

OM Sahanā Vavatu
Saha Nau Bhunaktu
Saha Vīryām Karavāvahai
Tejasvi Nāvadhītam Astu
Mā Vidvishāvahai
OM Shānti Shānti Shāntih

Let us be protected (saha na vavatu)
May all of us enjoy together (saha nau bhunaktu)
May all of us work together (saha viryam karavavahai)
Let our study become radiant (tejas vinana vadhitam astu)
Let there be no hatred between us (ma vidvishavahai)
OM Peace, Peace, Peace (OM shanti, shanti, shantih)

This mantra, originating from the Upanishads, is a universal prayer for peace, prosperity, harmonious relationships and communication.

It has particular relevance to the relationship between teacher and student, helping to create a mutually nourishing relationship based upon respect and joy. Om! It is beneficial to chant this mantra before beginning study, whether you are alone or with a teacher.

Shanti means peace, but in a deeper and broader meaning than the English word implies. Shanti is the peace that comes with inner knowledge, harmony with your physical surroundings and connection to the divine. We chant Shanti three times for peace within ourselves, peace in our physical environment and peace from the divine realm.

