

ॐ सह नावतु । सह नौ भुनक्तु । सह वीर्यं कर्षावहै ।
तेजस्विनावधीतमस्तु । मा विद्विषावहै ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

*om saha nāvavatu
saha nau bhunaktu
saha vīryaṃ karavāvahai
tejasvināvadhītamastu
mā vidviṣāvahai*

om śāntiḥ śāntiḥ śāntiḥ

May He protect us. May He nourish us. May we acquire the capacity (to study and understand the scriptures). May our study be brilliant. May we not cavil at each other.

Om Peace Peace Peace

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

*Om pūrṇamadaḥ pūrṇamidaṃ pūrṇātpūrṇamudacyate
pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate*

om śāntiḥ śāntiḥ śāntiḥ

That (Brahman) is Fullness. This (apparent creation) is full. From Fullness (Brahman) this full (apparent creation) comes about. Bringing (out) this full (apparent creation) from Fullness, Fullness (Brahman) alone remains.

Om Peace Peace Peace