

Śānti Mantras

ॐ स॒ ह ना॑ववतु । स॒ ह नो॑ भुनक्तु ।
 सह॒ वी॒र्यं॑ करवावहै । ते॒ज॒स्विना॑वधीतमस्तु ।
 मा वि॒द्विषा॑वहै ॥ ॐ शान्तिः॑ शान्तिः॑ शान्तिः॑ ॥ १ ॥

*om sa ha nāvavatu / sa ha nau bhunaktu,
 sa ha vīryam karavāvahai / tejasvināvadhītamastu
 mā vidviṣāvahai / om śāntiḥ śāntiḥ śāntiḥ (1)*

sa - he; ha - indeed; nau - both of us; avatu - may protect; saḥ - he; ha - indeed; nau - both of us;
 bhunaktu - may nourish; saha - together; vīryam karavāvahai - may we acquire the capacity (to
 study and understand the scriptures); tejasvi - brilliant; nau - for us; adhitam - what is studied; astu
 let it be; mā vidviṣāvahai - may we not disagree with each other; om śāntiḥ śāntiḥ śāntiḥ - om
 peace, peace, peace

May the Lord indeed, protect both of us. May he indeed, nourish both of us. May we together
 acquire the capacity (to study and understand the scriptures). May our study be brilliant. May we not
 disagree with each other. Om peace, peace, peace.

ॐ शन्नो॑ मि॒त्रः शं॑ वरुणः । शन्नो॑ भवत्व॒र्यमा॑ ।
 शन्न॑ इन्द्रो बृ॒हस्पतिः॑ । शन्नो॑ विष्णु॒रुरु॒क्रमः॑ ।
 नमो॑ ब्रह्म॒णे । नम॑स्ते वा॒यो । त्वमे॒व प्र॒त्यक्षं॑ ब्रह्मा॒सि ।
 त्वमे॒व प्र॒त्यक्षं॑ ब्रह्म॒ वदिष्या॑मि । ऋ॒तं वदि॑ष्यामि ।
 स॒त्यं वदि॑ष्यामि । तन्मा॑मवतु । तद्व॒क्तार॑मवतु ।
 अ॒वतु॑ माम् । अ॒वतु॑ व॒क्तार॑म् ॥ ॐ शान्तिः॑ शान्तिः॑ शान्तिः॑ ॥ २ ॥

*om śanno mitraḥ śaṃ varuṇaḥ / śanno bhavatvāryamā
 śanna indro brhaspatiḥ / śanno viṣṇururukramah
 namo brahmaṇe / namaste vāyo / tvamevā pratyakṣam brahmāsi
 tvameva pratyakṣam brahma vadisyāmi / ṛtam vadisyāmi
 satyam vadisyāmi / tanmānavatu / tadvaktāramavatu,
 avatu mām / avatu vaktāram / om śāntiḥ śāntiḥ śāntiḥ (2)*

śam - auspiciousness; *naḥ* - to us; *mitraḥ* - the sun deity; *śam* - auspiciousness; *varuṇaḥ* - the ocean deity; *śam* - auspiciousness; *naḥ* - to us; *bhavaṭu* - let (him) be; *aryamā* - lord of the manes; *śam* - auspiciousness; *naḥ* - to us; *indraḥ* - the ruler of *devatās*; *bṛhaspatiḥ* - the preceptor of *devatās*; *śam* - auspiciousness; *naḥ* - to us; *viṣṇuḥ* - the all pervasive sustainer of creation; *urukramaḥ* - the cosmic Lord; *namaḥ* - salutation; *brahmaṇe* - to the creator; *namaḥ* - salutation; *te* - to you; *vāyo* - O deity of wind; *tvam eva* - you indeed; *pratyakṣam* - perceptible; *brahma* - the truth; *asi* - are; *tvam eva* - you indeed; *pratyakṣam* - perceptible; *brahma* - the truth; *vadiṣyāmi* - I declare (understand); *ṛtam* - proper understanding; *vadiṣyāmi* - I declare (understand); *satyam* - truthfulness in speech; *vadiṣyāmi* - I declare (understand); *tat* - it; *mām* - me; *avatu* - may protect; *tat* - it; *vaktāram* - the teacher; *avatu* - may protect; *avatu* - may protect; *mām* - me; *avatu* - may protect; *vaktāram* - the teacher; *om śāntiḥ śāntiḥ śāntiḥ* - om peace, peace, peace.

