



# **SYNCED**

**40 EVOLUTIONARY MANTRAS**

**SHERRY HOPSON**

## Forward

We all deserve to live the life we desire. It is empowering to know that we can attain all of our dreams, our goals, and our desires. Reaching them takes two things, *determination* and *mindset*. When we sync our determination and mindset with our desires, we reach the evolution of becoming the person that brings us peace and harmony.

Many spiritual and religious groups, business leaders, and power players understand the importance of using mantras. It creates a mindset of success, and they know it. The word *mantra*, which is over three thousand years old, is the combination of two Sanskrit words: *man* meaning *mind*, and *tra* meaning *vehicle* or *instrument*. All of us have the mind, but sometimes we drive in the wrong direction.

Getting in sync with your desires and your outcomes is all about belief systems. Fear-based beliefs create our vehicles to go in the wrong direction and sometimes even break down. Those beliefs sound something like this; "I want the perfect relationship, but there are no perfect men out there for me," or "I deserve to be wealthy, but I don't make enough money." A classic one is, "No one gives me the respect I deserve, so I keep getting passed up on the job I want." These types of statements create affirmations that we are not worthy of having what we desire.

*What is the difference between an affirmation and a mantra?*

An affirmation is a statement of truth. The problem is that sometimes our reality is what we believe to be correct, but it isn't. Our reality is nothing more than a mirror of how we feel about ourselves. To create a different reality, we must create a different mirror, and for that, we use mantras.

*Affirmation: I am wealthy.*

*Mantra: I am creating wealth through opportunities that come easily and swiftly to me.*

In the statement "I am wealthy," if you are wealthy, then no problem, it is a truth. If you are not and you look at your bank account and stacks of bills, you do not see the wealth, then your mind rejects the statement, and the mirrors of reality can't change. In the mantra statement, "I am creating wealth." The action word *creating* allows the mind to accept yourself as moving towards something enabling the change in the mindset and, eventually, the mirrors.

A mantra is all about the emotion you feel when you read and say the words. You should feel happy, lighter, and want to smile when you read the one you need. What you are feeling is the release of heavy negative energy from the body and replacing it with the truth.

There are different ways to work with a mantra. Some people need to say and hear them, while others need to handwrite them. Use the technique that is best for you and repeat them several times a day for at least 21 days. Happy Manifesting!



I am GUIDED on a **PATHWAY** that is  
**BLESSED** with  
**PURPOSE, PASSION** and **SECURITY**





My **SOUL** has been **ELEVATED** past my wounds,

I **FEEL** the **JOY** and **SUCCESS** **SURROUNDING** me that

I have been **SEEKING**.





**My PURPOSE, PASSION and LOVE are fulfilled on the earth plane.**

**My purpose through OPPORTUNITY.**

**My passion through my HEART.**

**My love through unlimited SUPPORT.**



**I am WORTHY.**

All blocks to my worthiness are **RELEASED.**

I am **FLOWING** with **ABUNDANCE**, always have, always will.



I am here to **LEARN, GROW** and **EXPAND** into the person I **DESIRE** to be.

I gain the **WISDOM** and **ACCEPTANCE** to become that person with  
ease and grace.

