
MEDITATION AND MANTRA



Patricia Maddalena
Co-Founder of WiggleBums and Living Free

Hey lovelies,

Here is a list of positive beliefs that you can use, using the Meditation and Mantra process (MP3). Simply go through and pick the beliefs you are most drawn to, the ones you get a strong reaction to, or laugh out loud to, or feel resistance to, even the ones you relate to and either upload them individually or fuse a few together.

When we use this process in our WiggleBums/Kids class I find something that the children are struggling with, maybe listening or being focused and we incorporate it into the theme of the class and use it in the meditation at the end.

In our pregnancy classes, we pick from an extensive list that relates to the current situations the women in the class are facing, using it in the Savasana at the end. Giving them that added layer of internal support.

Make sure you are comfortable, I like to hack in bed. Get a blanket around you, throw your headphones on, and upload using the Meditation and Mantra MP3 if you need to.. Remembering to save it to the hard drive of your mind by pressing the tips of your fingers and thumbs together and repeating it for a few more times. This fires the synapses deep within your memory banks hardwiring your new beliefs deep within every cell of your being. Then you can draw a line through it and pick another until you've uploaded as many as you like creating new pathways and connections your amygdala will love.

It's as important to work on your self and upgrade your mind so you can be clear when you relate with the children in your care. Because what you were told as a child, whether it was a string of positivity or criticism about who you are and what you can do, becomes your inner voice as a grown-up and has a direct impact on how you live your life day today. From the choices you make or don't make, to the people you attract and the situations and dramas you find yourself in.

All of your moans, groans, criticisms and fears, every compliment, praise, optimistic opinion that you think, feel and say, are the very fabric that holds your life experience in place. They are your beliefs, your programs and will dictate your experience of the world.

Using Meditation and Mantra in an active way, by creating perfect, present tense sentences that align with who you truly are will hardwire in a new set of beliefs and behaviours that will automatically be heard deep within every cell of you being. And when triggered will bring you a more joyous and beneficial life experience.

We have an amazing opportunity to be the change and help create and shape the next generation without handing down our crap down to them! By sifting through our own internal world, clearing up what benefits us and what does not, shifting our language and drawing the good out from each child you will have a massive positive impact in how you are with your children and how they will be with themselves, and they will grow into confident, loving, caring, adventurous, strong, adults of the future.

I salute you for doing this work because it is HUGE and one of the best ways to make the changes we all wish to see in the world. That's gotta be a good thing eh!

Big Love, Trish x

Positive Present Tense Beliefs

- I am patient
- I am kind
- I am a good listener
- I am trustworthy
- I am loveable
- I am focused
- I am respectful
- I am confident
- I am clever
- I am calm
- I am happy
- I am strong
- I am a good listener
- I am understanding
- I am forgiving
- I am compassionate
- I am healthy
- I am gentle
- I am fair
- I am deserving
- I am assertive
- I am joyful
- I am inspiring
- I am wealthy
- I am thankful
- I am worthy
- I am loveable
- I am consistent
- I am trustworthy
- I am energised
- I am creative
- I am peaceful
- I am courageous
- I am honest
- I am enthusiastic
- I am playful
- I am healthy
- I am adventurous
- I am dedicated
- I am loyal
- I am calm
- I am connected
- I am helpful
- I am optimistic
- I am motivated
- I am self assured
- I am practical
- I am observant
- I am caring
- I am curious
- I am a leader
- I am resilient
- I am abundant
- I am a good friend
- I am a good person
- I love my life
- I love being here
- I am persistent
- I am tenacious
- I am humble
- I am loveable exactly as I am
- I am competent, smart and able
- I am flexible
- I am positive
- I am worthy of friendship
- I am enough
- I am beautiful
- I am loved
- I am supported
- I am heard
- I am respected
- I am inspired
- I am inspiring
- I am full of positive energy
- I am believed
- I believe in myself
- I am more than good enough
- I deserve to be here
- I am a priority
- I am proud of myself
- I achieve good grades
- I have high standards
- I am brave
- I am awake



Remember,
you are what you think!

