



PremYoga Mantras:



1st – Welcoming the members of the Daily Meditation:

(9:00 to 9:15 in the morning and evening we meet, no matter where we are, in the spiritual space)

"My loving greetings to all participants! All the good that I wish now for me, I wish to all participants in our meditation circle, with whom I connect myself in all-embracing love!"

2nd – Repetitive Mantras to let go:

(Depending on the situation or state of mind – try it out and feel the strength of the healing power)

"Now I let go all the negativity!" ...
"Now I let go all that bothered me!" ...
"Now I let go all that does not belong to me!" ...
"Now I let go all that prevents me to be happy!" ...
"Now I wish that that evil disappears!" ...
"Go! "I don't accept this!" ...
"Go! "This does not belong to me!" ...
"All evil now leave this room / this body!" ...
"This space / room / body, we now have a evil free zone!" ...
"I don't let take from me the divine silence by anyone!" ...
"Now I let go of all which I did not know that bothered me!" ...
"Now I let go all the negativity that I had charged on me in this and in previous lives" ...
"Whatever bothers you, does not belong to you!"

3rd Repetitive Mantras to accept:

(Again, select / watch feel healing power / --- 2 and 3 also use spontaneously at any time if necessary)

"God is Good!" ...
"I ask for the good" ...
"You're divine, / I am divine!" ...
"Aham Brahmasmi Sat Cit Ananda Vighraha" ...
(Aham = I am, Brahmasmi = spiritual, Sat = eternal, Cit = knowledge, Ananda = joy, Vighraha = individual)
"God is Good, God comes only from the good and the good comes only from God!" ...
"Lord Jesus Kristus, Son of the living God, have mercy on me" ...
"Mr. Bruno Groening, please send me the divine healing power!" ...
"Here and now is love and serenity / Only love reigns!" ...
"Mind is over matter, and it alters the matter!" ...
"All things are possible to him who believes" ...
"I ask for perfect health in body, mind and soul!" ...
"I ask for the divine order / guidance / insight / love / peace / strength / joy!" ...
"I ask for divine protection / healing power" ...
"Healing - Regelungen"...

4th – Single prayers in the daily meditation (9.00 in the morning and evening):

"I ask for a blissful, beautiful, divine guided and protected day (night) full of love and joy."
"I ask for strength, patience and confidence, faith, trust and humility, love and harmony, and for peace and purity in my own heart."
"I ask to the divine order in myself and around me, divine guidance in thoughts, words and actions and for everlasting divine protection."
"I ask for deeper insight and knowledge and an expanded consciousness."
"I ask for my heart's desires, for all that is correct, and for all that I need."
"I ask that I may be a good tool with all my thoughts, words and deeds."
"Here on this primary source of energy, I invite it all to me, and refresh myself with renewed vigor, I accept this intimate relationship and let the love flow in all directions."
"All food, all fluids what flows through my digestive system and everything what I'm taking from that moment on and will be automatically transformed into the perfect light frequency and divine food that my body needs right now. So be it! So be it! So be it!"
And do not forget: "No gossip, no lamenting, no brooding!"

We are not fundamentalist zombies, but we draw the best from many sources:

Many PremYogis have already followed the path of Prema ...



Guru-disciple succession: Brahma, Vyasa, Narada, Sukadeva, Ramanuja, Madhava, Madhavendra, Chaitanya (Chaitanya Mahaprabhu 1486 -1533, taught the Acintya-bheda abheda-tattva – the inconceivable simultaneous oneness and yet different-being of the soul with God.)

... in the eastern world and in the western world:



We also draw inspiration from the Swiss national saint **Niklaus von Flüh** ("Make not the fence too far!"), the German national saint **Bruno Groening** ("Nothing is incurable! Love your life – God is everywhere!"), of the U.S. national saint **Mary Baker Eddy** ("The awareness of the spiritual man and his individuality are reflections of God!") of the Italian national saint **Francis of Assisi** and from their divine inspiration, **Jesus Christ**.

This Book is also dedicated to the female aspect of the Absolute Truth



Mary in Medjugorje, Maria in Einsiedeln, Mother Jashoda, Radharani (Radha is in Indian spirituality the personification of love and compassion)

This list of mantras and images does not claim to be complete ...