**I AM THAT PERSON I DESIRE TO BE.**



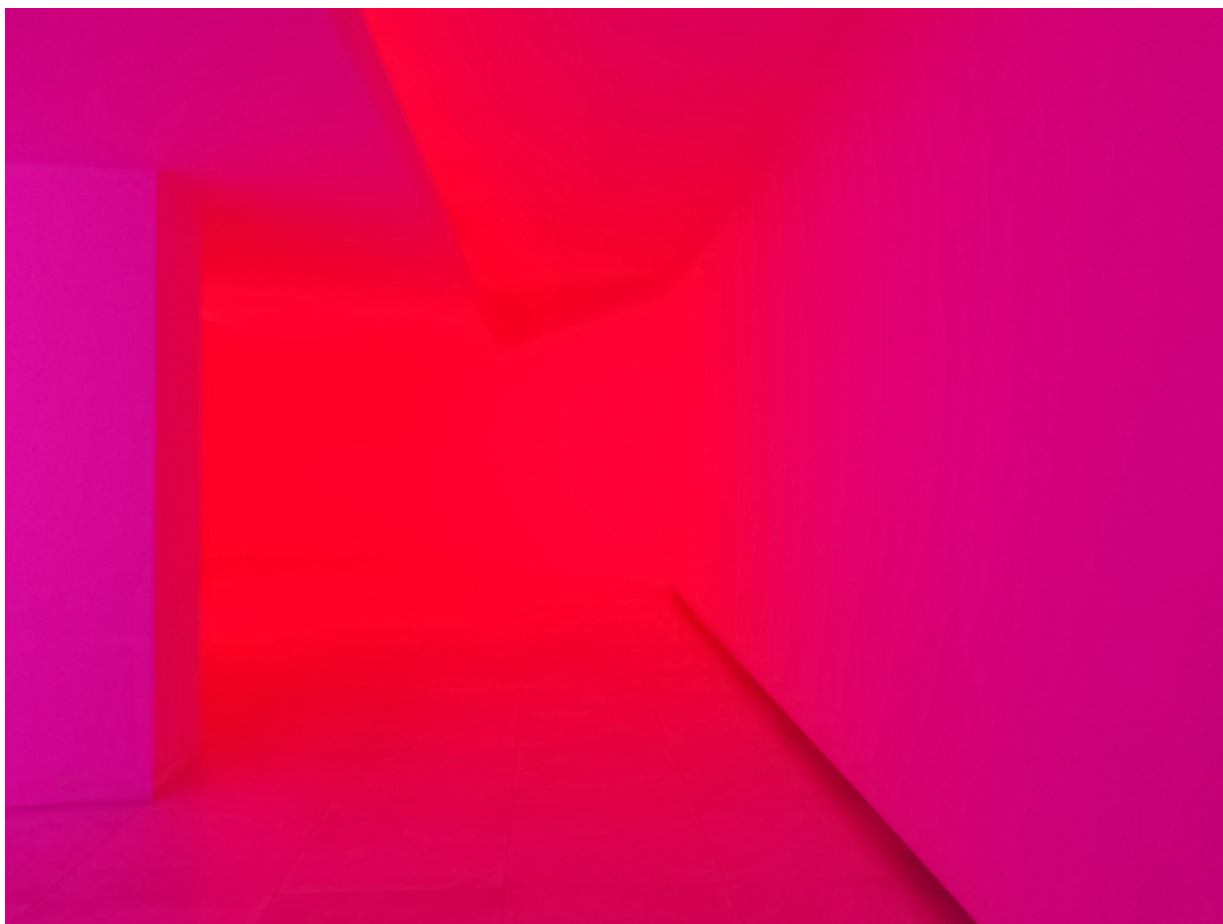


The **UNIVERSE** hears me and **SUPPORTS** me to reach my **GOALS**,

My **DREAMS** and my **RESPONSIBILITIES**.

I am shown the **POWER** of the **UNIVERSE**, the **POWER** of self and

the **POWER** of **UNITY** through this support.



I am **AWAKING** to my FULL potential,  
I see my **PURPOSE**, I feel my **PASSION**, I experience my **LIFE**  
to the **FULLEST**.



The doors have **OPENED**, I am **MOVING** in the right direction.

My life has **GUIDED** me to **PEACE, HAPPINESS** and **BALANCE**.





I am **FINDING** my **PLACE** in the world, my community, my friends.

They **SHARE** the same interests, values and dreams.

I **FEEL** love, appreciated and belonging.



I **ATTRACT** only what I **DESIRE**.

I am **RECEIVING** that what I **DESIRE**.

I am **GRATEFUL, THANKFUL** and **BLESSED** to have what I **DESIRE**.



MY life is **FULFILLED** through **MAGICAL** events, that fill me with **JOY**

and **PEACE** that **HEALS** the **DEEPEST** parts of my **SOUL**.





**I am **STANDING OUT** from the crowd, my **VALUE**, my **WORTH**, my **TALENTS**  
are noticed and appreciated.**

**I AM WHERE I BELONG.**



I am **ALIVE** and **LIVING** my **LIFE** to the fullest.

