

Samprati Hum / Let it Flow

Samprati Hum *"I am present; I am now" awareness {sahm-prah-tee hum}*

This mantra, *Samprati Hum*, represents a state of deep mindfulness, gratitude, and acceptance of the present moment as the true self. It is used as a meditation, a yoga philosophy for living in the moment, and a tool to evoke self-love and confidence.

*Our true nature is ever-present awareness.
The being state is gratitude in action.
I don't need this moment to be anything other than what it is.
I feel truly alive in the present moment.
I appreciate the joy of simply being here.*



Samprati Hum / Let it Flow ~ original song by Cynthia Scrimshaw

**Within this simple moment, is your chance to feel free.
Embrace your true self in the present, let it flow, just be.**

Samprati Hum, Samprati Hum

Let it flow. Let it flow. Let **GRACE** flow through you.
Let it flow. Let it flow. Let **JOY** flow through you
Let it flow. Let it flow. Let **LOVE** flow through you
Let it flow. Let it flow. Let **PEACE** flow through you

Let **GRACE** flow. Let **GRACE** flow. Let **GRACE** flow.

Samprati Hum, Samprati Hum