

eBook

The Mantraa Reset - *Mantra Guidance for growth*

- Based on the Vedas, Upanishads, and Ancient Indian Wisdom

By Shvtas – Wellness for the Modern Indian Mother

Mantra Guide Table

Focus Area	Mantra (Sanskrit)	Translation & Source	Simple Ritual	Daily Life Tips	Rooted In
1. Inner Growth & Clarity	Asato mā sad gamaya, Tamaso mā jyotir gamaya, Mrityor mā amritam gamaya	"Lead me from untruth to truth, darkness to light, and death to immortality." —	Light a diya in the east at sunrise. Apply vibhuti on the forehead.	Begin the day in silence. Read a shloka aloud with your child.	Upanishads
2. Money & Financial Security	Om Shreem Mahalakshmiy ei Namah	Salutations to Goddess Lakshmi, the bestower of wealth and abundance. — Lakshmi	Offer white rice + haldi + coin to Lakshmi on Fridays. Light lotus-scented incense.	Don't say "we can't afford it" near kids. Keep wallet organized.	Puranas & Tantras
3. Abundance in All Forms	Om Hreem Shreem Kleem Namaha	Bija mantra to magnetize prosperity and feminine grace.	Chant facing northeast with sandalwood incense. Wear yellow while chanting.	Declutter purse, kitchen & phone. Practice giving small gifts weekly.	Tantric Veda
4. Health & Vitality	Om Namō Bhagavate Vasudevaya Dhanvantaraye Amritakalasha Hastaya	Invocation of Lord Dhanvantari — healer and divine physician.	Chant while cooking or drinking warm water. Massage feet with sesame oil.	Follow dinacharya (daily rhythm), sip copper water.	Rigveda & Ayurveda

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5. Happiness & Emotional Balance	<i>Lokah Samastah Sukhino Bhavantu</i>	“May all beings everywhere be happy and free.”	Light incense in living space; chant with kids before sleep.	Use a family gratitude jar. No multitasking during meals.	Upanishads
6. Parenting Wisdom & Intuition	<i>Om Aim Saraswatyai Namah</i>	Salutations to Saraswati — goddess of wisdom and clear communication.	Offer turmeric water to books or school bags.	Speak 1 affirmation to your child daily. Use calm tone over commands.	Vedas
7. Family Harmony & Relationships	<i>Om Namō Narayanaya</i>	A universal mantra to harmonize household energies and karma.	Water tulsi plant after chanting. Touch children’s head with blessings.	Avoid arguments in shared spaces. Eat together tech-free.	Bhagavata Purana
8. Self-Worth & Confidence	<i>So’ham</i>	“I am That” — Recognition of the divine within.	Chant silently during mirror time or bathing.	Write 3 praises for yourself nightly. Wear colors that empower you.	Upanishads

Daily Mantraa

Edit *Flow* (5–15 min)

Step	Action
1	Light a ghee diya and sandalwood or tulsi incense.
2	Choose a mantra based on your current need or focus.
3	Chant 11, 21, or 108 times using beads or fingers.
4	Practice the associated ritual (light offering, turmeric water, journaling, etc.).
5	Smile. End with a deep exhale and silent gratitude.

Why Mantras Works - *Vedic* *Roots*

Principle	Vedic Insight
Sound = Creation	The Rigveda calls sound "shabda brahman" — the first form of creation.
Self-Awareness = Power	The Upanishads say true power comes from knowing the Self (Atman).
Repetition Builds Energy	The Yajurveda teaches that repetition of sacred vibrations changes karma.
Family = Sacred Mandala	In Smriti texts, the mother is the family's first teacher and spiritual guide

Bonus Mantras for *Kids*

Purpose	Mantra	Ritual Tip for Moms
Focus	Om Aim Namah	Whisper it before your child's study time or school exam.
Peaceful Sleep	Shantih Shantih Shantih	Chant softly while they lie in bed or during lullabies.
Confidence	So'ham	Repeat together during brushing or morning routine.

Moon Based Ritual - Calendar (Optional Guide)

Moon Phase	Ideal Mantra Practice	Why
New Moon (Amavasya)	So'ham, Dhanvantari mantra	Deep healing & cleansing energies
Waxing Moon	Lakshmi mantra, Saraswati mantra	Abundance, wisdom & growth
Full Moon (Purnima)	Om Hreem Shreem Kleem, Lokah Samastah	Peak vibration for manifestation & gratitude
Waning Moon	Asato mā sad gamaya, Narayanaya	Letting go, forgiveness, clarity

General Instructions : The Power of Intention & Surrender

- **Mantra is not magic—it's energy in motion.** The true power of any mantra lies not just in repetition, but in your intention behind it. Before you chant, take a pause. Breathe. Close your eyes. **Set a clear sankalpa** (intention) in your heart.
- Whether you're praying for peace, prosperity, healing, or strength—**feel the emotion** as you chant. Let the sound vibrate through your body and your home.
- **Surrender the outcome to the Divine.** Don't chant to control life. Chant to align with it. Trust that the vibration you're creating is shaping your future in unseen, sacred ways.
- Even if you forget the words or miss a day, **come back gently.** Mantra practice is not perfection—it's presence. Over time, you'll notice subtle shifts: calmer mornings, deeper intuition, a lighter heart.