My **SOCIAL** life, **ROMANTIC** life, and **PROFESSIONAL** life

all come into **BALANCE** creating the perfect blend.



**I ATTRACT the KNOWLEDGE and WISDOM I seek.**

**Information FLOWS to me through UNEXPECTED sources.**

**ALL THAT I SEEK I FIND.**





The **WORLD** is filled with potential clients,

an **UNLIMITED** source.

I **RECEIVE** all the **CLIENTS** I need to **REACH** my **GOALS** of **SUCCESS**.



I am a **MAGNET** for those who **RESPECT ME, VALUE ME, DESIRE ME**  
and create **BALANCE** and **HARMONY** in my life.





My LIFE is creating **BEAUTIFUL PATTERNS** of events that create  
**JOY, PASSION and FULFILLMENT.**



**I am creating MOVEMENT in my life.**

**I am ABLE to make excellent decisions.**

**Decisions that create SUCCESS.**

**Decisions that create POWER.**

**Decisions that create MOVEMENT I DESIRE.**





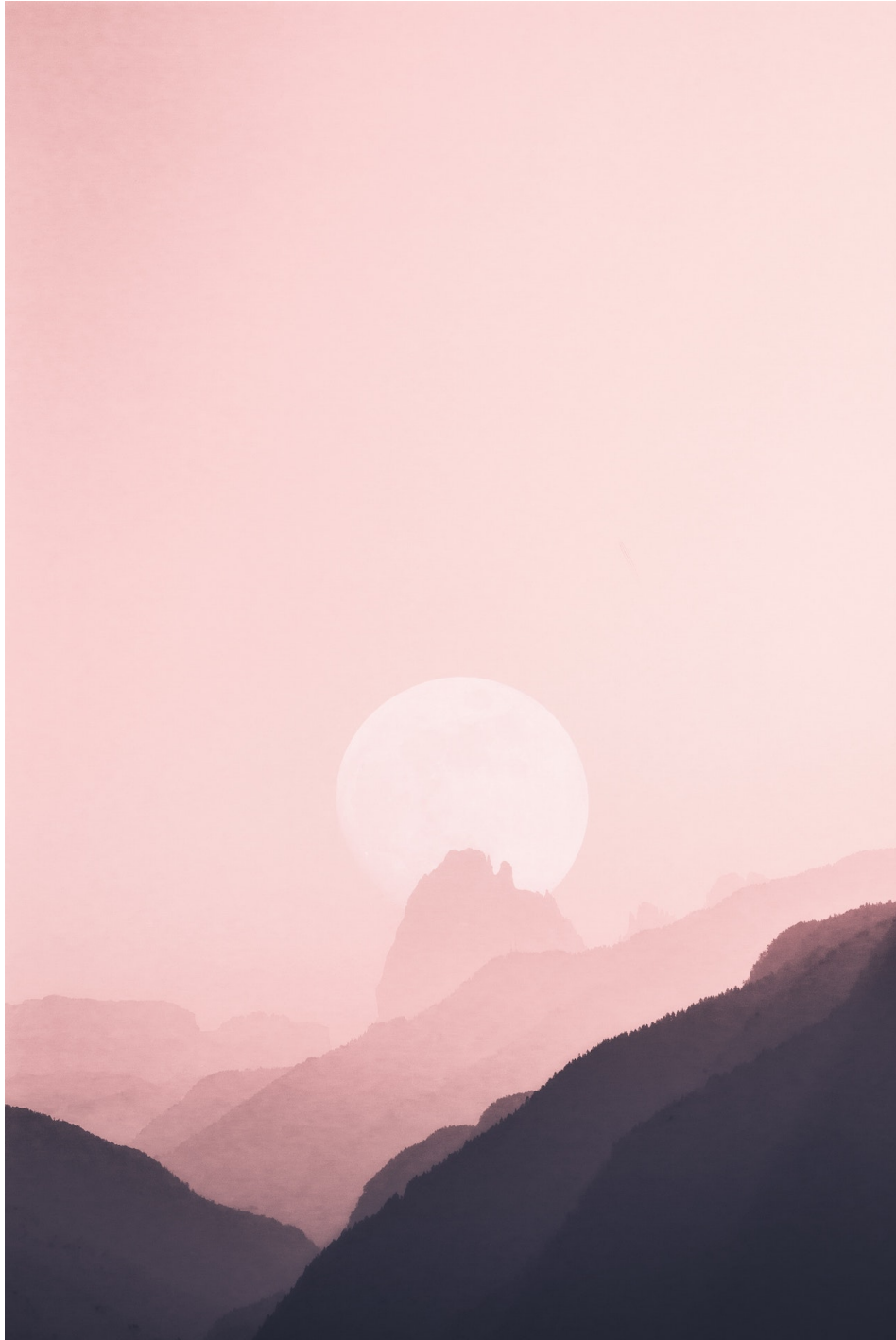
**MY BODY, MIND and SOUL are in ALIGNMENT creating perfect HEALTH,  
perfect HARMONY and perfect BALANCE.**



