

Mantra for Mothers

Mother Mantra's

This too shall pass

I breathe in all the energy I need for today

I breathe in calm, I breathe out frustration

I am that....that I am

I am present with my baby

I do what works for myself, and my family

I trust my inner wisdom

I listen to my divine self

I surrender to my baby's rhythms

Peace begins with me

LAUREN FALCONER



I trust my feelings and insights as a mother

My body is relaxed and healing

My recovery is gentle

My transformation into Mother is profound

I am guided by my gut feelings

All is well

I am the perfect mother for my baby

I believe in myself

I am set free by my vision of what is possible

I embrace my divine feminine nature

