

ॐ

शान्ति पाठः



रघुवीर तेजान्तरु

गुरुवन्दनम्

स्वस्ति पाठः

गीता ध्यानम्



दक्षिणामूर्ति ध्यानश्लोकाः

ॐ गणानां त्वा गणपतिं हवामहे ...

नमस्ते अस्तु भगवन्विश्वेराय ...

त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् ...

गायत्री मन्त्रः

गुरुवन्दना

स्वस्ति पाठः

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गीता ध्यानम्

शान्ति मन्त्राः





ॐ गणानां॑ त्वा गणपति॑ ह्वामहे कविं॑ कवीनामुपमश्रवस्तमम् ।

ज्येष्ठराजं॑ ब्रह्मणां ब्रह्मणस्पत आनः॑ शृण्वन्नूतिभिः॑ स्सीदसादनम् ॥

ॐ महागणपतये नमः ॥

Om gaṇānām tvā gaṇapatigṃ havāmahe kavim
kavīnāmupamaśravastamam | jyeṣṭharājāṃ brahmaṇām brahmaṇaspata
ānaḥ śṛṇvannūtibhissīda sādānam || Om mahāgaṇapataye namaḥ ||

Om Gaṇapati we invoke your grace, You are the Lord of all beings, the most renowned Seer among Seers, the Supreme Lord, the Lord of the Vedās. Hearing our prayers, may you be seated in hearts and protect us.



नमस्ते अस्तु भगवन्विश्वेश्वराय महादेवाय त्र्यम्बकाय त्रिपुरान्तकाय त्रिकालाग्निकालाय
कालाग्निरुद्राय नीलकण्ठाय मृत्युञ्जयाय सर्वेश्वराय सदाशिवाय श्रीमन्महादेवाय नमः ॥

*namaste astu bhagavan viśveśvarāya mahādevāya tryambakāya tripurāntakāya
trikālāgnikālāya kālāgnirudrāya nīlakaṅṭhāya mṛtyuñjayāya sarveśvarāya
sadāśivāya śrīmanmahādevāya namaḥ*

Salutation to you, O Lord, the master of the universe , the great Lord, the three-eyed one, the destroyer of *Tripura*, the extinguisher of the *Trikāla* fire and the fire of death, the blue-necked one, the victor over death, the Lord of all, the ever-auspicious one, the glorious Lord of all deities.





मृत्युञ्जय मन्त्रः (Mr̥tyuñjaya mantrah)

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् । उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात् ॥

Om tryambakaṁ yajāmahe sugandhiṁ puṣṭivardhanam ।
urvārukamiva bandhanānmṛtyormukṣīya māmṛtāt ॥

We worship the fragrant, three-eyed Lord Śiva who nourishes us.
May He liberate us from the bondage of death like the urvaruka
fruit (which separates effortlessly from the vine). May He not let us
turn away from immortality!



गायत्री मन्त्रः (Gāyatrī mantrah)

ॐ भूर्भुवः स्वः तत्सवितुर्वरेण्यम् । भर्गो देवस्य धीमहि । धियो यो नः प्रचोदयात् ॥

Om bhūrbhuvah svah, tatsaviturvareṇyam | bhargo devasya dhīmahi |
dhiyo yo nah pracodayāt |

Om is the basis of everything, earth, the space in between and the heavens. We invoke that Lord who is the most venerable, the Sun. We meditate upon the splendor of that effulgent, all-knowing Lord. May He brighten our minds and direct our intellects in the right direction.



Guruvandanam – गुरुवन्दनम्

श्रुतिस्मृतिपुराणानाम् आलयं करुणालयम् । नमामि भगवत्पादं शङ्करं लोकशङ्करम् ॥ १ ॥

śrutismṛtipurāṇānām ālayam karuṇālayam | namāmi bhagavatpādam śaṅkaram lokaśaṅkaram
I salute Śaṅkarabhagavatpāda, the abode of śruti (Vedas), smṛti (Gītā, etc.), and purāṇas (epics like Rāmāyaṇa, Mahābhārata, etc.), the repository of compassion, the one who bestows happiness on the world.