**ROMANCE FINDS** me,

**SWEEPS** me off my feet

and **ALLOWS** me to be the **QUEEN BEE.**



I am aligning with **ACCEPTANCE** and approval of **SELF**.

The alignment **HEALS** my body, mind and soul.

I love **MY SELF, BODY, MIND and SOUL COMPLETELY**.



I am **RELEASING** the **EMOTIONS** that create my **PAIN**, my body releases the  
**WEIGHT** of these emotions creating the **BODY I DESIRE.**





My **HOME** is filled with love.

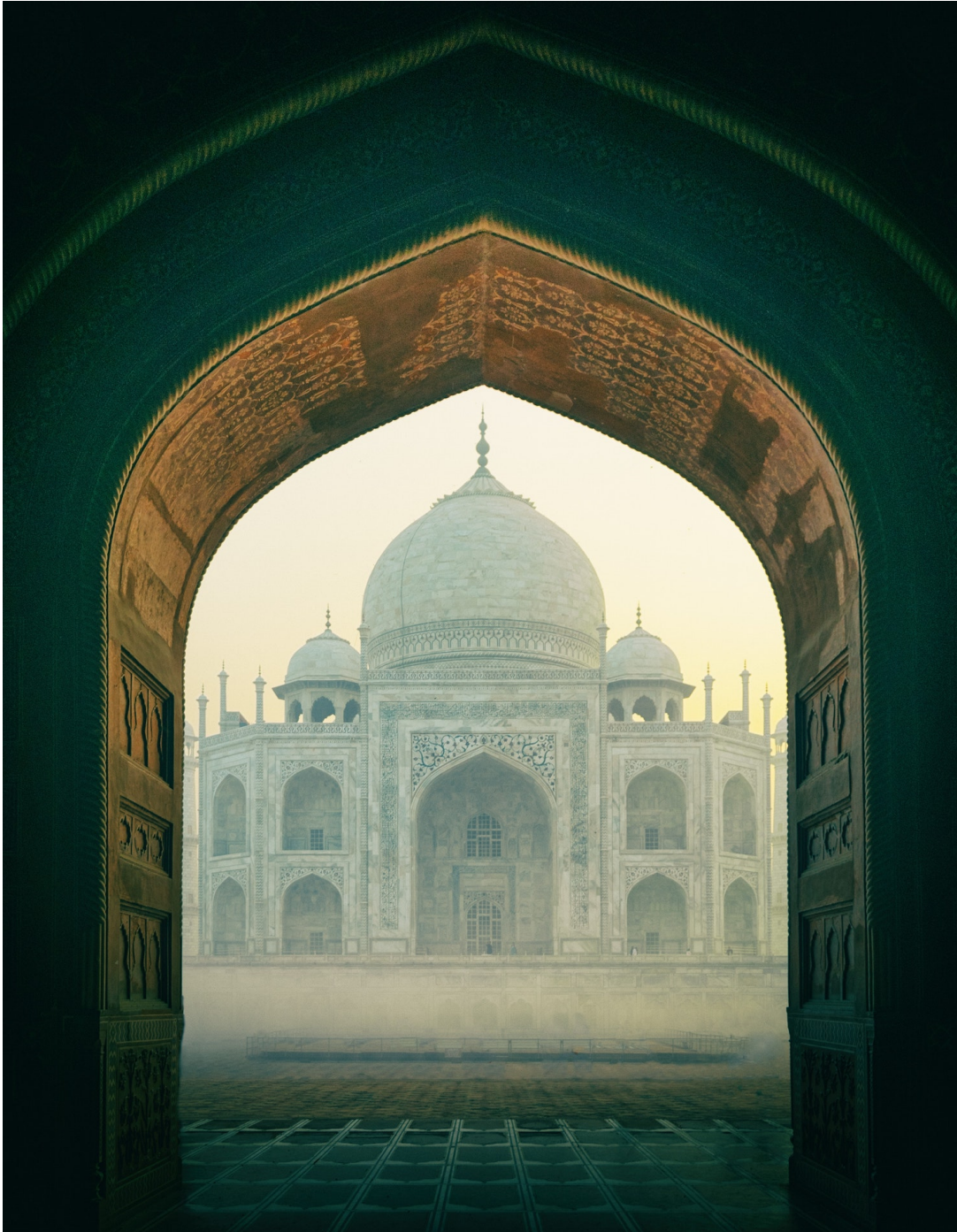
**LOVE** that **SPEAKS** and **LISTENS** from the heart.