May the sun deity give us auspiciousness. May the ocean deity give us auspiciousness. May the lord of manes give us auspiciousness. May the ruler of *devatās* and the preceptor of *devatās* give us auspiciousness. May the all pervasive sustainer of creation, Lord *Vamana*, give us auspiciousness. Salutations to you, O deity of wind! You indeed are the perceptible truth. Salutations to the creator. Salutations to you, O deity of wind! You indeed are the perceptible truth. I understand you to be the perceptible truth. I declare you to be the right understanding. I understand you to be the truthfulness in speech. May the truth protect me. May the truth protect the teacher. May the truth protect me. May the truth protect the teacher. *Om* peace, peace, peace.

ॐ यश्चन्दसामृषभो विश्वरूपः । चन्दोभ्योऽमृतात् संबभूव ।
 स मेन्द्रो मेधया स्पृणोतु । अमृतस्य देव धारणो भूयासम् ।
 शरीरं मे विचर्षणम् । जिह्वा मे मधुमत्तमा ।
 कर्णाभ्यां भूरि विश्रुवम् । ब्रह्मणः कोशोऽसि मेधया पिहितः ।
 श्रुतं मे गोपाय । ॐ शान्तिः शान्तिः शान्तिः ॥ ३ ॥

om yaśchandasāmṛṣabho viśvarūpaḥ / chandobhyo' dhyamṛtāt sambabhūva
sa mendro medhayā sprṇotu / amṛtasya deva dhāraṇo bhūyāsam
śarīraṁ me vicarṣaṇam / jihvā me madhumattamā
karnābhyām bhūri viśruvam / brahmaṇaḥ kośo'si medhayā pihitaḥ
śrutam me gopāya / om śāntiḥ śāntiḥ śāntiḥ (3)

yaḥ - that (*omkāra*); *chandasām* - among the Vedic mantras; *ṛṣabhaḥ* - is the greatest; *viśvarūpaḥ* - is endowed with all forms; *chandobhyaḥ* - from the Vedas; *amṛtāt* - which are eternal; *adhi-sambabhūva* - came into being; *saḥ* - that; *mā* - me; *indraḥ* - Indra, the Lord; *medhayā* - with intelligence; *sprṇotu* - strengthen; *amṛtasya* - of that knowledge which is eternal; *deva* - O Lord! *dhāraṇaḥ* - the upholder; *bhūyāsam* - let me become; *śarīraṁ* - body; *me* - my; *vicarṣaṇam* - be healthy; *jihvā* - tongue; *me* - my; *madhumattamā* - be the sweetest; *karnābhyām* - through (my ears); *bhūri* - more and more; *viśruvam* - let me listen (to the scriptures); *brahmaṇaḥ* - of Brahman; *kośaḥ* - the abode; *asi* - you are; *medhayā* - by knowledge (of objects); *pihitaḥ* - you are veiled; *śrutam* - what is heard; *me* - by me; *gopāya* - you protect; *om śāntiḥ śāntiḥ śāntiḥ* - om peace, peace, peace.

That *Om̐kāra* which manifested from the eternal *Vedas* is the greatest among the Vedic *mantras* and is endowed with all forms. Let that Lord (*Om*) strengthen me with intelligence. O Lord, let me become the upholder of that knowledge which is eternal. May my physical body become fit for the pursuit of knowledge. Let my tongue be one that speaks pleasing words. May my ears listen to the scriptures more and more. You are the abode of *Brahman*, veiled by the knowledge of objects. May you protect my knowledge. *Om* peace, peace, peace.

