

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



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PARADIGM SHIFT SCRIPTS

A MEDITATION, AN AFFIRMATION, A PRAYER

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OM SCHOOL
LOVE ~ HEAL ~ TEACH

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INTRODUCTION

Having a roadmap and guidance with Paradigm Shift Scripts is what brings ease, comfortability, and success to a transformational shift.

Establishing a new practice that invites a paradigm shift requires direction, architecture for thought, assurance, and support. Knowing where to begin with curiosity and inquiry, and where to go next, as integration and transformation happens, is crucial!

One of the most challenging things that interferes with consistency is knowing what to say and what to ask to uncover a true feeling that can be translated into personal expression. We're often left with frustration, lack of clarity, absence of understanding and feeling disconnected and disappointed.

Following along with Paradigm Shift Scripts gives access to already existing, proven inner assets to facilitate a transformation.

To help reconnect with yourself and to make it easier to feel a sense of comfort and peace; a steadiness in life, bringing us to a beautiful state of wholeness and love is the purpose of these Paradigm Shift Scripts. And it is to that end that we share them with you.

PARADIGM SHIFT SCRIPT

We provide the script 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 OM SCHOOL

Lisa and GP are prolific writers and course creators. People are often amazed at the sheer volume of their output. They needed a place to house and distribute this large volume of work. This led to the founding of OM School

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

Come visit us at OMSchool.ca.