**NURTURES** from the **SOUL** and **BALANCES** the **SPIRIT**.



I am **LOVED**, I am **APPRECIATED**, I am **ADORED** by the man who is willing  
to **COMMIT** to **ME** to give me the life I **DESIRE**.





I am a **MAGNET** for MEN that treat me like a QUEEN.

or

I am a **MAGNET** for WOMEN that treat me like a KING.

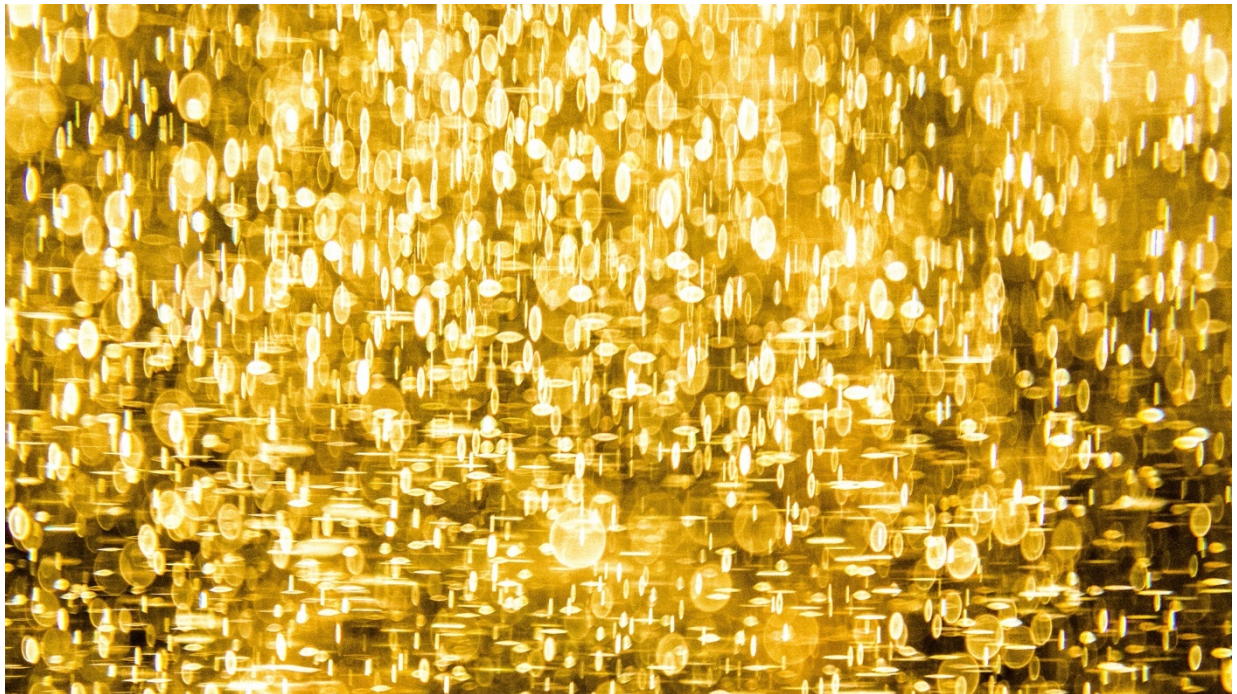


**I ATTRACT my perfect PARTNER in LOVE and LIFE.**

**The CONNECTION is made with ease and grace.**

**Our RELATIONSHIP flows with HAPPINESS and JOY to fill the  
MOMENTS of our life.**





