



I am the center of
the peace I seek.

I am the direction
that finds me.

Here and now,
everything aligns
within me.

ELORI'AH

Instructions for Using the Mantra

1. Take a deep breath.
2. Place one hand on your lower belly and the other on your heart.
3. Repeat the mantra 3 times.

Practice this ritual daily, as many times as you wish, for at least one week.

*The strength you seek is already within you.
Don't hesitate to find it.*