ॐ अहं वृक्षस्य रेखिवा । कीर्तिः पृष्ठं गिरिरिवं ।
 ऊर्ध्वपवित्रो वाजिनीव स्वमृतमस्मि । द्रविणः सवर्चसम् ।
 सुमेधा अमृतोक्षितः । इति त्रिशङ्कोर्वेदानुवचनम् ।
 ॐ शान्तिः शान्तिः शान्तिः ॥ ४ ॥

om aham vṛkṣasya rekhivā / kīrtiḥ pṛṣṭham gireriva.
ūrdhvapavitro vājiniḥ svamṛtamasmī / draviṇaḥ savarcasam
sumedhā amṛtoḥṣitaḥ / iti triśaṅkorvedānuvacaṇam
om śāntiḥ śāntiḥ śāntiḥ (4)

aham - I; *vṛkṣasya* - of the tree (of *saṃsāra*); *rekhivā* - am the sustainer; *kīrtiḥ* - (my) fame; *pṛṣṭham* - the peak; *gireḥ* - of a mountain; *iva* - like; *ūrdhvapavitrah* - I am absolutely pure; *vājini* - the effulgence in the sun; *iva* - like; *svamṛtam* - the limitless awareness; *asmī* - I am; *draviṇam* - the wealth; *savarcasam* - the most shining (I am); *sumedhāḥ* - the most auspicious knowledge (I am endowed with); *amṛtaḥ* - free from death; *uḥṣitaḥ* - free from decay (I am); *iti* - thus; *triśaṅkoḥ* - of Sage *Triśaṅku*; *vedānuvacaṇam* - is the declaration after the attainment of knowledge; *om śāntiḥ śāntiḥ śāntiḥ* - om peace, peace, peace

After gaining self-knowledge Sage *Triśaṅku* declared: "I am the sustainer of the tree of *saṃsāra*. My fame is like the peak of a mountain. I am absolutely pure. I am in the form of pure awareness which is the same as that which obtains in the sun. I am in the form of shining knowledge which is like wealth. I am endowed with the most auspicious knowledge. I am free from death and decay".
Om peace, peace, peace.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।
 पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥
 ॐ शान्तिः शान्तिः शान्तिः ॥ ५ ॥

om pūrṇamadah pūrṇamidam pūrṇātpūrṇamudacyate
pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate
om śāntiḥ śāntiḥ śāntiḥ (5)

pūrṇam - is fullness; *adaḥ* - that; *pūrṇam* - is fullness; *idam* - this; *pūrṇāt* - from that fullness; *pūrṇam* - this fullness; *udācyate* - has come; *pūrṇasya* - of that fullness; *pūrṇam* - this fullness; *ādāya* - having removed; *pūrṇam* - the fullness; *eva* - only; *avaśiṣyate* - remains; *om śāntiḥ śāntiḥ śāntiḥ* - om peace, peace, peace

That is fullness, this is fullness. From that fullness this fullness came. From that fullness this fullness removed, what remains is fullness. *Om* peace, peace, peace.

ॐ आप्यायन्तु ममाङ्गानि वाक्प्राणश्चक्षुःश्रोत्रमथो
बलमिन्द्रियाणि च सर्वाणि । सर्वं ब्रह्मोपनिषदम् ।
माहं ब्रह्म निराकुर्याम् । मा मा ब्रह्म निराकरोत् ।
अनिराकरणमस्त्वनिराकरणं मे अस्तु ।
तदात्मनि निरते य उपनिषत्सु धर्मसु -
ते मयि सन्तु । ते मयि सन्तु ।
ॐ शान्तिः शान्तिः शान्तिः ॥ ६ ॥

*om āpyāyantu mamāṅgāni vākprāṇaśchakṣuḥśrotramatho
balamindriyāṇi ca sarvāni śarvam brahmaupaniṣadam
māhaṁ brahma nirākuryām । mā mā brahmā nirākarot
anirākaraṇamastvanirākaraṇam me astu
tadātmani nirate ya upaniṣatsu dharmās
te mayi santu । te mayi santu
om śāntiḥ śāntiḥ śāntiḥ (6)*