**I'M A MONEY MAGNET MONEY STICKS TO ME LIKE GLUE.**



I am developing a **STRONG NETWORK** of clients that are

financially **INCREASING** my **WELLBEING.**



I am **RECOGNIZED** for MY TALENT & LEADERSHIP and

I am **PAID HANDSOMELY** for it.





**MONEY flows** to me with ease and grace.

It **FLOWS** from multiple **UNEXPECTED** places.

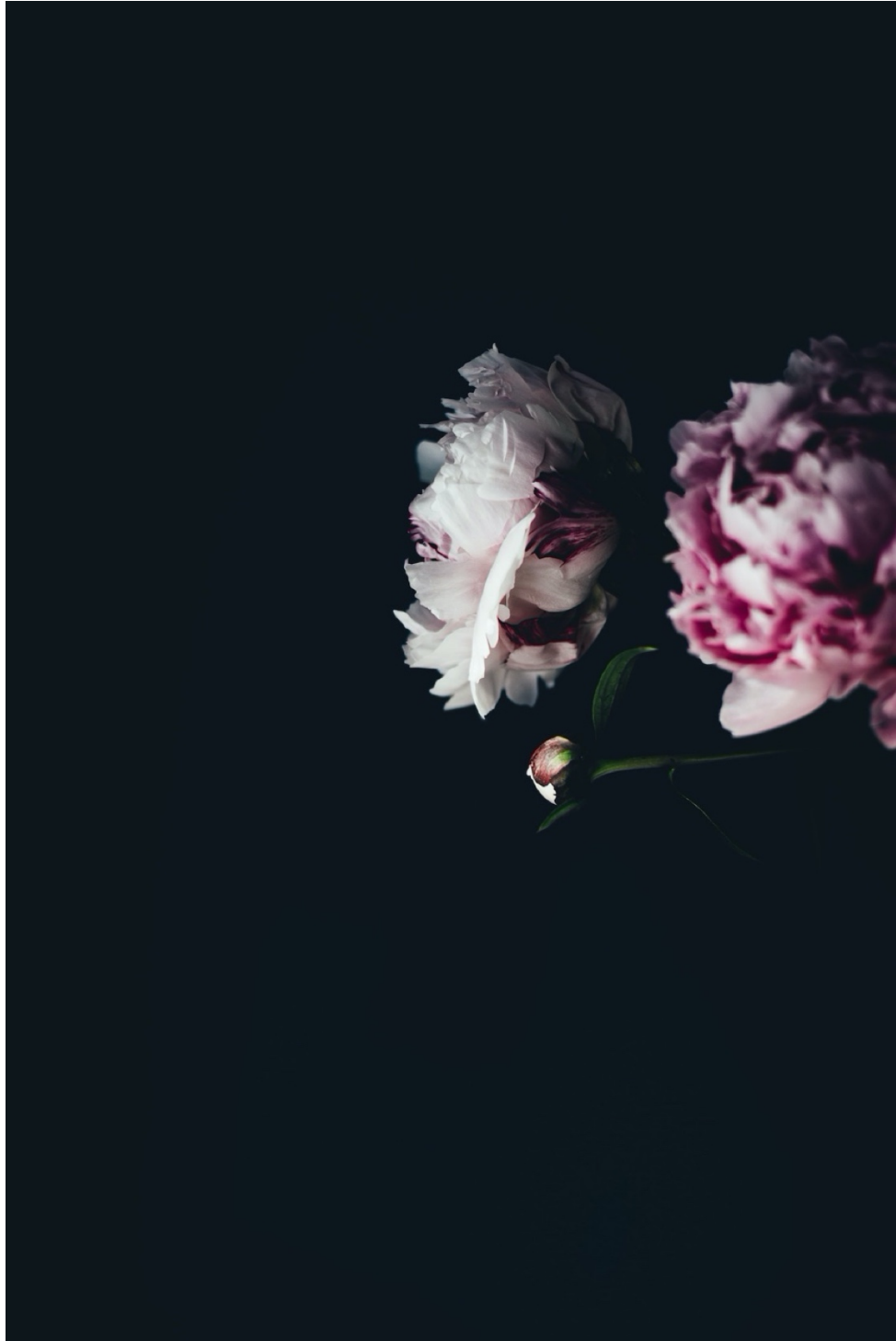
The flow creates **HEALING, STRENGTH** and **INDEPENDENCE.**





