

## **INSPIRATION AND RESOURCES TO HELP YOU NAVIGATE THROUGH CHALLENGING TIMES**

### **AFFIRMATIONS:**

- “I am Beautiful and Strong”
- “I am ready to see things differently now”
- “I am Courageous and Confident”
- “I am more than Enough” (see Marisa Peers work)
- “I am Safe and Secure”
- “I am Love, Joy and Peace”

One of my favorites: Louise Hay’s affirmation that can help you shift through the feeling of uncertainty.

“ALL IS WELL. EVERYTHING IS WORKING OUT FOR MY HIGHEST GOOD. OUT OF THIS SITUATION ONLY GOOD WILL COME.”

### **MANTRAS:**

- Just for today, I chose clarity, joy, love, prosperity and well being.
- Just for today, I focus on the now and gift in the present.
- Just for today, I let go of my anxiety, worry, fear, anxiety and uncertainty.
- Just for today, I let go and let god (the universe, or my higher self) look after this. (surrender)
- Just for today, I focus on gratitude and be the expression of pure love.

### **HEART MATH INSTITUTE**

Heart Math Institute are a group of dedicated and passionate people, committed to providing solutions for activating the heart of humanity. They empower individuals globally to enhance their life experiences using tools that enable them to better recognize and access their intuitive insight and heart intelligence.

Navigating with the Heart. Sign up for Heart Math’s Free Program:  
<https://www.heartmath.org/>

### **LISTEN TO INSPIRATIONAL MUSIC**

Deva Premal and Miten

## **DAILY PRACTICE “HO-OPONOPONO” HAWAII EXERCISE**

Ho'oponopono: The Hawaiian Practice of Forgiveness and Healing.

Say these simple and powerful four words every day. You choose the order of the words.

- . Thank You
- . I'm Sorry
- . Please Forgive Me
- . I Love You

## **READ INSPIRATION AND EMPOWERING BOOKS**

Eckhart Tolle “A New Earth: Awakening to Your Life’s Purpose”

Eckhart Tolle “The Power of Now”

Louise Hay “You can Heal your Life”

Dr. Masaru Emoto “The True Power of Water”

Dr. Masuru Emoto “The Shape of Love”

Lynne McTaggart “The Power of Eight”

Paulo Coelho “The Alchemist”

Marianne Williamson “A Year of Miracles”

Dr. Wayne Dyer “Happiness is the Way”

Dr. Wayne Dyer “The Power of Intention”

Dr. Wayne Dyer “Change your Thoughts – Change your Life”

## **DAILY GOOD**

Daily Good is a portal that shares inspiring quotes and news stories that focus on the “good” we can find in our world daily, along with a simple action to continue that goodness.

<https://Dailygood.org>

**Namaste,  
Light, Love and Healing  
Maira**

<http://www.MairaSutton.com>

<http://podcast.HeartSoulWisdom.com>