



16th March 2012 (Best to enlarge to A3 or A2 and stick it to the wall)



Mantras of PremYoga.org:

9:00 to 9.05, 9:15 or to 9.30 in the morning and evening we meet, no matter where we are, in the spiritual realm):

"My loving greetings to all participants! All the good that I wish now for me, I wish also to you, to all friends in our meditation circle, with whom I connect myself now in all-embracing love!"

The protective roof: To let go is the first step - only empty-handed, we can receive! A selection of mantras for releasing negative, stressful thoughts and events (depending on the situation or state of mind and choose and observe the strength of the healing power, ie always feel / listen inside in the body and ask questions with non-crossed arms and legs).

"Now I can let go all the negativity!" ...
"Now I can let go all that what bothered me!" ...
"Now I can let go all that what does not belong to me!" ...
"Go! I let go! I don't accept this! – This does not belong to me!" ...
"Now! In the now! I can let go all that what prevents me to be happy!" ...
"Now! In the now! I can let go of all which I did not know that it bothered me!" ...
"Now I can let go all the negativity that I had charged on me in this and in previous lives" ...
"Now! In the now! I recognise that that evil disappears!" ...
"This space, room, body, will be now a evil free zone!" ...
"I don't let take the divine peace from me by anyone!" ...
"All evil now leaves this space, room and this body!" ...
"Whatever bothers you, does really not belong to you!" ...
And don't forget: "No gossip, no lamenting, no brooding!"...

The warm fur: Repetitive mantras to adjust and accept the good, positive, helping anchorage (as above).

"God is Good!" ...
"I ask for the good" ...
"You're divine, / I am divine!" ...
"Aham Brahmasmi Sat Cit Ananda Vighraha" ...
(Aham = I am, Brahmasmi = spiritual, Sat = eternal, Cit = knowledge, Ananda = joy, Vighraha = individual)
"God is Good, God comes only from the good and the good comes only from God!" ...
"Mr. Bruno Groening, please send me now the divine healing power!" ...
"Lord Jesus Kristus, Son of the living God, have mercy on me" ...
"Here and now is love and serenity and only love reigns!" ...
"I ask for the uncovering of my Divine Consciousness" ...
"All things are possible to him who believes!" ...
"Mind is over matter, it alters the matter!" ...
I love myself, since God lives in me! ...
"The divine power helps and heals!"...
"I'm sooo glad – I'm sooo happy!" ...
"I ask for perfect health in body, mind and soul!" ...
"I ask for the divine order & guidance & insight & love & peace & strength & joy!" ...
"I ask for divine protection & healing power" ...
"Healing – Regelungen"...

A selection of prayers in the daily meditation (9.00 in the morning and evening) plus a small meal prayer:

- **"We thank you for this wonderful day and our existence in this wonderful nature and our spiritual research assignment, for all the healings, the protection, assistance and guidance and the many insights that were already given us and for all the good that may still be. ●"We ask for a blissful, beautiful, divine guided and protected day (night) full of love and joy.**
- **"We ask for divine strength, patience, confidence, faith, trust, humility, love, harmony, for divine peace and purity in our own heart. We ask to the divine order in myself and around me, divine guidance in thoughts, words and actions and for everlasting divine protection. We ask for deeper insight and knowledge and an expanded consciousness. We ask for our heart's desires, as much as they are correct, and for all that we need. We ask that we may be a good tool with all our thoughts, words and deeds. Here on this primary source of all energy and of all goodness, we recharge and refresh ourself." ●"Dear Holy Spirit fill us with Your light and enlighten our soul, for this bright side of the power of your divine love is in my heart and I can set it free in humility!" ●"Let us ask for the mother earth that it is cleaned of all evil and that she may shine again in all her beauty. Let us ask for all humanity and that they use what they have learned, for the better good. Let us ask for world peace, for all engaged in a helping profession, for all in school operations for the medical profession, for all in politics, research and science, to be the divine guidance and order, for a renaissance for the better in agriculture, for the forest and rain forest, for all the waters: the rivers, lakes and seas, and for good balanced weather.**
- **"A small meal prayer: "All food, all fluids what flows through my digestive system and everything what I'm taking from this moment on will be automatically transformed into the perfect light frequency and divine food that my body needs. So be it! So be it! So be it!" – Om tat sat! – Om shanti – shanti – shanti!"**