

Guruvandhana

Om sahana vavatu - (Om, may God protect both teacher and student)

Saha nau bhunaktu - (May He nourish us together)

Saha viiryam karavaavahai - (May we work together with great energy)

Tejasvi nau-adhiitam-astu - (May our studying be effective)

Maa vidvissaavahai - (May there be no hate among us)

Om shanti, shanti, shanti - (Om peace, peace, peace [in three forms – in me, nature and the divine forces])

Shanthi Mantra

asato mā sadgamaya - (From ignorance, lead me to truth)

tamaso mā jyotirgamaya - (From darkness, lead me to light)

mṛtyor mā 'mṛtaṃ gamaya - (From death, lead me to immortality)

Sarveshaam Svastir-Bhavatu - (May there be Well-Being in All)

Sarveshaam Shaantir-Bhavatu - (May there be Peace in All)

Sarveshaam Purnnam-Bhavatu - (May there be Fulfilment in All)

Sarveshaam Manggalam-Bhavatu - (May there be Auspiciousness in All)

Lokah Samastah Sukhino Bhavantu - (May everyone, in the whole world, to be happy)

Om Shaantih Shaantih Shaantih - (Om Peace, Peace, Peace)

