

LIV'S MANTRAS FOR DEEP INNER PEACE



I can lean into uncomfortable experiences and emotions knowing that they are my pathway to more clarity.

I can begin creating what I want without knowing how I am going to get to the intended result

This very moment is my perfect teacher.
Be with it as it is and listen.



I can allow my thoughts in, acknowledge them, and then let them go.

I am free to feel good about me no matter what emotional state I am in.

I love feeling an unconditional friendship with myself.

I know that my thoughts, emotions, and moods come and go and I can still be here now.

Being at Peace is about being open and letting go to the way that it is Right Now and Right now and Right Now.

