

TWAMEVA MATA Mantra

Tvameva Mata Cha Pita Tvameva
Tvameva Bandhushca Sakha Tvameva
Tvameva Vidyaa Dravinnam Tvameva
Tvameva Sarvam Mama Deva Deva

You are my mother, my father, my brother, and my friend
You are my knowledge and my only wealth
You are everything to me and the God of all Gods

A mantra for light, protection, inspiration and connection to the Supreme source of wisdom.

This mantra is usually recited at the conclusion of a prayer session, spiritual practice or meditation, but at the ashram I go to we usually recite before all meals.

This amazing mantra comes from the Pandava Gita; which is an anonymously compiled collection of verses from several ancient sacred Hindu texts (Mahabharata, Bhagavata, Vishnu Purana). It is also called 'the song of surrender' as the overarching theme of this sacred hymn is complete surrender to the divine.

Its verses are widely chanted by those seeking to experience the wisdom said to be contained therein.

With great positive thoughts, divine thoughts, pure thoughts, our mind can get purified.