

Om Saha Naav-Avatu |
Saha Nau Bhunaktu |
Saha Viiryam Karavaavahai |
Tejasvi Naav-Adhiitam-Astu Maa Vidvissaavahai |
Om Shaantih Shaantih Shaantih ||

Meaning:

- 1: Om, Together may we two Move (in our Studies, the Teacher and the Student),
- 2: Together may we two Relish (our Studies, the Teacher and the Student),
- 3: Together may we perform (our Studies) with Vigour (with deep Concentration),
- 4: May what has been Studied by us be filled with the Brilliance (of Understanding, leading to Knowledge); May it Not give rise to Hostility (due to lack of Understanding),
- 5: Om Peace, Peace, Peace.

Om Asato Maa Sad-Gamaya |
Tamaso Maa Jyotir-Gamaya |
Mrtyor-Maa Amrtam Gamaya |
Om Shaantih Shaantih Shaantih ||

Meaning:

- 1: Om, (O Lord) From (the Phenomenal World of) Unreality, make me go (i.e. Lead me) towards the Reality (of Eternal Self),
- 2: From the Darkness (of Ignorance), make me go (i.e. Lead me) towards the Light (of Spiritual Knowledge),
- 3: From (the World of) Mortality (of Material Attachment), make me go (i.e. Lead me) towards the World of Immortality (of Self-Realization),
- 4: Om, Peace, Peace, Peace.

“All Is Complete”

Om Purnnam-Adah Purnnam-Idam Purnnaat-
Purnnam-Udacyate |

Purnnasya Purnnam-Aadaaya Purnnam-Eva-
Avashissyate ||

Om Shaantih Shaantih Shaantih ||

Meaning:

- 1: Om, That (Outer World) is Purna (Full with Divine Consciousness); This (Inner World) is also Purna (Full with Divine Consciousness); From Purna is manifested Purna (From the Fullness of Divine Consciousness the World is manifested),
- 2: Taking Purna from Purna, Purna indeed remains (Because Divine Consciousness is Non-Dual and Infinite),
- 3: Om, Peace, Peace, Peace.

(Source of the 3 chants above: <https://greenmesg.org/stotras/vedas/>)

Some Mantras:

Om̐

Om̐ Namō Namaha

Om̐ Jyotir Aham

Om̐ Aham Atman Brahma Namaha

Om̐ Śanti Om̐

Om̐ So Ham Ham Saha