

DAILY MANTRA by Gary Bate

We are truly undefinable, unlimited beings; yet we unwittingly define and limit ourselves. I am not going to go into this in more detail here, because I have already written 7 books on the subject. Suffice to say that this mantra alone addresses it and returns us to our undefinable, unlimited nature.

In the beginning was the THOUGHT and then followed the WORDS..., so please do not underestimate the power of words; especially if said with intent and repeated daily until they manifest.

The affirmation in italics is one of my book titles. It is now a statement that's on the tip of my tongue everyday. TBH all 9 are now well-embedded within me. It takes just 21 days of repetition for this to occur, so there is no valid argument against one's ability to change. It just takes a little effort...

We always have a body of some form, whether it's 'physical' or another frequency of light, so this mantra is relevant for now and the future.

Exposing people to this mantra is a beautiful thing because they can take all of it, some of it or none of it.

It's taken me about 27 years of writing to come up with this one piece, which I can give (gift) to anyone:

My Mantra:

I am always in the right place at the right time...

I always get what I ask for...

I easily adapt to changing circumstances...

I am always able-bodied...

I always resolve issues with other people...

I am always fit, strong and healthy...

I only have beautiful experiences...

I am frequency specific to magic and genius...

I cancel all destinies that lead to the conclusion of my life...

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