

Sanskrit Mantra Card Collection

**Including a Key Vocabulary List &
links to further reading & references**

Plain Pastel - Printed DIY Cards

Connect with the roots and origins of this ancient practice that has stood the test of time, which usually means the proof is in the pudding - or in the results that follow dedicated practice.

Mantra, a select few countries embrace the practice from birth, raise their children through such energetic light work and contribute to a peace found only in moments, never an extended narrative beyond The Now. Science has almost caught up to ancient wisdom, when we embrace both together will we find the collective harmony we seek? Embrace the unknown, embrace parts and pieces of The Self that yearn for this kind of loving gift and blessing, and enjoy the feeling of connection to the divine spirit within your own being and Self when you practice chanting or repetitive absorption of The Mantra.

You may also listen to a selection of mantras on Ana Maria's YouTube channel ([Chants and Mantras - YouTube](#)). There are many playlists to be explored, all designed to make it easy to discover what sources of energy are good for you. Consider the playlists as your starting point and continue to discover more of what works for you from there. Enjoying self-care is a key to it becoming a permanent part of your routine and an eventual habitual practice. There is no point forcing yourself down a pathway that feels off for you, trust that what works for you is what is meant for you, and let the rest go.

Other variations of this card collection can be found here: <https://anamaria.org/sanskrit-mantra-collection/>

Some of the mantras in this collection have been selected from this website: [Hindu Shlokas, Bhagavad Gita, Upanishads, Granthas, Mantras \(shlokam.org\)](#). By visiting the site you can learn more and even practice your Sanskrit pronunciation.

Guidelines for usage:

You will require access to a printer (preferably colour), scissors and glue. If you wish to make these lovely cards last a little longer, you may choose to laminate them and keep a set around the house, in the car, or on your person.

Instructions for Travelling Love Cards

You will find the cards ready to print, cut and stick, et voila, you get a full set of travelling love cards:

- 1) Print your chosen pages.
- 2) Trim the business cards along the dotted lines, making certain not to cut the centre folding line.
- 3) Fold and glue the backs of the cards together.
- 4) Optional – laminate your cards to make them last longer or become ready for gifting to a stranger or friend.

Translation from Sanskrit into English.

We worship Lord Shiva the three-eyed one, the one who is the master of all senses and qualities and the one who is the sustainer of all growth. May he release us from the bondage of death, just as a ripened cucumber is released from its stalk, and may he (not deprive us of immortality) grant us immortality.

Find more mantras, prayers and self-care resources at
www.anamaria.org | contact@anamaria.org



TRYAMBAKAM YAJAMAHE

Om Tryambakam yajamahe
Sugandhim pushtivardhanam
Urvarukamiva bandhanan
Mrityor mukshiya maamritat



Translation from Sanskrit into English.

Om, the Lord, is earth, the space in between and the heavens. That Lord is the one who is the most worshipful. We meditate on that effulgent, all-knowledge Lord. May he set our intellects in the right direction.

Find more mantras, prayers and self-care resources at
www.anamaria.org | contact@anamaria.org



GAYATRI

Om bhur bhuvah svah
tat saviturvarenyam
bhargo devasya dhimahi
dhiyo yo nah pracodayat



Translation from Sanskrit into English.

Om, lead me from the unreal to the real, lead me from darkness to light, lead me from death to immortality. May peace be, may peace be, may peace be.

Find more mantras, prayers and self-care resources at
www.anamaria.org | contact@anamaria.org



ASATOMA SADGAMAYA

Om asato ma sadgamaya
tamasoma jyotir gamaya
mrityormaamritam gamaya
Om shanti shanti shantih



Translation from Sanskrit into English.

May my limbs, speech, vital air, eyes, ears, strength, and all the senses be fully developed, all that is revealed by the Upanishads is Brahman. May I never deny Brahman, may Brahman never disown me, let there be no repudiation (from Brahman), let there be no infidelity from my side, may all the dharmas extolled by the Upanishads shine in me, who am intent on knowing the Self. May they shine in me. Om! Peace! Peace! Peace!

