

# True Healing Source Self-Empowerment Mantra

## With Energy Healing Code

You can print this mantra on card stock, cut it to size and laminate it. You are invited to keep it with you wherever you go. Read the Mantra any time you feel you would like to connect deeper with your Source Energy (Authentic Self) and feel uplifted. As you read the mantra simply run your hand over the code simultaneously 5-10X to instill it deeper into your consciousness for healing.

This energy healing code is similar to a meridian tapping code, and just as powerful as if you tapped along with the code.



Self Empowerment  
Healing Mantra

"I AM LOVE, I AM LOVED  
I AM LOVABLE, I AM ABUNDANT  
I AM WORTHY, I AM WHOLE  
I AM COMPLETE, I AM ENOUGH  
I AM SOURCE ENERGY"

A, MF, A, IF, CB, IF, THYM, IF, CH, LF, OE,  
SS, THYM, CH, 3RD EYE, SS, A, SS, EB

Healing Code to enhance & instill Mantra  
Created by truehealingsource.com