शङ्करं शङ्कराचार्यं केशवं बादरायणम् । सूत्रभाष्यकृतौ वन्दे भगवन्तौ पुनः पुनः ॥ २ ॥

śaṅkaram śaṅkarācāryam keśavam bādarāyaṇam | sūtrabhāṣyakṛtau vande bhagavantau punaḥ punaḥ
I salute, again and again, Śaṅkarācārya who is Lord Śiva, and Bādarāyaṇa who is Lord Viṣṇu, the venerable ones who wrote the aphorisms (Brahmasūtras) and commentaries (bhāṣyam to Brahmasūtras).

ईश्वरो गुरुरात्मेति मूर्तिभेदविभागिने । व्योमवद्व्याप्तदेहाय दक्षिणामूर्तये नमः ॥ ३ ॥

īśvaro gururātmeti mūrtibhedavibhāgine |

vyomavadvyāptadehāya dakṣiṇāmūrtaye namaḥ ||

Salutations to Lord Dakṣiṇāmūrti, who is all-pervasive like space, but who appears (as though) divided as Lord, Teacher, and Self.

गुकारस्त्वन्धकारो वै रुकारस्तन्निवर्तकः । अन्धकारनिरोधित्वाद् गुरुरित्यभिधीयते ॥ ४ ॥

gukārastvandhakāro vai rukārastannivartakaḥ | andhakāranirodhitvād gururityabhidīyate ||

The letter “gu” stands for darkness (of ignorance), and “ru” represents its destruction. A guru is so called because he destroys the darkness (of ignorance).

सदाशिवसमारम्भां शङ्कराचार्यमध्यमाम् । अस्मदाचार्यपर्यन्तां वन्दे गुरुपरम्पराम् ॥ ५ ॥

sadāśivasamārambhām śaṅkarācāryamadhyamām | asmadācāryaparyantām vande guruparamparām ||

I salute the lineage of teachers, beginning with Śiva, the Lord, (linked by) Śaṅkarācārya in the middle, and extending down to my own teacher



स्वस्ति पाठः (Svasti Pāṭhaḥ)

स्वस्ति प्रजाभ्यः परिपालयन्ताम् । न्यायेन मार्गेण महीं महीशाः ।
गोब्राह्मणेभ्यश्शुभमस्तु नित्यम् । लोकास्समस्तास्सुखिनो भवन्तु ॥

svasti prajābhyaḥ paripālayantām | nyāyena mārgēṇa mahīṁ mahīśāḥ ||
gobrāhmaṇebhyaśśubhamastu nityam | lokāssamastāssukhino bhavantu ||

May there be happiness for all people. May the rulers righteously rule the earth. May there be welfare for cows and men of wisdom at all times. May all beings be happy.

काले वर्षतु पर्जन्यः । पृथिवी सस्यशालिनी ।
देशोऽयं क्षोभरहितः । ब्राह्मणास्सन्तु निर्भयाः ॥

kāle varṣatu parjanyaḥ | pṛthivī sasyaśālīnī
deśo'yaṁ kṣobharahitaḥ | brāhmaṇāssantu nirbhayāḥ

May the clouds rain at the proper time. May the earth produce grains. May this country be free from famine. May men of wisdom be fearless.

सर्वे भवन्तु सुखिनः । सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु । मा कश्चिद् दुःखभाग् भवेत् ॥

sarve bhavantu sukhinaḥ | sarve santu nirāmayāḥ
sarve bhadrāṇi paśyantū | mā kaścīd duḥkhabhāg bhavet

May all be happy. May all be free from disease. May all enjoy prosperity. May none experience sorrow.

असतो मा सद्गमय । तमसो मा ज्योतिर्गमय । ।
मृत्योर्मा अमृतं गमय ॥ ॐ शान्तिः शान्तिः शान्तिः

asato mā sadgamaya | tamso mā jyotirgamaya | |
mṛtyormā amṛtaṁ gamaya | om śāntiḥ śāntiḥ śāntiḥ

Lead me (by giving knowledge) from the unreal to the real, from darkness (of ignorance) to light (of knowledge), from death (sense of limitation) to immortality (limitlessness, liberation).

Om peace, peace, peace.