āpyāyantu - may they grow (in their power); *mama* - my; *aṅgāni* - limbs; *vāk* - speech; *prāṇaḥ* - vital air; *chakṣuḥ* - eyes; *śrotram* - ears; *atho* - further; *balam* - capacity; *indriyāni* - sense organs; *ca* - and; *sarvāni* - all; *sarvam* - everything; *brahma* - is Brahman; *upaniṣadam* - that is revealed in the *Upaniṣads*; *mā* - not; *ahaṁ* - I; *brahma* - Brahman; *nirākuryām* - reject; *mā* - never; *mā* - me; *brahma* - Brahman; *nirākarot* - reject; *anirākaraṇam* - non-rejection; *astu* - let there be; *anirākaraṇam* - non-rejection; *me* - for me; *astu* - let there be; *tat* - that; *ātmani* - in the self; *nirate* - in one who revels; *yaḥ* - what; *upaniṣatsu* - in the *Upaniṣads*; *dharmāḥ* - the qualities; *te* - them; *mayi* - in me; *santu* - let them be; *te* - them; *mayi* - in me; *santu* - let them be; *om śāntiḥ śāntiḥ śāntiḥ* - om peace, peace, peace

Let all my limbs including speech, vital air, eyes, ears and the other sense organs and my capacity grow in their power. Everything is that Brahman, unfolded in the *Upaniṣads*. May I not reject Brahman (for lack of *śraddhā*). May not Brahman, the Lord, reject me. May there be non-rejection of the Lord by me. May there be non-rejection of the Lord for me. In me who is committed to the pursuit of knowledge of Brahman, let there be all those qualities which are mentioned as qualifications in the *Upaniṣads*. Let those qualities be in me. *Om* peace, peace, peace.

ॐ वाङ् मे मनसि प्रतिष्ठिता । मनो मे वाचि प्रतिष्ठितम् ।
 आविरावीर्म एधि । वेदस्य म् आणीस्थः ।
 श्रुतं मे मा प्रहासीः । अवेनाधीतेनाहोरात्रान् सन्दधामि ।
 ऋतं वदिष्यामि । सत्यं वदिष्यामि
 तन्मामवतु । तद्वक्तारमवतु ।
 अवतु माम् । अवतु वक्तारमवतु वक्तारम् ।
 ॐ शान्तिः शान्तिः शान्तिः ॥ ७ ॥

om vāṅ me manasi pratiṣṭhitā / mano me vāci pratiṣṭhitam
 āvirāvirma edhi / vedasya ma āṇīsthaḥ
 śrutam me mā prahāsiḥ
 anenādhitenaahorātrān sandadhāmi / ṛtam vadisyāmi
 satyam vadisyāmi / tanmānavatu / tadvaktāramavatu
 avatu mām / avatu vaktāramavatu vaktāram
 om śāntiḥ śāntiḥ śāntiḥ (7)

vāṅ - speech; me - my; manasi - in mind; pratiṣṭhitā - let (it) abide; manah - mind; me - my; vāci -
 speech; pratiṣṭhitam - let (it) abide; āvīḥ - O self shining Brahman; me - for me; āvīḥ edhi -
 shine; vedasya - of the knowledge; me - to me; āṇīsthaḥ - (the speech and mind) are capable of
 ringing; śrutam - what is heard; me - my; mā - not; prahāsiḥ - forsake; anena - by this; adhitena
 learning; ahorātrān - day and night; sandadhāmi - (may I) contemplate upon; ṛtam - truth;
 vadisyāmi - I speak (understand); satyam - that truth; vadisyāmi - I speak; tat - that; mām - me;
 avatu - protect; tat - that; vaktāram - teacher; avatu - protect; avatu - protect; mām - me; avatu -
 protect; vaktāram - the teacher; om śāntiḥ śāntiḥ śāntiḥ - om peace, peace, peace

Let my speech be in accord with my mind. Let my mind be in accord with my speech. O self
 shining Brahman! may you reveal yourself to me. Let the mind and speech enable me to grasp the
 truth revealed in the Vedas. May not my learning forsake me. May I contemplate upon this truth day
 and night. I think of the truth in mind and I speak of the same. May that Brahman protect me. May
 protect the teacher. May the Brahman protect me. May it protect the teacher. Om peace, peace, peace.

ॐ भद्रं नो अपिवातस्य मनः ।
 ॐ शान्तिः शान्तिः शान्तिः ॥ ८ ॥
 om bhadram no apivātaya manah
 om śāntiḥ śāntiḥ śāntiḥ (8)

badram - auspiciousness; naḥ - for us; apivātaya - may you bring about; manah - O mind! om
 śāntiḥ śāntiḥ śāntiḥ - om peace, peace, peace

mind! may you make freedom available for us. Om peace, peace, peace.

