




mantra[®]

JEWELLERY

STERLING SILVER

Feel inspired every day

A silhouette of a person jumping joyfully on a beach. The person is holding a string of seven balloons in shades of purple, pink, and blue. The background features a calm ocean with gentle waves and a bright, hazy sky. The overall mood is one of happiness and freedom.

*Do more of what
makes you happy*



"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

We create meaningful jewellery,
designed to inspire and uplift.

Each piece symbolises a specific mantra,
intended to make a positive impact on
the way that you feel.



Hold onto your piece of jewellery
for a few moments throughout the day,
and bring its message to mind.

Buy it for yourself, and it prompts you to be
your best self, every day.

Buy it for someone else, to remind them
of your love and appreciation.



Still
Present
Mindful

Be still, be present,
be mindful



Let
Go

I let go of fear, I let go of
worry, I let go of doubt



Strong
Wild
Free

May my body be strong,
my heart wild and my spirit free



Jo Stroud



"I believe in the power of words to inspire us. An uplifting phrase, called to mind during a busy day or in tough times, is enough to remind us to stay strong, be positive, and believe in the best.

I have always been a keen collector of inspirational quotes. But it is only as I have become older that I have grasped how to use such words as a guide for living my life.

I now have a number of go-to phrases - or mantras - that I use for inspiration, focus and guidance. I first started using mantras actively when I trained for running events, to keep me going. I also use them in my yoga practice, to set an intention for the day.


I am also passionate about jewellery, as I believe it holds meaning in a way that nothing else does. Jewellery is personal - you wear it close to you; portable - you carry it with you by wearing it; precious - in what it is made of; permanent, in a way that so many other things aren't; and it acts as a prompt, or reminder, of the person who gave it to you, or the reason you bought it.

I created Mantra Jewellery to bring together my belief in the power of words; and my love of jewellery."

Jo xx

I let go of fear,
I let go of worry,
I let go of doubt



A silhouette of a person with long hair, sitting in a meditative pose on a beach. Their hands are pressed together in a prayer position (Anjali Mudra). The background features a calm ocean under a warm, golden sunset sky with scattered clouds. The overall mood is peaceful and contemplative.

*Be still, be present,
be mindful*



*When life pulls you
back, aim forward*



She who is brave is free




*I feel calm, safe
and grounded*

Dimensions:



Technical Information:

-  Sterling Silver and 18ct Gold-plated
-  Most necklaces come on an adjustable 18-20 inch chain
-  The Mantra chain has a lifetime guarantee

For more information, visit www.mantrajewellery.co.uk



Write a personal reason for choosing your mantra here



Designed to fit
through your
letterbox



Packaged in a gift box with inspirational stickers





At Mantra, we are committed to making a positive change in the world, bringing more joy, kindness, support and empowerment to people who need it the most.

The 'Mantra Changes Lives' initiative works with charities and not-for-profit organisations to create jewellery to raise funds, show support, and build awareness for important causes.

We partner with charities that we believe are working hard to make the world a better place.

We create a mantra that links to their cause, and then design a beautiful piece of jewellery to bring it to life.

We donate 25% of the selling price of that necklace to the charity.



In aid of
mind
for better mental health



Choose your pendant



The Bespoke Collection



Decide on your personal mantra



You can fit around 40 characters, including spaces, on the pendant



If it's too long, don't worry! We can help you to create a shorter version

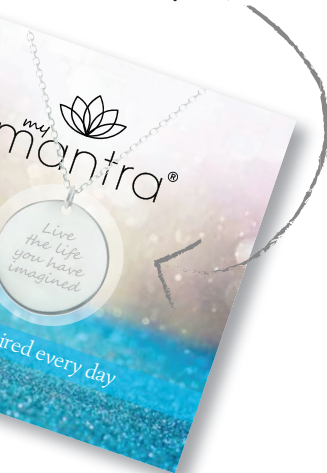
We can print the full mantra on your card, so don't worry about cutting it down on your pendant

Decide what you want engraved.
We print it here...





...then we engrave your
mantra onto your pendant



Struggling to decide?

Here are some of our favourite mantras

To encourage love:

My heart is full of love

*May my life
be filled with love*

To follow your dreams:

*Anything is possible
if you believe*

*Go confidently in the
direction of my dreams*

To be more positive:

*Change my thoughts,
and I change my world*

To get you through a tough time at work:

*Hard work brings
sweet rewards*

To bring strength and courage:

Stay strong

She who is brave is free

To cope with change:

*I am the architect of
my own destiny*

To bring calm and feel safe:

Be still, be present, be mindful

I feel calm, safe and grounded



*Wear your Mantra Jewellery to
bring inspiration and joy, every day*

To find out more about mantras,
visit mantrajewellery.co.uk



MantraJewelleryUK



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