दक्षिणामूर्ति ध्यानश्लोकाः (Dakṣiṇāmūrti Dhyānaślokāḥ)



मौनव्याख्याप्रकटितपरब्रह्मतत्त्वं युवानं वर्षिष्ठान्तेवसदृषिगणैरावृतं ब्रह्मनिष्ठैः ।
आचार्येन्द्रं करकलितचिन्मुद्रमानन्दरूपं स्वात्मारामं मुदितवदनं दक्षिणामूर्तिमीडे ॥ १ ॥

maunavyākhyāprakaṭitaparabrahmatatvaṁ yuvānaṁ varṣiṣṭhāntevasadṛṣigaṇairāvṛtaṁ
brahmaniṣṭhaiḥ । ācāryendram karakalitacinmudramānandarūpaṁ svātmārāmaṁ
muditavadanaṁ dakṣiṇāmūrtimīde ॥

I salute Śrī Dakṣiṇāmūrti, the young guru, who teaches the knowledge of Brahman through silence, who is surrounded by disciples, who are themselves ṛṣis and scholars in the Vedas. (I worship Śrī Dakṣiṇāmūrti), who is the teacher of teachers, whose hand is held in the sign of knowledge of (cin-mudrā), whose nature is fullness, who revels in himself, and who is ever silent.

वटविटपिसमिपे भूमिभागे निषण्णं सकलमुनिजनानां ज्ञानदातारमारात् ।
त्रिभुवनगुरुमीशं दक्षिणामूर्तिदेवं जननमरणदुःखच्छेददक्षं नमामि ॥२ ॥

vaṭaviṭapisamipe bhūmibhāge niṣaṇṇaṁ sakalamunijanānāṁ jñānadātāramārāt ।
tribhuvanagurumīśaṁ dakṣiṇāmūrtidevaṁ jananamaraṇaduḥkhaçchedadakṣaṁ namāmi ॥

I salute Śrī Dakṣiṇāmūrti, the teacher of the three worlds, who is adept at destroying the miseries of birth and death, who, seated on the ground under the banyan tree, bestows knowledge to all the sages near him.

चित्रं वटतरोर्मूले वृद्धाः शिष्या गुरुर्युवा । गुरोस्तु मौनं व्याख्यानं शिष्यास्तु छिन्नसंशयाः ॥ ३ ॥

citraṃ vaṭatarormūle vṛddhāḥ śiṣyā gururyuvā |
gurostu maunaṃ vyākhyānaṃ śiṣyāstu chinnaśayāḥ ||

Wonderous indeed! Under the tree were the aged disciples around the youthful guru! He taught them with silence, but the doubts of the disciples were dispelled.

निधये सर्वविद्यानां भिषजे भवरोगिणाम् । गुरवे सर्वलोकानां दक्षिणामूर्तये नमः ॥ ४ ॥

nidhaye sarvavidyānaṃ bhiṣaje bhavaroginām |
gurave sarvalokānām dakṣiṇāmūrtaye namaḥ ||

Salutations to Śrī Dakṣiṇāmūrti, the storehouse of all learning, the healer of all those who suffer from the disease of saṃsāra and the teacher of the whole world.

ॐ नमः प्रणवार्थाय शुद्धज्ञानैकमूर्तये । निर्मलाय प्रशान्ताय दक्षिणामूर्तये नमः ॥ ५ ॥

om namaḥ praṇavārthāya śuddhajñānaikamūrtaye |
nirmalāya praśāntāya dakṣiṇāmūrtaye namaḥ ||

Salutations to Śrī Dakṣiṇāmūrti, who is the meaning of praṇva (om), who is in the form of pure knowledge, who is taintless, who is silence, to that Śrī Dakṣiṇāmūrti, my salutations.

