



*Happy New Year!*



### *My 2015 Wish For You and All!*

Happy New Year! I was recently at a weekend workshop give by [Dr. Claudia Welch](#), author of "*Balance your Hormones, Balance your Life.*" Among many amazing teachings, she introduced me to a **beautiful mantra of peace**. It is a lovely mantra to use in 2015 and I will share it with you today.

### **Mantra**

Om Sarveshaam Svastir-Bhavatu  
Sarveshaam Shaantir-Bhavatu  
Sarveshaam Purnnam-Bhavatu  
Sarveshaam Manggalam-Bhavatu  
Om Shaantih Shaantih Shaantih

### **Meaning**

May there be Well-Being (health) in All,  
May there be Peace (tranquility) in All,  
May there be Fulfillment (wholeness) in All,  
May there be Auspiciousness (success/good fortune/prosperity) in All,  
Om Peace, Peace, Peace.

To give sound to this powerful mantra, enjoy this video:



Sarvesham Svastir Bhavatu (Peace Mantra)

Blessings of health, tranquility, wholeness, prosperity  
and peace to all.

# *Namasté, Tresa Laferty*

Speak to the Earth: Ayurveda | Aromatherapy | Animal Communication

[www.speaktotheearth.com](http://www.speaktotheearth.com)



Stay Connected



[MeetUp](#) and [Instagram](#)