



DEAR WONDERFUL SOUL,  
LOVELY LADY AND POWERFUL  
GODDESS

I am glad you subscribed to receive my sacred message and advice how to  
improve your femininity.

Here please get my special gift for you:

**5 SPECIAL MANTRAS  
AND AFFIRMATION TO  
INCREASE THE FEMININITY**





## PURIFICATION MANTRA FOR GENERAL LOVE ISSUES

Even though I am afraid of men/women, I love and accept myself.

Even though I am too tired to have sex, I love and accept myself.

Even though I want to punish my partner, rejecting him/her, I love and accept myself.

Even though I have never liked sex, I love and accept myself.

Even though I am disgusted by sex, I love and accept myself.

Even though sex is dirty, I love and accept myself.

Even though he/she was unfaithful, and I want to punish him/her, I love and accept myself.

Even though I am ashamed of being fat, I love and accept myself.

Even though I am impotent/frigid, I love and accept myself.





## AFFIRMATION FOR SELFLOVE

I am who I am

I am beautiful and unique

I am full of love and happiness

### **I love myself**

I am the most wonderful woman

I am a great goddess

I am the most precious gift I got

### **I love myself**

I deserve only the best

I am ready to receive love

I am ready to give love

### **I love myself**

Wow I am looking so wonderful, just special and most attractive

### **I love my self now and forever and in all life times**

Now give yourself a hug and kiss your shoulder on the right and left

**Please use this affirmation in the morning when you weak up and in evening before you sleep and whenever you feel a lack of self confidence or not balanced in your middle.**





## MANTRA FOR SARASWATI

### **Om Aim Saraswatyai Namaha**

This mantra should be chanted daily 108 times using your malas. When you use malas, you also increase Saraswati energy. This mantra will grant you feminine type of wisdom, or intuition, and this larger spacious feeling of knowledge. It is a perfect mantra to get this additional inspiration from the Highest Self, not just from mundane sources of information. It will also help you improve your speech, especially if you need it at your work.

**Use once or twice daily 108 times with help of a mala (prayer chain)**





## ADI SHAKTI MANTRA

**Adi Shakti, Adi Shakti, Adi Shakti, Namō Namō  
Sarab Shakti, Sarab Shakti, Sarab Shakti, Namō Namō  
Pritham Bhagvati, Pritham Bhagvati, Pritham Bhagvati, Namō Namō  
Kundalini Mata Shakti, Mata Shakti, Namō Namō**

Translation:

I bow to (or call on) the primal power.

I bow to (or call on) the all-encompassing power and energy.

I bow to (or call on) that through which God creates.

I bow to (or call on) the creative power of the Kundalini, the Divine Mother Power.

The Adi Shakti Mantra tunes one into the frequency of the Divine Mother, and to the primal protective, generating energy. It is said that chanting it eliminates fears and fulfills desires. Adi Shakti means, literally, the primal, first power. Feminine in its aspect, it divines the future—both known and unknown, and is the embodiment of creativity, balance, and completion. As a symbol, its impact transcends the rational mind.

Some quotes Yogi Bhajan gave on this mantra specifically for women:

"Merge in the Maha Shakti. This is enough to take away your misfortune. This will carve out of you a woman. Woman needs her own Shakti, not anybody else will do it. When a woman chants the Kundalini Bhakti mantra, God clears the way."

**Use once or twice daily 108 times with help of a mala (prayer chain)**





## THE SADHANA MANTRA FOR BEAUTY

### **Om Chandraya Nama**

Chandra, the Divine feminine.

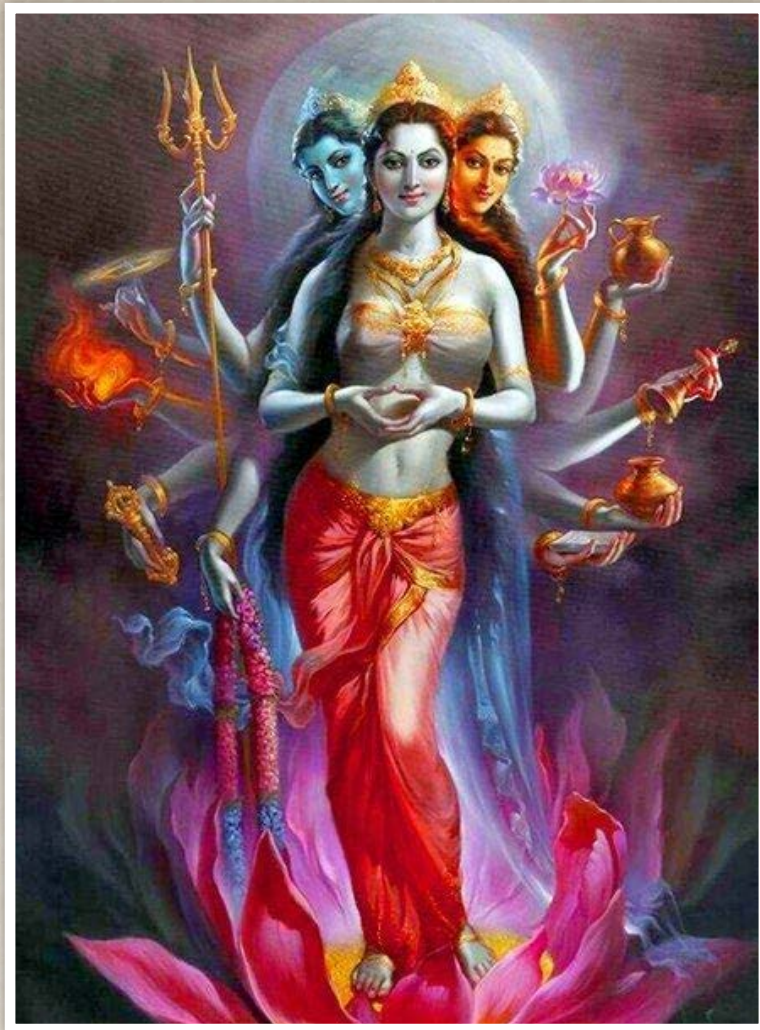
Chandra is known as the Moon; the cosmic feminine force and the giver of delight. The Moon represents the feminine, whereas the Sun is the masculine. The feminine is personified through the three goddesses Saraswathi, Lakshmi and Kali or Parvati. They portray the three complementary aspects of lunar energy to the masculine energies of Brahma (creative), Vishnu (preservative) and Siva (transformative).

The planetary deity Chandra is propitiated through increasing mental health and peace of mind. The esoteric result is intuition, spiritual acuity, the understanding of weather phenomena, and dreams.

Chandra rules over our emotions, feelings and creativity. Since the moon rules over the water element and the soma nectar, physiological associations are fluids in the body such as saliva, perspiration, and other secreting functions, the lymphatic drainage, the sympathetic system, the digestive system, the pancreas, and the female reproductive system. It deals with the elimination and assimilation of nutrition, and the overall protection of the organism.

**Use once or twice daily 108 times with help of a mala (prayer chain)**





You can use this mantras and affirmations 1 by another, starting the with the first for 7 days and then the next.

If you feel not comfortable with one just don't push yourself, or even if you feel especially fine with one just keep on going.

Let yourself guide be your intuition which is the voice of your soul.

Soul know exactly what you need.

If you have any questions, please contact me or subscribe to my newsletter on [www.janine-wolf.com](http://www.janine-wolf.com)

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