गीता ध्यानम् (Gītā Dhyānam)



ॐ पार्थाय प्रतिबोधितां भगवता नारायणेन स्वयं व्यासेन ग्रथितां पुराणमुनिना मध्येमहाभारतम् ।
अद्वैतामृतवर्षिणीं भगवतीमष्टादशाध्यायिनीम् अम्ब त्वामनुसन्दधामि भगवद्गीते भवद्वेषिणीम् ॥१॥

*om pārthāya pratibodhitām bhagavatā nārāyaṇena svayaṁ vyāseṇa grathitām purāṇamuninā
madhye-mahābhāratam advaitāmṛtavarṣiṇīm bhagavatīmaṣṭādaśādhyāyinīm
amba tvāmanusandadhāmi bhagavadgīte bhavadveṣiṇīm*

Om. Oh! Goddess Mother, Oh! Bhagavadgītā, (you who were) taught by Bhagavān Nārāyaṇa, himself for the sake of Arjuna, the son of Pṛthā (Kuntī), (you who were) faithfully collected and reported by the ancient Sage Vyāsa, (and placed) in the middle of Mahābhārata, (you who are) in eighteen chapters, you who have the nature of showering the nectar of non-duality, the destroyer of the life of becoming (saṁsārā), again and again I invoke you.

नमोऽस्तु ते व्यास विशालबुद्धे फुल्लारविन्दायतपत्रनेत्र । येन त्वया भारततैलपूर्णः प्रज्वालितो ज्ञानमयः प्रदीपः ॥२॥

*namo'stu te vyāsa viśālabuddhe phullāravindāyatapatranetra
yena tvayā bhāratatailapūrṇaḥ prajvālito jñānamayaḥ pradīpaḥ*

Oh! Vyāsa the one whose intellect is vast, whose eyes are clear and as pleasing as fully blossomed lotus, who lit the lamp of knowledge well by filling it with the oil of the Mahābhārata, to you, my salutations.

प्रपन्नपारिजाताय तोत्रवेत्रैकपाणये । ज्ञानमुद्राय कृष्णाय गीतामृतदुहे नमः ॥ ३ ॥

prapannapārijātāya totravetraikapāṇaye
jñānamudrāya kṛṣṇāya gītāmṛtaduhe namaḥ

Unto the one who is the wish-fulfilling tree for those who have surrendered, who has the whip in one hand and the symbol of knowledge in the other, (and) who milks the nectar that is the Gītā –unto that Kṛṣṇa, my salutations.

सर्वोपनिषदो गावो दोग्धा गोपालनन्दनः । पार्थो वत्सः सुधीर्भोक्ता दुग्धं गीतामृतं महत् ॥ ४ ॥

sarvopaniṣado gāvo dogdhā gopālanandanah
pārtho vatsaḥ sudhīrbhoktā dugdham gītāmṛtaṁ mahat

The Upaniṣads are the cow, the joy of cowherds, Kṛṣṇā, is the one who milks, Arjuna is the calf, the one whose mind is clear is the one who drinks the milk, and the invaluable, timeless Gītā is the milk.

वसुदेवसुतं देवं कंसचाणूरमर्दनम् । देवकीपरमानन्दं कृष्णं वन्दे जगद्गुरुम् ॥ ५ ॥

vasudevasutaṁ devaṁ kaṁsacāṇūramardanam
devakīparamānandaṁ kṛṣṇaṁ vande jagadgurum

I salute Kṛṣṇa, the Lord, the teacher of the world, son of Vasudeva, destroyer of Kaṁsa and Cāṇūra, the greatest joy of Devakī.

भीष्मद्रोणतटा जयद्रथजला गान्धारनीलोत्पलाशल्यग्राहवती कृपेण वहनी कर्णेन वेलाकुला ।
अश्वत्थामविकर्णघोरमकरा दुर्योधनावर्तिनी सोत्तीर्णा खलु पाण्डवै रणनदी कैवर्तकः केशवः ॥ ६ ॥

bhīṣmadroṇataṭā jayadrathajalā gāndhāranīlotpalā śalyagrāhavatī kṛpeṇa vahanī
karṇena velākulā aśvatthāmavikarṇaghoramakarā duryodhanāvarttinī
sottīrṇā khalu pāṇḍavai raṇanadī kaivartakaḥ keśavaḥ

With Bhīṣma and Drona as its banks, Jayadratha as its water, Gāndhāra (Śakuni) as the blue lily, Śalya as the shark, Kṛpa as the speed of the water's flow, Karṇa as its breakers, Aśvatthāma and Vikarṇa as its killer whales, and Duryodhana as its whirlpools, the river of battle was indeed crossed by the Pāṇḍavas, because the boatman was Kṛṣṇa.

