

## Mantra: Accept Meditation

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During this meditation, you are guided to recite the **Aniyamita Prema** mantra. This mantra is a cosmic recitation to invoke divine love the universal quality that unites us all. It comes forth from the depth of your soul out of the stillness of super conscious awareness. It is a conscious and deliberate step you take to reactivate your divine connection.

**ANIYAMITA PREMA**

*(Unconditional Love)*

Aham aniyamita prema

Use the **Accept Your Innate Power** music track to perform this meditation practice. As you recite the mantra, the goal is to **Accept Your Innate Power**.

Breathe in. Hold it. Breathe out. On the out breath, accept and allow what is happening. Be with it. Do not resist. Do not repulse. If you cannot stop your thoughts then simply look at them do not respond or interact with the thoughts you are creating. Just watch them.

If you feel an inclination to smile, laugh, or cry simply allow the feelings to flow. Be inside your authentic expression of unconditional love. Continue breathing in and out at a desirable rhythm.