ॐ भद्रं कर्णेभिः श्रुणुयाम देवाः । भद्रं पश्येमाक्षभिर्यजत्राः ।
स्थिरैरङ्गैस्तुष्टुवाग्ँ सस्तनूभिः । व्यशेम देवहितं यदायुः ।
स्वस्ति न इन्द्रो वृद्धश्रवाः । स्वस्ति नः पूषा विश्ववेदाः ।
स्वस्ति नस्तार्क्ष्यो अरिष्टनेमिः । स्वस्ति नो बृहस्पतिर्दधातु ।

ॐ शान्तिः शान्तिः शान्तिः ॥ ९ ॥



om bhādraṃ karṇebhiḥ śruṇuyāma devāḥ / bhādraṃ paśyemākṣabhiryajatrah
sthirairāṅgaistuṣṭuvāṃsastanūbhiḥ / vyāśema devahitam yadāyuh
svasti na indro vṛddhaśravāḥ / svasti nah pūṣā viśvavedāḥ
svasti nastārksyo ariṣṭanemiḥ / svasti no bṛhaspatirdadhātu
om śāntiḥ śāntiḥ śāntiḥ (9)

bhādraṃ - auspicious; karṇebhiḥ - with (our) ears; śruṇuyāma - may we listen; devāḥ - O gods!;
bhādraṃ - auspicious; paśyema - may we see; akṣabhiḥ - with (our) eyes; yajatrah - O gods!;
sthiraiḥ - with strong; āṅgaiḥ - limbs; tuṣṭuvāmsaḥ - glorifying (you); tanūbhiḥ - through the
Vedas; vyāśema - may we enjoy; devahitam - bestowed by the Lord; yat - that; āyuh - (our) full
life; svasti - auspiciousness; nah - for us; indrah - Indra; vṛddhaśravāḥ - of great fame; (may he
bless); svasti - auspiciousness; nah - for us; pūṣā - sun deity; viśvavedāḥ - the omniscient; svasti -
auspiciousness; nah - for us; tārkṣyaḥ - Garuda; ariṣṭanemiḥ - of unobstructed flight (may he
bless); svasti - auspiciousness; nah - for us; bṛhaspatiḥ - Brhaspati; dadhātu - may he bless; om
śāntiḥ śāntiḥ śāntiḥ - om peace, peace, peace

O Gods! may we listen to what is meaningful with our ears. May we see with our eyes things that are
free from blemish. Glorifying you with Vedic mantras, with strong limbs, may we enjoy our full
lives. May Indra of great fame bless us with auspiciousness. May the omniscient sun deity bless us
with auspiciousness. May Garuda of unobstructed flight bless us with auspiciousness. May
Brhaspati of great intelligence bless us with auspiciousness. Om peace, peace, peace.

ॐ यो ब्रह्माणं विदधाति पूर्वं यो वै वेदाश्च प्रहिणोति तस्मै ।

त ह देवमात्मबुद्धिप्रकाशं मुमुक्षुर्वै शरणमहं प्रपद्ये ॥

ॐ शान्तिः शान्तिः शान्तिः ॥ १० ॥

om yo brahmāṇam vidadhāti pūrvam yo vai vedāṃśca prahiṇoti tasmai
tamha devamātmabuddhiprakāśam mumukṣurvai śaraṇamaham prapadye
om śāntiḥ śāntiḥ śāntiḥ (10)

yaḥ - he who; brahmāṇam - Brahmā; vidadhāti - creates; pūrvam - in the beginning; yaḥ - who;
vai - indeed; vedān - Vedas; ca - and; prahiṇoti - taught; tasmai - to him; tam - that; ha - certainly;
devam - Lord; ātmabuddhi-prakāśam - who reveals that self-knowledge; mumukṣuḥ - the seeker
of freedom; vai - indeed; śaraṇam - refuge; aham - I; prapadye - seek; om śāntiḥ śāntiḥ śāntiḥ -
om peace, peace, peace

I, a seeker of freedom, seek refuge in that Lord who reveals self-knowledge, who created Brahmā in
the beginning of creation and who indeed taught him the Vedas. Om peace, peace, peace.