पाराशर्यवचःसरोजममलं गीतार्थगन्धोत्कटं नानाख्यानककेसरं हरिकथासम्बोधनाबोधितम् ।
लोके सज्जनषट्पदैरहरहः पेपीयमानं मुदा भुयाद् भारतपङ्कजं कलिमलप्रध्वंसि नः श्रेयसे ॥

pārāśaryavacaḥsarojamamalaṁ gītārthagandhotkaṭaṁ nānākhyānakakesaraṁ
harikathāsambodhanābodhitaṁ loke sajjanaṣaṭpadairaharahaḥ pepīyamānaṁ mudā
bhūyād bhāratapaṅkajaṁ kalimalapradhvamsi naḥ śreyase

May the spotless lotus, Mahābhārata, born of the waters of the words of the son of Parāśara(Vyāsa), having the meaning of the Gītā as its sweet fragrance, with its many stories as stamens, fully opened by the revealing stories of the Lord, Hari, relished happily day after day by the honey bees who are the right thinking people of the world, (this lotus of Mahābhārata) which destroys the blemishes of Kali-yuga, may it be for our good.

मूकं करोति वाचालं पङ्गुं लङ्गयते गिरिम् । यत्कृपा तमहं वन्दे परमानन्दमाधवम् ॥ ८ ॥

mūkaṁ karoti vācālaṁ paṅguṁ laṅgayate girim
Yatkṛpa tamahaṁ vande paramānandamādhavam (8)

I salute Kṛṣṇa, the Lord of Lakṣmī (wealth), whose nature is fullness, whose kṛpā, grace makeseven the mute, eloquent and causes the lame to scale mountain tops.

यं ब्रह्मा वरुणेन्द्ररुद्रमरुतः स्तुन्वन्ति दिव्यैः स्तवै-र्वैदैः साङ्गपदक्रमोपनिषदैर्गायन्ति यं सामगाः ।
ध्यानावस्थिततद्गतेन मनसा पश्यन्ति यं योगिनो यस्यान्तं न विदुः सुरासुरगणा देवाय तस्मै नमः ॥९॥

yaṁ brahmā varuṇendrarudramarutaḥ stunvanti divyaiḥ stavair-
vedaiḥ sāṅgapadakramopaniṣadairgāyanti yaṁ sāmagaḥ
dhyānāvasthitatadgatena manasā paśyanti yaṁ yogino
yasyāntaṁ na viduḥ surāsuragaṇā devāya tasmai namaḥ

To the Lord about whom Brahmā, Varuṇa, Indra, Rudra, and the Marut-devatās praise with divine hymns, the one whom the singers of Sāmaveda praise by singing with full complement of the limbs (of singing) in the order of pada and krama and the Upaniṣads, the one whom contemplative people see with minds resolved in him in a state of meditation, whose nature the celestials and demons do not know, unto him, the Lord, my salutations.



शान्ति मन्त्रः

ॐ सह नाववतु सह नौ भुनक्तु सह वीर्यङ्करवावहै ।

तेजस्वि नावधीतमस्तु मा विद्विषावहै ॥

ॐ शान्तिः शान्तिः शान्तिः ॥१॥

Om saha nāvavatu saha nau bhunaktu saha vīryamkaravāvahai |
tejasvināvadhītamastu mā vidviṣāvahai ||

Om śāntiḥ śāntiḥ śāntiḥ

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 शं नो मित्रः शं वरुणः । शं नो भवत्वयमा । शं न इन्द्रो बृहस्पतिः । शं नो विष्णुरुक्रमः । नमो ब्रह्मणे ।

नमस्ते वायो । त्वमेव प्रत्यक्षं ब्रह्मासि । त्वामेव प्रत्यक्षं ब्रह्म वदिष्यामि । ऋतं वदिष्यामि । सत्यं वदिष्यामि ।

तन्मामवतु । तद्वक्तारमवतु । अवतु माम् । अवतु वक्तारम् ॥ ॐ शान्तिः शान्तिः शान्तिः ॥२॥

