

* MANTRAN *

Sahana Vavatu

om

saha nā vavatu

saha nau bhunaktu

saha vīryam karavāvahai

tejasvi nāvadhītamastu

mā vidvisāvahai

om Shāntiḥ, Shāntiḥ, Shāntiḥ

May all of us be protected. May all of us be nourished. May we work together with great energy. May our study together be brilliant & effective. May we not hate or dispute with each other. Om Peace, Peace, Peace.

Asato mā

asato mā sadgamaya

tamasomā jyotir gamaya

mṛtyormā'mṛitam gamaya

Om śhānti śhānti śhāntiḥ

*From ignorance, lead me to truth. From darkness, lead me to light.
From death, lead me to immortality. Om peace, peace, peace.*

Om Purnamadah

om pūrṇamadaḥ pūrṇamidam

pūrṇāt pūrṇamudachyate

pūrṇasya pūrṇamādāya

pūrṇamevāvaśiṣyate

om shāntiḥ, shāntiḥ, shāntiḥ

That is the perfect whole, this is the perfect whole. From the whole comes the whole. The whole remains whole, even as the whole comes out of the whole. Om Peace, Peace, Peace



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Gayatri mantra

om bhūr bhuvah svaḥ
om tát savitúr váreṇyam
bhárgo devásya dhīmahi
dhíyo yó naḥ prachodayāt

May there be peace on the mortal, immortal and divine plains. I meditate on the brilliant splendor of the Sun. May our intellect be stimulated (so that we are inspired to take the right action at the right time).

Tryambakam mantra

om tryambakaṃ yajāmahe
sugandhiṃ puṣṭivardhanam
urvārukamiva bandhanān
mṛtyormukṣīya mā'mṛtāt

We worship and adore you, o three-eyed one (Shiva). You are sweet gladness, the fragrance of life, who nourishes us, restores our health, and causes us to thrive. As, in due time, the stem of the cucumber weakens, and the gourd is freed from the vine, so free us from attachment and death, and do not withhold immortality.

Prayer for the Wellbeing of All

sarve bhavantu sukhinaḥ
sarve santu nirāmayāḥ
sarve bhadraṇi paśyantu
mā kaśchit duḥkha bhāgbhavet
om Shāntiḥ, Shāntiḥ, Shāntiḥ

*May we all be happy. May we all be healthy. May all experience what is good.
May no one suffer. Om peace, peace, peace.*

