



And just like that, I am an author. I just self-published my very first book/journal TODAY. This has been a long journey. Here's the story of the **40 Days of Shanti Mantra Journal**.

Exactly a month ago (on May 19), I received an email from a follower in Turkey. She said: "Damla, I just finished following your 40 Days of Shanti practice. I can't even finish a bottle of antibiotics in time (!), yet I recited Om Shanti Om for 40 days without a hitch. Thank you so much for making this practice available. Going through it felt really good for me."

She then said she was purchasing one of my online healings as a way to thank me and sent me the picture of a beautiful Istanbul postcard with hearts on it. She also said that one thing she couldn't manage to do was journaling about her practice which she hopes to do in the next round (Hulya, I got you covered :))

Hulya was following a practice I had prepared in 2014 and offered as a free email series in English and Turkish. In the email series, I walk you through the classical 40-day mantra practice, with tips, insights, encouragement, and sharing what I call the nectar of the practice turning it into a beloved companion.

Her email was my gateway into whole-heartedly falling into the enchanting rabbit hole of writing, editing, designing, and self-publishing [the mantra journal of our collective dream](#).

This journal is a dedication to all of us who seek peace within. It is an invitation to dip your toes into the magic of mantras and discover the beauty, depth, and the transformative powers of mantra practice.

40 Days of Shanti Mantra Journal is available on Amazon today.

Discover The Magic Of Mantras

Om Shanti Shanti Shantihi

With love, light, and gratitude,

Damla