Positive Present Tense Beliefs

- I am relaxed, calm and confident
- I trust myself
- I feel good about my body
- I feel healthy and fit
- I feel strong and healthy
- My body is perfect exactly as it is
- I listen to myself and act on what I need
- I ask for what I want when I want it
- I set clear and firm boundaries
- I put myself and my needs first
- I feel content
- I am enjoying life
- I love eating healthy and nutritious foods
- I look after my body
- I am gentle with myself
- I only choose nutritious and delicious foods to eat
- I am fit and active
- I like to rest and take it slow
- I listen to my needs and act on them
- I give myself permission to rest
- I feel joy and contentment in this moment right now
- I give myself permission to be happy
- I choose to see the beauty in this whole process
- I have an amazing support team.
- I ask for help and I receive help gratefully
- I am strong and healthy and sailing through life
- I am in perfect health
- I feel very connected and grounded
- My body is beautiful exactly how it is
- I am connected to my intuition
- I know exactly what is right for me and act from it
- I am fully supported and loved, all is well in my world
- I am present and here
- I confidently make my choices known
- How I live my life is my choice
- I make good decisions based on the facts not fear
- I am safe, all is well in my world
- All of my needs are met
- I am a great person, I get better each day
- Everything keeps getting better and better
- I love myself and I am happy to be here"
- I am loved
- I take good care of me
- I am safe all of my needs are met
- This is the best time of my life
- Every cell of my body is full of contentment and bliss
- I exercise regularly and eat good nutritious food
- I am more than capable of being someones mum
- I am happy and healthy
- It is safe for me to be happy
- I am worthy
- I deserve this life and all the good that it brings
- I have complete confidence in myself
- I am relaxed, calm and confident.
- I am safe
- I am a strong and capable woman, I trust my instincts
- I trust my body
- I am enough
- I do enough
- I make good decisions
- I am excellent at making good clear strong boundaries
- I ask for what I need when I need it
- I listen to myself and my needs and act on them
- I let go of things readily and easily when they no longer serve



Beliefs Create Your Reality!

Positive Present Tense Beliefs

- I am a great mum/person/teacher
- I accept the unexpected with ease and calm
- I love myself
- I forgive myself
- I accept and surrender gracefully
- I listen to my body
- I love my body
- I am powerful and loveable
- I am my own best friend
- I sleep deep and well
- I radiate confidence, beauty and grace
- Every cell in my body vibrates good health
- I love and respect my body
- I eat only when I am actually hungry
- I choose health and wellness
- I feel great I love taking care of myself
- I openly give and receive love
- Every day I am become stronger and healthier
- All that I need is within me
- Every day is a new day filled with joy and health
- I am free from old patterns and habits that no longer serve me
- I feel more energised every day
- I make powerful choices
- I am grateful for who I am I am patient with myself
- I am worthy of all things wonderful
- I am in perfect health
- I release self doubt, self defeat and self sabotage
- I love and accept myself exactly as I am
- I choose to be blissfully happy and healthy in my mind, body and spirit
- I am strong, empowered and capable of anything
- I am adventurous, fearless and fierce
- I am free from expectations and criticism
- I am worthy of abundance and prosperity
- I am a beautiful and unique individual
- I am enough just as I am, right now and always
- "I recognise where I've been and celebrate the person I'm becoming"
- I choose to let go of negative self chatter
- I am smart, courageous and self confident, I am loved
- I choose not to take things personally
- I believe in myself and offer value to others
- I choose to forgive myself and others and to let go of the past
- I nurture my passions and creativity by doing things I love
- I am gentle with myself and treat myself with kindness
- Every day, in every way I get to know my authentic self
- My self care is worth making time for
- I am grateful for who I am
- I take great care of and love my body, for it is a temple and I treat it with respect
- I take time to nourish my whole self
- I am a priority in my own life
- I have compassion for myself and my mistakes, and have the same for others
- I dream big and create my life with intention
- I honour my intuition and use it as a guide
- I have the courage to say no and set healthy boundaries
- I allow myself to heal
- I choose to live in the moment and take things one day at a time I am the hero in my own life story



Perception creates experience!