My bank account **GROWS** creating the **FREEDOM** I desire.

I see the **abundance** that life has to **OFFER** and I **LIVE** in that **ABUNDANCE**.



I receive **ALL** that I **DESIRE**, I receive all that I **DREAM**, I receive all the **LOVE**,  
**COMPASSION**, and **BLESSINGS** the world has to **GIVE**.



I am **BLESSED** with a **LIFE** that gives me the **GROWTH, KNOWLEDGE** and  
**WISDOM** to **MASTER** my path and **BEYOND**.



I am **receiving** the **SPIRITUAL** and **PHYSICAL GUIDANCE** to move **SAFELY**  
and **SECURELY** through the **CHANGES** of my life.





**I am at PEACE with my DECISIONS, I know that all things emotional and physical  
bless me with the opportunity to LEARN.**

**I am shown my LESSONS and move through them SWIFTLY.**



**My heart is OPEN to receive the love I desire.**

**ALL that I desire is POSSIBLE and MORE.**

**The UNIVERSE hears me, aligns me, heals me and GRANTS me what I desire.**





**I RELEASE any negative energy, negative connections and negative REACTIONS.**

**My body, mind and soul become STRONGER every day.**

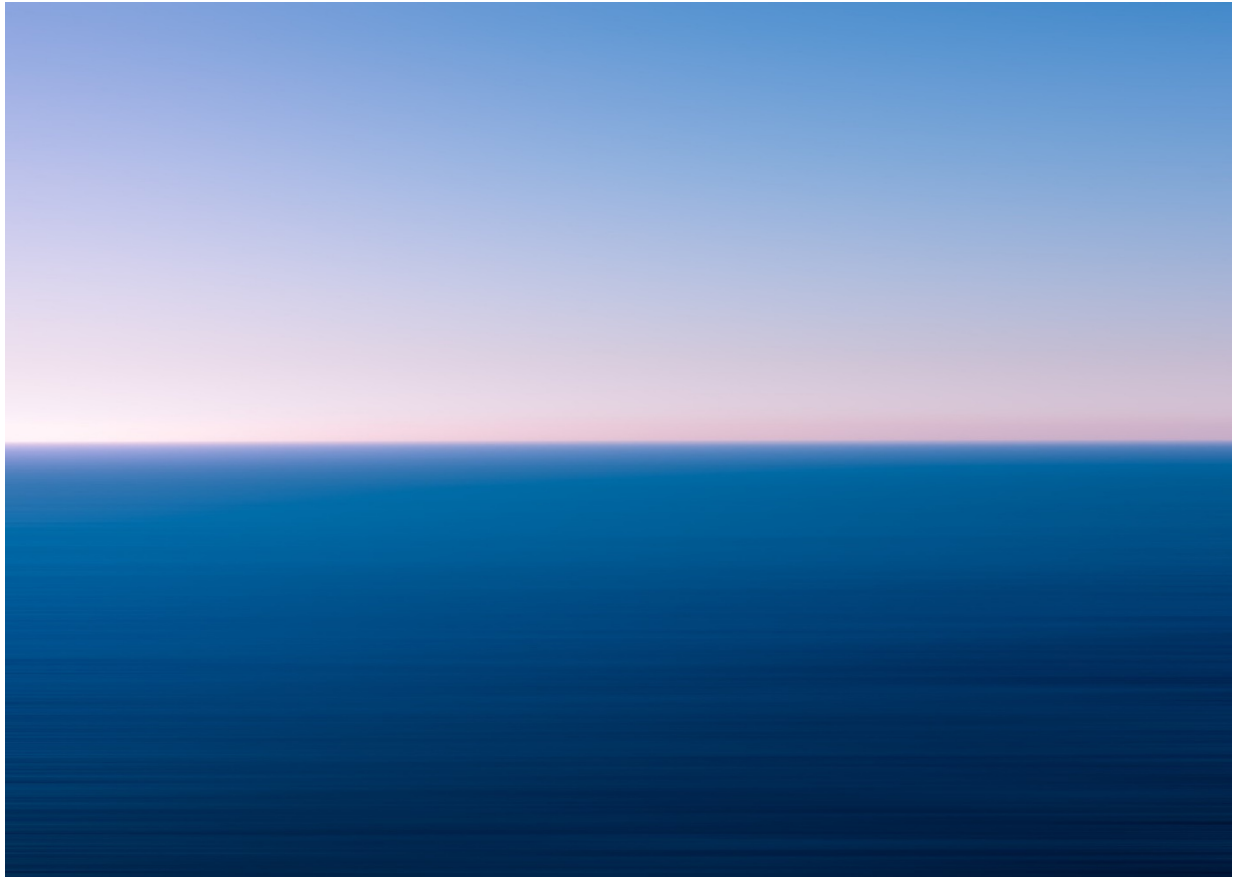
**My health INCREASES, my happiness INCREASES, my joy INCREASES.**