Find more mantras, prayers and self-care resources at
www.anamaria.org | contact@anamaria.org



APYAYANTU MAMANGANI

Om apyayantu mamangani vakpranaścaksuh
śrotramatho balamindriyani ca sarvani.
Sarvam brahmopanisadam aa'ham brahma
nirakuryam ma ma brahma
nirakaroda nirakaranamastva nirakaranam me'stu.
tadatmani nirate ya upanisatsu dharmaste
mayi santu te mayi santu.
Om śantih śantih śantih...



Translation from Sanskrit into English.

May peace radiate there in the whole sky as well as in the vast ethereal space everywhere. May peace reign all over this earth, in water and in all herbs, trees and creepers. May peace flow over the whole universe. May peace be in the supreme being Brahman. And may there always exist in all peace and peace alone. Aum peace, peace and peace to us and all beings!

Find more mantras, prayers and self-care resources at www.anamaria.org | contact@anamaria.org



DYAUH SHAANTIR ANTARIKSSAM

Om dyauh śantirantariksa śantih
prthivi śantirapah śantiroaadhayah śantih.
Vanaspatayah śantirviśvedevah śantirbrahma śantih
sarvam śantih śantireva śantih sa ma śantiredhi.
Om śantih śantih śantih.



Translation from Sanskrit into English.

Let all be happy, let all be free from debilitation, let all see goodness, let there be no victims of sorrow.

Find more mantras, prayers and self-care resources at www.anamaria.org | contact@anamaria.org



MAY EVERYONE BE HAPPY

Om sarve bhavantu sukhinah
sarve santu niramayah.
Sarve bhadrani paśyantu
ma kaścid dukkha bhagbhavet.
Om śantih śantih śantih.



Translation from Sanskrit into English.

May there be prosperity to the subjects, the rulers protecting the world in a lawful manner; may the cows and brahmanas have auspiciousness eternally, may all the people be prosperous, may the rains shower in the proper season, may the earth be prosperous with the abundant crops; may the country be free from distress, may the brahmanas be fearless.

Find more mantras, prayers and self-care resources at www.anamaria.org | contact@anamaria.org



SVASTI PRAJABHYAH PARIPALA

Om svasti prajabhyah paripalayantam
nyayena margena mahim mahisah.
Gobrahmanebhya śubhamastu nityam
lokl samasta sukhino bhavantu.



Translation from Sanskrit into English.

Aum! O gods, may we hear auspicious words with the ears, while engaged in yagnas, may we see auspicious things with the eyes, while praising the gods with steady limbs, may we enjoy a life that is beneficial to the gods, may Indra of ancient fame be auspicious to us, may the supremely rich (or all-knowing) Pusa (god of the earth), be propitious to us.

Find more mantras, prayers and self-care resources at www.anamaria.org | contact@anamaria.org



BHADRAM KARNE

Om bhadram karnebhīh śrūyama devah.
Bhadram paśyemaksabhīrajatrah.
Sthirair angais tustuvagammas tanubhih.
Vyaśema devahitam yadayuh.
Svasti na indro vrdhaśravah.
Svasti nah pusa viśvavedah.
Svasti nastaksaryo aristanemih.
Svasti no vrhaspatirdadhatu.
Om śantih śantih śantih.



Translation from Sanskrit into English.

O Goddess, dressed with the oceans,
bedecked at the front with mountains, I
bow to Thee, O consort of Vishnu, excuse
my touching you with my feet.

Find more mantras, prayers and self-care resources at
www.anamaria.org | contact@anamaria.org



BEFORE YOU STEP ON THE FLOOR

Samudravasane devi
parvatastanamandale.
Visnupatni namastubhyam
padasparśam ksamasvame.



Translation from Sanskrit into English.

Whatever I do either by body, speech, mind or
sensory organs, either with my personal
knowledge or natural trait, I surrender and
submit all to that to supreme divine Narayana.

