



Feel inspired every day wear a mantra

Choose one of our larger myMantra necklaces, and have your own powerful affirmation engraved on the back, to create a piece of truly personal jewellery.

Choose a mantra or affirmation to engrave that is personal and powerful to you.

Read our ideas for mantras, overleaf.



*Have your
personal
affirmation
engraved here*

*"A piece of jewellery can't change the world. But it can change the way you feel. And that can change **your** world."*

Jo Stroud, Mantra Founder



Ideas for Creating your own Mantra or Affirmation, to be engraved on a 'myMantra' Necklace

Choose a mantra or affirmation to engrave that is personal and powerful to you. It could be a phrase you have written yourself; an affirmation from someone who inspires you; a quote from a favourite book; or a piece of advice you have been given. Every philosophy of positive thinking, manifesting, or the law of attraction, includes a belief in the absolute power of affirmations, to help overcome limiting beliefs and change your mindset.

Hold onto your pendant from time to time through the day, and repeat your affirmation, to change your mindset; or use it to set your intention for the day.



Length of Engraving

We can engrave up to 4 lines, or 48 characters (including spaces), on the reverse of your pendant.

Cutting down your mantra, if it is too long

If the phrase you like is too long for our myMantra engraving, then try to summarise it into a shorter phrase. We will write the longer phrase on the card that accompanies your necklace, as a reminder.

We can help, if you like - just drop us an email at enquiries@mantrajewellery.co.uk.

Here are some examples:

Let's say you love the words, 'Life isn't about waiting for the storms to pass, it's about learning to dance in the rain'. You could simply have 'Dance in the rain' engraved, and we will write the longer phrase on the card that accompanies your necklace, to remind you of it. You will know exactly what you mean, when you read the phrase, 'Dance in the rain'.



If you are giving yourself advice, you might like:
'A journey of a thousand miles starts with a single step. Take that step'
As this won't fit, just 'Take that step' is enough to remind you of the thought. The longer phrase can be written on the accompanying card - just let us know.

What to engrave?

An Affirmation

An affirmation is a specific type of mantra which sometimes begins with the phrase, 'I am', or 'I feel'. It is a positive statement of fact, which you may not at first believe to be true; but repeated daily, will help you to internalise the feeling, and live and breathe the belief.

It helps you to act 'as if' something is true, until the words become your reality.

Classic affirmations include:

I am enough
I am grateful for all that I have
I can do hard things
I am capable
I am loved

Some of the most popular self-development authors, such as Louise Hay, Wayne Dyer, Gabrielle Bernstein, and classic books such as 'The Secret' or 'A Course in Miracles', or recent bestsellers by Vex King or Jen Sincero, all emphasise the importance of using affirmations to change your life, and give some great examples of powerful affirmations:

As I say yes to life, life says yes to me
I welcome miracles into my life
I choose to make the rest of my life, the best of my life
Ask, and it is given
Believe it, and I will see it
My thoughts create things
What would I do, if I were not afraid?
The universe has my back
Miracles happen to those who believe
The darkest hour is before the dawn
Things are always working out for me

Overleaf, you will find ideas in different themes, such as Love, Inspiration, Calmness - these are intended as thought-starters for you, to kickstart your own thinking. Or you may find the perfect phrase for you, amongst these ideas.





Loved, morning, noon and night

Loved and adored

You make my life wonderful

Life is amazing with you by my side

You are my sun, my moon, my stars

'Our beautiful place' - Let's find a beautiful place and get lost together

'Joy in my heart, love of my life' You're the reason I smile, you're the joy in my heart, you're the love of my life

Love will guide me

I choose love

I attract love

I am loved

I am loved, protected and blessed

Love surrounds me

My heart is open

Love will find me

My life is full of light and love

May your life be filled with love

Love with an open heart

Always in my heart, forever in my mind

My heart is full of love



HAPPINESS & WELL-BEING

Laugh often and much

Today is going to be a great day!

Do more of what makes you happy

Life isn't about waiting for the storms to pass, it's about learning to dance in the rain

Find your happy place

When it rains, look for rainbows

Fill the world with sunshine everyday

Always look for the good

You only have one life: live it well

The purpose of life is to be happy

Seek the sweet moments in every day

Live, love, laugh



Life is beautiful

Today is going to be amazing

Today is a good day

Today I am excited about everything

Something wonderful is about to happen

I choose happiness, success, abundance

Keep your face to the sunshine

Life is better with a smile

Happiness is the journey, not the destination

Make life sparkle

Be Happy, Be Bright, Be ME!



Always go forwards

Explore, dream, discover

The adventure awaits

The adventure begins

If the wind will not serve, take to the oars

The open road is calling

Climb over the hill and see what you find

Dare to dream



Enjoy the journey

The world is your oyster

A journey of a thousand miles starts with a single step. Take that step

Go confidently in the direction of your dreams. Live the life you have imagined.

Life is a journey to be lived, not a destination to be reached

'Throw off the bowlines, sail away from safe harbour, catch the trade winds in your sails. Explore, dream, discover' - Mark Twain

I am the architect of my own destiny

Attitude is more important than facts

Create the life you want

My courage is stronger than my fear

Without darkness, there would be no stars

Throw your heart over the bar and your body will follow

Let my faith be bigger than my fear

Dance like nobody's watching

Life isn't about finding yourself, it's about creating yourself

Dream it, believe it, achieve it



This too shall pass

I have a choice

Choose to shine

Be a lover, a giver, a believer, an achiever

Never let anyone dull your shine

Feel the fear and do it anyway

Shine your own light, follow your own path

If it was easy, everyone would do it

Speak your mind, with all your heart

I am fearless and therefore powerful

What's for me will not pass me

When life holds you back, aim forward

Never stop dreaming

Carpe diem

Everything is possible

Live the life you have imagined

Inspire hope, ignite dreams, change lives

Love, hope and adventure

Change my thoughts, change my world

Create your own world



Be a lover, a giver, a believer, an achiever

Only an open heart will catch a dream

Dream big, live well, love truly

Inspire others

Anything is possible, if you believe

Something wonderful is about to happen

What inspires you, fires you

Dream it, believe it, achieve it

The adventure begins



I remain calm in the chaos

Every morning, I am born again

Let go of the past and it will let go of you

I am calm, safe and grounded

Everything happens for a reason

My inner being is calm

Rest my mind, calm my heart

I speak from my heart and have no regrets

Calm my soul, find my truth

Calmness washes over me

Let go

All is well in my world

Slow it down

Just breathe

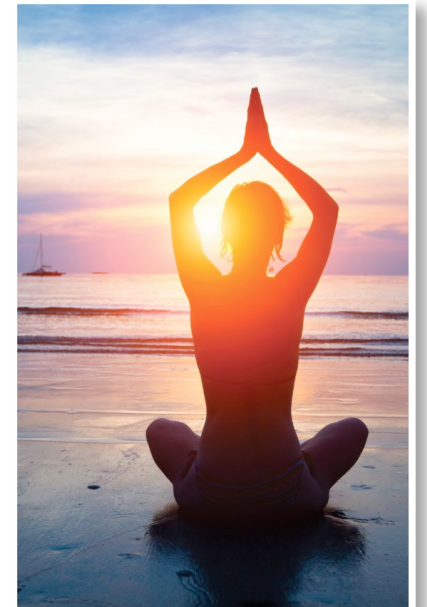
This too shall pass

After a storm comes calm

Everything is as it should be

Slow down and smell the roses

I breathe in calmness



*To find out more about
the world of mantra, visit...*

 MantraJewelleryUK

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