

7 Sanskrit Mantras to Inspire Gratitude

1. Dhanya Vad: I feel gratitude.

{dahn-yah vahd}

When I'm grateful, I find grace. By looking for the blessings in my life, I open up a space of light in every experience; I open up the path for grace to flow. I make room **in the middle of everything** for gratitude.

When you feel stressed, practice breathing into your blessings until you're so full of gratitude that there's no room for anything else.

2. Ananda Hum: I am bliss.

{ah-nahn-dah hum}

When I gladden my heart, I awaken the energy of gratitude. This energy uplifts and expands me. By opening my heart, I can feel gratitude deeply. Gratitude shifts the moment by shifting me. Nothing around me changes; *I change*.

True gratitude comes from knowing that **you belong in the infinite dance of life**.

3. Kritajna Hum: I am gratitude.

{krit-ah-nah hum}

My true self is always grateful. I am connected with everything else in the universe. I am like an ocean -- the deeper I go within, the more I connect with the stillness of my true self.

Gratitude is the beacon that guides me **to that place where meaning, truth, and love exists**.

Gratitude connects you to the joy that's hidden in plain view, patiently waiting to be seen.

4. Samprati Hum: The present moment is my true self.

{sahm-prah-tee hum}

I don't need more to be complete; **I am whole right now**. I don't need this moment to be anything other than what it is; it is enough right now. I can trust myself by looking within for what I seek.

By being here, and being grateful now, I **feel truly alive in the present moment**. I can appreciate the joy of simply being here.

If something feels missing in your life, it might be YOU. Your presence is your power.

5. Prani Dhana: My individuality expands to universality.

{prah-nee dah-nah}

Grace dissolves the resistance and obstacles in my life.

I **practice gratitude** so I can remove the blocks to joy. This practice expands my perspective because I realize I am not an island. I'm reminded to step back, to gently think again, and to take a fresh look at the situation I'm struggling with.

6. Namaste: I recognize my true essence in every soul I meet.

{nah-mah-stay}

Gratitude flows in a loving relationship, and it expands that relationship. When I forgive petty differences, I am receiving the love that I am giving. When I thank or appreciate another, I experience the same biochemical changes and healing effects as the person I'm thanking.

Rather than try to change anything about a person, I'm grateful for who they are, as they are. I accept and dissolve the differences that separate us.

What unites us is more important and more real than what divides us.

7. Karuna Hum: I am compassion.

{kah-roo-nah hum}

When I have no judgment, I see everyone with kindness. I **choose compassion** over judgment, and by doing this, I become a conduit for peace, understanding, and happiness. I don't condemn. I do love.

From Healing Brave

