



ADVANCED LEVEL RITUAL: “I AM” MANTRA

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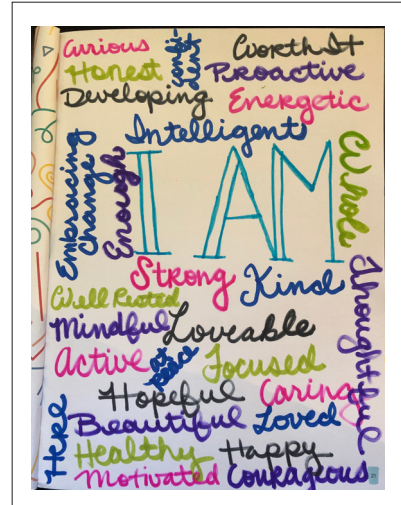
With your “I am” mantra in place, we’ll begin with this ritual by finding a comfortable space to sit. Read these instructions in their entirety before beginning:

Place your right hand on your heart space, right in the center of your chest. Place your left hand on your belly. Gently close your eyes and repeat your mantra on each out-breath—*slowly* (!!!) repeating it at a whisper level and feeling it land in your chest each time.

Each time you say your mantra, speak your words into your heart space by using the lower register of your voice (just like the “Voo” breathing), keeping your attention there as you *slowly* repeat your mantra, and as you notice what feels different in your body. In doing so, you are rewiring neural pathways and making your highest wishes align with the purest expression of your soul—your Original Blueprint®.

Repeat this ritual at night until you notice yourself fully inhabiting the mantra (when the mantra feels 100% true). As you recite your mantra, it’s sometimes helpful to use Mala beads (sold at [IrisInstitute.com](http://IrisInstitute.com)) whose origins date as far back as 3,000 years ago in the traditions of Buddhism, Hinduism, and yoga. I use them, and *slowly* repeat the mantra, using my thumb and index finger to count each of the 108 beads until I come back to the start. Once you start to feel that this mantra has become part of you, choose another from your list and begin saying that mantra to yourself at night. Take your time repeating it. It’s better to repeat it five times, really slowly and let it deeply land in your body than to say it a hundred times from your head. If it’s one you are passionate to have fully integrated in you, try repeating it 10-15 times daily until you reach muscle memory (300 repetitions) or embodied (3,000 repetitions) or stop when you trust yourself that you’ve got it.

Here is an example of one of my client's creative ways to write her list of mantras, which she repeated over time until each one felt 100% embodied:



Complete the ritual by answering “What’s different?” As you go, look for changes in your mood, body sensations and behavior. As with all the rituals you’ll learn in this book, keep track of where it’s beginning to show up in your life in the next two to four weeks. You may be surprised to notice the subtle change or even the absence of the old feeling you had about yourself!