I am surrounded by **ALL** those that **LIFT** me up, give me a helping hand

and **EMBRACE** me with blessings.



I **ALLOW** the universe to **SUPPORT** me, **HEAL** me and **ALIGN** me

with **ALL** that I **DESIRE**.



I am **HEALING** every **ORGAN**, every **TISSUE**, every **CELL** in my body

through the forces of **NATURE**, **MIND** and **SPIRIT**.

I **FEEL**, see and experience the **CHANGES** creating

a **BEAUTIFUL**, **HEALTHY BODY**.



## THE Author

Sherry Hopson

Sherry Hopson is an internationally known author, speaker and radio personality. Her Corporate background includes 30 years of experience in Management, Consulting (Human Resources and Business development), and Finance. She has also held a position of CSO (Chief Spiritual Office) on the Board of Directors for an Import/Export Company. She left the corporate world to follow her passion as a spiritual counselor.

She specializes in the technique of transformational therapy, utilizing her skills as a psychic and a healer. The foundation of her practice is the how, what, why and where of energy that creates karma and forms emotional intelligence. After identifying disruptive energy patterns, she uses a process of clearing, transforming & analyzing belief systems to align to desired outcomes for her clients.



[www.sherryhopson.com](http://www.sherryhopson.com)

## THE Artistic Director

Wallis Suda is an Art Director working across Branding, Interiors, Wellness & Experiential Design. A devotee to all things that make the heart beat. She believes in building experiences through design and curation of beautiful objects, art, textiles, food, music, people, horticulture and spirituality in a manner that is unique to each project. Disciplined at Parsons School of Design in NY and Paris, her philosophy of design is built on a foundation that the right balance of academic knowledge in global design, art, raw materials, current affairs and interactions with all types of people is the only formula to creating radical product inspiring emotion, dialogue and healing. She has worked for international brands such as Calvin Klein and LoveShackFancy.

Wallis' greatest skill is to take the dreams of others as well as her own and bring them into physical reality. The result of such work is always one that must hold beauty and respect a subject while simultaneously designing in an exploratory way that pushes on often minimalist end product past expectations. While the process may be rough at the start, the vision is executed with finesse and sophistication. The idea is not to create more, but to create beauty out of what exists for a new golden age.



[www.wallissuda.com](http://www.wallissuda.com)



Copyright © 2020 Sherry Hopson  
All rights reserved.