

अनुगारण्ति प्रवाहः

2/7

Anugachhati Pravah

The first phrase 'Anugachhati Pravah' translates to 'Go with the flow'. It talks about the importance of flowing with life's situation and currents rather than resisting them, which usually leads to a more intense blow. It tries to tell people a very simple thing - embrace the change, and remember that you will never be stuck. The flow can be positive and give you wealth, fame, and happiness, and eventually get negative as you face a few losses.

But, remember that no situation is permanent, and when you go with the flow, you deal with the difficulties better.

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ईश्वर अस्ति मम शक्तिः

3/7

Ishwar Asti Mam Shakti

Another beautiful phrase with a simple meaning, this one translates to - God is my strength.

In times both difficult and easy, it is God who helps you sail through life. Be it the happiness you feel after achieving a promotion or the sadness that consumes you during difficult days, at the end humans always turn to God. Be it in the form of Lord Shiva, Maa Durga, Christ, Mary, or any other God, to believe that God is your strength is the ultimate acceptance of all in life.

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न कदापि खण्डितः

4/7

Na Kadapi Khanditah

Na Kadapi Khanditah translates to 'Never broken, never defeated'.

And this phrase explains itself in many different ways. It is a reminder of our inner strength, it is an assurance that 'I am powerful', it is a way to regain your senses, and most of all, it is like an affirmation that will always remind you of your power, your spirit, and your undefeatable nature.

Life often tests us with things that feel neverending. Sometimes sadness seems to take all our energy and emotions that well up our hearts. But this phrase encourages us to remember that our inner essence, and who we are, will always be strong.

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अहमस्मि संपूर्णम्

5/7

Aham Asmi Sampoornam

A beautiful and simple phrase, this one means 'I am whole and complete'.

This is not just a phrase to deal with life's challenges, but also the perfect affirmation to chant to yourself every day. It is a reminder that we are whole and complete in ourselves, lacking nothing and that all we need to face life's challenges is the power we have within us.

In a time where external validation fuels people, and not receiving any makes them feel unimportant in public setting, this simple affirmation can help them see themselves in a better light.

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यत् भावो, तत् भवति

6/7

Yat Bhaavo, Tat Bhavati

Another simple phrase that can help people ‘wing it’ with life is this one. It loosely translates to ‘what you think, is what happens’ and helps people think better, more positively, and paint things in their head in a good light.

This particular phrase is the best example of the ‘Law of attraction’. What you think, what you feel, and what you manifest in your subconscious, is what happens in real life and what the Universe gives you.

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