Find more mantras, prayers and self-care resources at
www.anamaria.org | contact@anamaria.org



MORNING PRAYER

Kayena vaca manasemdriyai
budhyatmana va prakrteh svabhavat.
Karomi yadyat sakalam parasmai
narayanayeti samarpayami.



Translation from Sanskrit into English.

O Lord, kindly forgive all the wrong acts and omissions I
have committed, whether I committed them knowingly
or unknowingly, with my hands, feet, words, ears, eyes,
or mind. Glory to you, Mahadeva, who is the ocean of
kindness and compassion, and the cause of happiness.

Find more mantras, prayers and self-care resources at
www.anamaria.org | contact@anamaria.org



BEFORE GOING TO BED

Karacarana krtam vakkayajam karmajam va.
Śravananayanajam va manasam vaparadham.
Vihitamavihitam va sarvametatsamasva.
Jaya jaya karunabdhe Śrīmahadeva Śambho.



Translation from Sanskrit into English.

Among the celestial attendants, you are the Lord, we offer
sacrificial oblations to you. You are the wisest among the
scholars. Your wisdom is known to be highest quality and
incomparable for its glory. You are the eldest or foremost of
the kings (referring to devas), the Lord of the sacred prayers,
rituals and its performers. O Lord, come to us by hearing our
hymns and be seated in this sacred sacrificial altar.

Find more mantras, prayers and self-care resources at
www.anamaria.org | contact@anamaria.org



GANANAMTVA GANAPATIM

Om gananam tva gaaapatigm havamahe
kavim kavinamupamaśravastamam.
Jyestharajam brahmanam brahmanaspata
a nah Śrīvannutibhih sida sadanam.



Vocabulary to aid comprehension

Brahman	For Hindus, Brahman is the Ultimate Reality, the supreme God. The term also refers to the 'divine consciousness.' Brahman can be shown in many forms including deities - presentations of the divine.
Brahmana	<i>Brahmana</i> can refer to the utterance of a priest, or Brahman. More commonly, it is used to refer to the explanation and meaning of a sacred word.
Devas	<i>Deva</i> is a Sanskrit word meaning "deity." It refers to a celestial being in Hinduism or to a powerful non-human being in Buddhism.
Dharmas	<i>Dharma</i> refers to the duties a Hindu should follow in their life. There are various types of dharma for a Hindu. Some are personal duties and some are eternal duties, meaning that they are for everyone.
Indra	<i>Indra</i> is the king of the Hindu gods. According to Hinduism, Indra is the god of heaven, war and thunder and storm. Who is Indra? - Definition from Yogapedia
Narayana	<i>Narayan</i> is the name of a Vedic deity who is also believed to be the supreme Hindu god, Vishnu, particularly in Vaishnavism, one of the main traditions of Hinduism. The name is derived from the Sanskrit, <i>nara</i> , meaning "man" or "water," and <i>ayana</i> , meaning "place of refuge" or "resting place."
Pusa	God of the earth.
Mahadeva	<i>Mahadeva</i> is a Sanskrit term meaning "greatest god," "most powerful god" or "most supreme god." It is also the name sometimes given to the Hindu god, Shiva.
Shiva	<i>Shiva</i> is the third god in the Hindu triumvirate. The triumvirate consists of three gods who are responsible for the creation, upkeep and destruction of the world.
Upanishads	<i>Upanishad</i> , also spelled Upanisad, Sanskrit Upaniṣad ("Connection"), one of four genres of texts that together constitute each of the Vedas, the sacred scriptures of most Hindu traditions.
Vishnu	<i>Vishnu</i> , together with Brahma and Shiva, is one of the three deities of the <i>Trimurti</i> in Hinduism. He is the preserver and protector of creation.
Yagnas	Healing ceremonies and rituals, often in groups. Modern day Yagna practice is considered to be more of an intellectual seeking. Read more here about modern perception of Yagna: Mahabharat Episode 56 : Yagnas – Timeless Rituals (sadhguru.org) What is Yagna? - Definition from Yogapedia