

MANTRAS AND AFFIRMATIONS

The word Mantra is taken from an ancient Indian language called Sanskrit... 'ma' means 'mind' and 'tra' means 'that which protects'. A mantra is usually a positive phrase or chant that is recited aloud or internally during spiritual practice. Similarly, Affirmations require the creation of a key phrase, however this key phrase is set to directly challenge any negative thoughts we may have...it's personal. It focuses on how we want to feel or what we want to believe about ourselves, rather than what currently is. If we can change our thought life, we can change our reality. What we think often effects how we feel and then impacts our behaviours.

These techniques are not only used in spiritual practices but are also used within many of our modern-day therapies, such as Cognitive Behaviour Therapy and Neuro linguistic Programming, alongside the practice of visualisation.

Here are some examples:

- Right here, right now, I am safe
- I am enough, I have enough, I do enough
- I am confident, strong and loved
- I am peaceful and focused
- There is hope, love and joy in the world

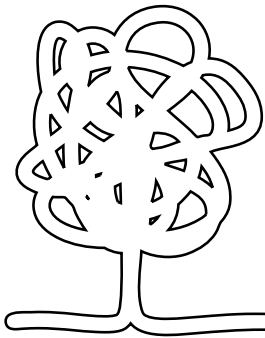
Why not have a go at colouring in a mantra or affirmation, maybe even have a go at making your very own one? We've put together some mantras and affirmations for your child to colour. There's even a blank one so you can make your own.



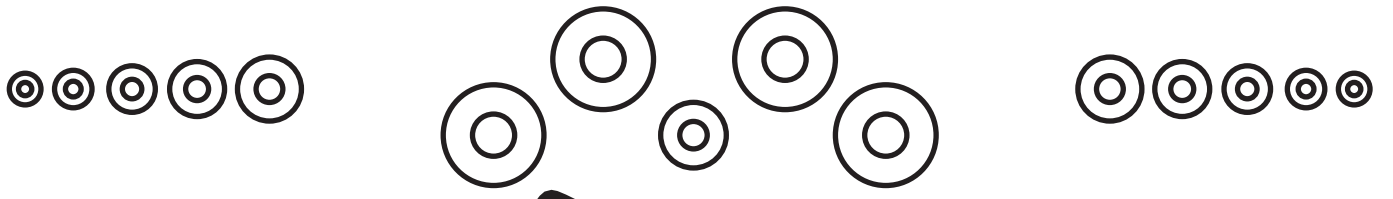


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every
thing
will be
OK

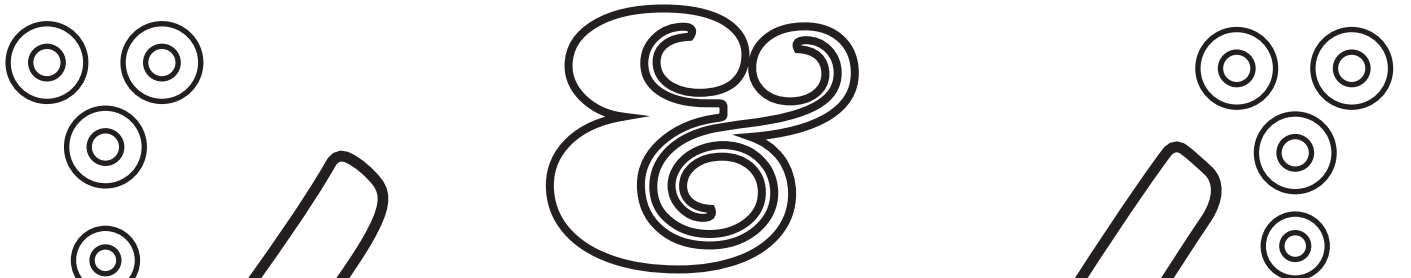


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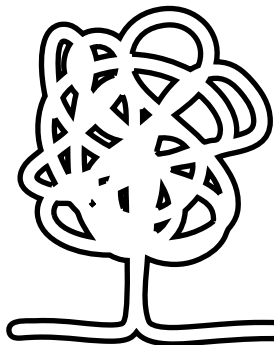


CONFIDENT

STRONG



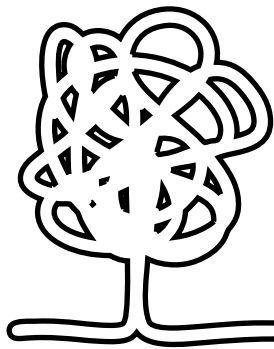
Loved



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RIGHT
HERE
RIGHT
NOW
I AM
SAFE



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