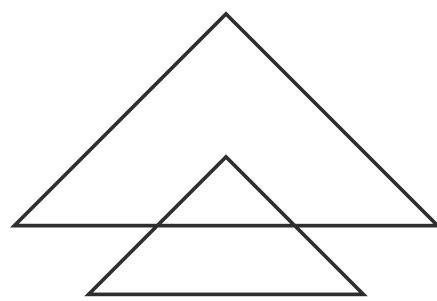
TODAY I AM CHOOSING
TO OPERATE FROM A
PLACE OF LOVE AND
NON-JUDGMENT



Break Free

Daily Mantra

I AM IN HARMONY
WITH ALL OF
LIFE



Break Free