Om śam no mitraḥ śam varuṇaḥ | śam no bhavatvaryamā | śam na indro brahaspatiḥ | śam
no viśnururukramaḥ | ṇamo brahmaṇe | namaste vāyo | tvameva pratyakṣam
brahmāsi | tvāmeva pratyakṣam brahma vadiṣyāmi | ṛtam vadiṣyāmi |
satyam vadiṣyāmi | tanmānavatu | tadvaktāramavatu |
avatu mām | avatu vaktāram | Om śantiḥ śantiḥ śantiḥ

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 all the pervasive sustainer of creation, Lord Vāmana, give us auspiciousness. 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 यश्छन्दसामृषभो विश्वरूपः । छन्दोभ्योऽध्यमृतात् सम्बभूव । 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 | chandobhyodhyamṛtāt sambabhūva |
sa mendro medhayā sprṇotu | amṛtasya deva dhāraṇo bhūyāsam | śarīraṁ me
vicarṣaṇam | jihvā me madhumattamā | karṇābhyām bhūri viśruvam |
brahmaṇaḥ kośo 'si medhayā pihitaḥ | śrutaṁ me gopāya |
Om śāntiḥ śāntiḥ śāntiḥ ||

That Omkāra which manifested from eternal Vedas is the greatest among the Vedic mantras and is endowed with all forms. Let the 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 ear 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 अ॒हं वृ॒क्षस्य॑ रे॒रिवा॑ । की॒र्तिः पृ॒ष्ठं गि॒रेरि॑व । ऊ॒र्ध्वप॑वि॒त्रो वा॒जिनी॑व स्व॒मृत॑मस्मि । द्र॒विण॑ꣳ स॒वर्च॑सम् । सु॒मेधा

अ॒मृतोऽक्षि॑तः । इति॑ त्रि॒शङ्को॑र्वे॒दानु॑वचनम् । ॐ शान्तिः॑ शान्तिः॑ शान्तिः॑ ॥४॥

aham vṛkṣasya rerivā | kīrtiḥ pṛṣṭham gireriva |
ūrdhwapavitro vājinīva svamṛtamasmī | draviṇa savarcasam |
sumedha amṛtokṣitaḥ | iti triśaṅkorvedānuvacanam Om śāntiḥ śāntiḥ śāntiḥ ||

After gaining self-knowledge Sage Triśaṅku declared: "I am the sustainer of the tree of saṁsāra. 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.





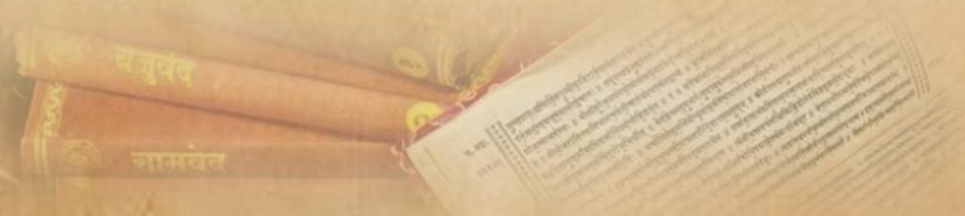
ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥

ॐ शान्तिः शान्तिः शान्तिः ॥५॥

Om pūrṇamadaḥ pūrṇamidaṁ pūrṇātpūrṇamudacyate |
pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate ||
Om śāntiḥ śāntiḥ śāntiḥ

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





ॐ आप्यायन्तु ममाङ्गानि वाक्प्राणश्चक्षुः श्रोत्रमथो बलमिन्द्रियाणि च सर्वाणि । सर्वं ब्रह्मौपनिषदम् ।

माहं ब्रह्म निराकुर्याम् । मा मा ब्रह्म निराकरोत् । अनिराकरणमस्त्वनिराकरणं मे अस्तु । तदात्मनि

निरते य उपनिषत्सु धर्मास्ते मयि सन्तु । ते मयि सन्तु । ॐ शान्तिः शान्तिः शान्तिः ॥६॥

Om āpyāyantu mamāṅgāni vākprāṇaścakṣuḥ śrotramatho balamindriyāṇi
ca sarvāṇi | sarvaṁ brahmaupaniṣadam | māhaṁ brahma nirākuryām | mā
mā brahma nirākarot | anirākaraṇamastvanirākaraṇam me astu |
tadātmani nirate ya upaniṣatsu dharmāste mayi santu | te mayi santu |
Om śāntiḥ śāntiḥ śāntiḥ ||

Let all the limbs including speech, vital air, eyes and the other sense organs and my capacity grow in their power. Everything is that Brahman, unfolded in the Upanisads. May I not reject Brahman (for lack of sraddha). 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 of the Upanisads. Let those qualities be in me. Om peace, peace, peace.

