



*A gentle landing place where
love-light, curiosity and awareness
blend to inspire spiritual growth.*

“I Deserve” Mantras

Take a couple of slow, gentle, deep breaths before saying the mantras. Say the mantra out loud, followed by another deep breath. Say the mantra aloud a total of 3 times. Feel free to repeat this process throughout your day. You can also cycle through these 7 mantras for three weeks, which will help create a new neuro-pathway.

I deserve to give and receive love.

I deserve financial abundance.

I deserve to be heard.

I deserve to feel fulfilled.

I deserve to do what is best for me.

I deserve to be free of the expectations of others.

I deserve health and fluidity in my body.

*Ann Ruane, Certified Energy & Crystal Healer
Helping you shift perceptions, inspire curiosity and guide transformation from the inside out.*