

# MORNING MANTRA

A MEDITATION, AN AFFIRMATION, A PRAYER

MAY I BE FILLED WITH LOVING KINDNESS  
MAY I BE WELL IN ALL ASPECTS OF MY LIFE  
MAY I BE PEACEFUL AND AT EASE

MAY I KNOW ABUNDANCE IN ALL THINGS; PROSPERITY, HEALTH & INTIMACY

MAY I BE WISE AND LOVING IN ALL MY DEALINGS  
MAY I DEVOTE MY LIFE IN THE SERVICE OF ALL BEINGS

MAY I BE A LAMP IN THE DARKNESS  
A RESTING PLACE FOR THE WEARY  
MEDICINE FOR ALL WHO ARE SICK  
A GUIDING LIGHT ON THE PATH

MAY I ALLOW ALL THINGS TO BE THE WAY THEY ARE  
MAY I AWAKEN FULLY TO MY TRUE NATURE AS UNCONDITIONAL LOVE  
MAY I AND ALL BEINGS IN THE UNIVERSE AWAKEN TO LOVE AND BE HAPPY



GP WALSH

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By GP Walsh  
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# MORNING MANTRA

We provide the mantra in text for so it can be copied and altered to your heart's content.

May I be filled with loving kindness  
May I be well in all aspects of my life  
May I be peaceful and at ease  
May I know abundance in all things: prosperity,  
health & intimacy  
May I be wise and loving in all my dealings  
May I devote my life in the service of all beings  
May I be a lamp in the darkness  
    A resting place for the weary  
    Medicine for all who are sick  
    A guiding light on the path  
May I allow all things to be the way they are  
May I awaken fully to my true nature as  
Unconditional Love  
May I and all beings in the universe awaken to  
Love and be happy

## VARIATION FOR FINANCES

If you are experiencing lack or financial insecurity or would just like to know more abundance

May I know the deeper meaning of abundance

Maybe filled with gratitude and appreciation for all the good that is around.

May I be open to all good things

May I remain generous and sharing even in the face of lack

May all beings awaken from the illusion of not enough-ness

May I feel the presence of love in all circumstances

May be filled with courage and compassion

May I be ever trusting of Love's bountiful generosity

May I know true lasting prosperity and the deeper meaning of wealth

# VARIATION FOR HEALTH

If you are experiencing illness or disability or would just like to feel more alive and vital

May I know the deeper meaning of abundance  
Maybe filled with gratitude and appreciation for  
all the good that is around me  
May I be open to all good things  
May I appreciate the abundance of others  
May I remain generous and sharing even in the  
face of lack  
May I remain always open hearted and expectant  
of good  
May all beings awaken from the illusion of not  
enough-ness  
May I feel the presence of love in all  
circumstances  
May be filled with courage and compassion  
May I be ever trusting of Love's bountiful  
generosity  
May I know true lasting prosperity and the  
deeper meaning of wealth

## VARIATION FOR LOVE

If you are experiencing loneliness or dissatisfaction in your personal relationships or would just like to know a deeper intimacy and trust

May I know be open to experiencing all aspects of love

May I be freed from my fears of rejection

May I love openly

May be healed of all wounds and traumas that inhibit my expression of all aspects of love

May I be joyous and curious in exploration

May I allow myself to be seen as I am

May I have the courage to take off the masks

May I have the wisdom too know who can enter my inner sanctuary and who must remain outside

May I honor others the way I would choose to be honored

May all I come in contact with feel my freedom and love more deeply

## ABOUT THE AUTHOR

The son of a schizophrenic mother and an absent father, GP's earliest memory is being tied to his bed to keep him from wandering. The years of abuse, neglect and emotional deprivation were offset by a natural gift for and love of truth as well as an unquenchable curiosity about how it is that people really heal and awaken.

*“My experience as a child made the search for truth and healing more than philosophical curiosity. For me, it was a matter of life and death.”*



At the age of 19, he was on the verge of suicide, addicted to drugs and at the end of his hope. At this dark moment, GP had an extraordinary spiritual experience that was so penetrating that, within a few months, his entire life had turned around. He refers to that day as his “Night on the Bridge,” where he experienced, as he puts it, “Original Innocence”.

Since then, he has spent his life learning, studying, researching, experimenting, practicing and creating practices that liberate the soul from unnecessary and self-imposed suffering.



Author. Speaker. Master Spiritual Teacher. GP Walsh is known as the Irreverent Sage who delivers a delightful mix of insight, divine inspiration and humor where wisdom meets earthiness to help people with their ongoing spiritual growth and inner transformation.

*“GP Walsh is a master spiritual teacher full of playfulness and compassion. He is a dynamic storyteller, and his message goes beyond self-help to deep and lasting spiritual transformation” - Marci Shimoff, Bestselling Author, Happy for No Reason.*

GP is Master Spiritual Teacher as well as an Author, Speaker and EFT Expert who delivers a delightful mix of insight, divine inspiration and humor.

In him, wisdom meets earthiness to help people with their ongoing spiritual growth, transformation and inner healing.



*“I have had the privilege of hearing some of the best storytellers and speakers in the world. GP Walsh is one of those. It is a rare talent that can keep an audience absolutely mesmerized while delivering teaching and insights that are profound and life changing.*

*GP will take you on a journey you will not soon forget and will touch you in ways that will effect everything you do.”*

*Jack Canfield ~ The World's #1 Success Coach and Co-Author of “Chicken Soup for the Soul” and “The Success Principles”*

Other works by GP “The Tao of Allowing”, “Tapping on the Buddha”, “The Healing Power of Touch”, “The Chakras - Archetypes of Consciousness”, “Just Allow It”, “Your 4 Amazing Power of Creation”, “The Deep Energy Cleanse” and many, many more.

You can find all about all of those by visiting his web site  
[OMSchool.ca](http://OMSchool.ca).

## ABOUT OM SCHOOL

GP is a prolific writer and course creator. People are often amazed at the sheer volume of his output. He needed a place to house and distribute this large volume of work. This led to the founding of OM School with his producer, his student and now his business partner, Lisa Berry.

OM School is GP's online teaching platform. Here you will find dozens of courses, workshops, live events, meditations and books. All of his courses are always in response to the needs of his students. So his programs are always fresh, relevant and timely.



The flagship course series is called Inner Reconciliation<sup>TM</sup> and in that collection he covers in depth the whole nature of his way of not only revealing your trues self but also also how to heal numerous emotional, psychological and physical ailments.

The motto of OM School is We Teach Love and that sums up its purpose which is a direct reflection of GP's extraordinary life.



OM SCHOOL  
WE TEACH LOVE 爱

Come visit us at [OMSchool.ca](http://OMSchool.ca), where you will not only find all his courses but you can also get help from GP's team.

Lisa herself will help you choose the courses that are best suited for you. You can reach her directly at [lisa@OMSchool.co](mailto:lisa@OMSchool.co).

We also can give you referrals to facilitators that have been trained by GP or book a private session with GP himself.

Whenever you may be on your spiritual journey, GP is able to guide and encourage you on the path he himself has walked and now teaches to others.

May all beings in the universe end suffering and be happy.