ॐ वाङ् मे मनसि प्रतिष्ठिता । मनो मे वाचि प्रतिष्ठितम् । आविरावीर्म एधि । वेदस्य म
आणीस्थः । श्रुतं मे मा प्रहासीः । अनेनाधीतेन । अहोरात्रान् 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 | āvirāvīrma edhi |
vedasya ma āṅīsthaḥ | śrutam me mā prahāsīḥ | anenādhītena | ahorātrān
sandadhāmi | ṛtam vadiṣyāmi | satyam vadiṣyāmi | tanmāmavatu |
tadvaktāramavatu | avatu mām | avatu vaktāramavatu vaktāram ||
Om śāntiḥ śāntiḥ śāntiḥ ||

May 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 gasp 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 it protect the teacher. May the Brahman protect me. May it protect the teacher. Om peace, peace, peace.



ॐ भद्रं नो अपिवातय मनः । ॐ शान्तिः शान्तिः शान्तिः ॥८॥



Om bhadraṁ no apivātaya manaḥ | om śāntiḥ śāntiḥ śāntiḥ ||
O mind! May you make freedom available for us. Om peace, peace, peace

ॐ भद्रं कर्णेभिः शृणुयाम देवाः । भद्रं पश्येमाक्षभिर्यजत्राः । स्थिरैरङ्गैस्तुष्टुवाग्ँसस्तनूभिः । व्यशेम
देवहितं यदायुः । स्वस्ति न इन्द्रो वृद्धश्रवाः । स्वस्ति नः पूषा विश्ववेदाः । स्वस्ति नस्तार्क्ष्यो अरिष्टनेमिः ।
स्वस्ति नो बृहस्पतिर्दधातु ॥ ॐ शान्तिः शान्तिः शान्तिः ॥९॥

Om bhadraṁ karṇebhiḥ śṛṇuyāma devāḥ. bhadraṁ paśyemākṣabhiryajatrāḥ.
sthirairāṅgaistuṣṭuvāṅsastanūbhiḥ. vyaśema devahitaṁ yadāyuh.
svasti na indro vṛddhaśravāḥ. svasti naḥ pūṣā viśvavedāḥ.
svasti nastārksyo ariṣṭanemiḥ. svasti no bṛhaspatirdadhātu.
Om śāntiḥ śāntiḥ śāntiḥ.

Oh gods (shining ones) may we hear what is auspicious with the ears. Oh gods (fit to be worshipped) may we see what is auspicious with the eyes. With firm limbs and bodies may we complete the full span of life allotted to us, in service to gods, offering praise. May Indra, of great fame, be auspicious to us. May the all-knowing Pūṣān (Lord Sun) be auspicious to us. May Tārksya (Garuḍa), one for whom there are no obstacles in his flight be auspicious to us. May Bṛhaspati bestow auspiciousness upon us.
Om Peace! Peace! Peace!

ॐ यो ब्रह्माणं विदधाति पूर्वं यो वै वेदांश्च प्रहिणोति तस्मै । तग्ँ ह देवमात्मबुद्धिप्रकाशं मुमुक्षुर्वै
शरणमहं प्रपद्ये । ॐ शान्तिः शान्तिः शान्तिः ॥१०॥

Om̐ yo brahmāṇam vidadhāti pūrvam̐ yo vai vedāṁśca prahiṇoti taṁsm̐ai
| tagm̐ ha devamātmabuddhiprakāśam̐ mumukṣurvai śaraṇamaham̐
prapadye | Om̐ śāntiḥ śāntiḥ śāntiḥ

I, a seeker of freedom , seek refuge in that Lord who reveals self-
knowledge, who created Brahman in the beginning of creation and who
indeed taught Vedas. Om̐ Peace! Peace! Peace.

