

Stillpoint Yoga London | Vedic Shanti Mantras

om
Vande gurunaam chaaranara vinde /
sandar shita swaatma sukhava bhode /
nishrey yase jaangalika yamane /
samsara haala hala moha shantye //
Abahu purusha karam /
shankha chakraasi dharinam / sahasra
shirasam shvetam / pranamaami
patanjali /
om

I worship the guru's lotus feet, awakening the happiness of the self revealed. Beyond comparison, acting like the jungle physician to pacify delusion from the poison of existence.

to patanjali, an incarnation of adisesa, white in color with 1000 radiant heads (in his form as the divine serpent, ananta), human in form below the shoulders holding a sword (discrimination), a wheel of fire (discus of light, representing infinite time) and a conch (divine sound) – to him, I prostrate.

om saha naa vavatu /
saha nau bhunaktu /
saha viiryam /
Karavaa vahai /
tejas vinaa vadhiita mastu ma /
Vidvishaa vahaihi //
om shantih shantih shantihi

may Braham protect us both together.
may he nourish us both together.
may we both work together with great energy.
may our study be vigorous and effective. may we never hate each other.
may peace, physical, mental and spiritual, be on us forever.
om peace peace peace.

om shan no mitra shan varunaha /
shan no bhavat varyama /
shan na indro bruha spatih /
shan no Vishnu ruru kramaha /
namo bramhane /
namaste vaayo /
twameva pratyaksham bramhaasi /
twameva pratyaksham bramha
vadishyaami / rutam vadishyaami /
satyam vadishyaami /
tanmaa mavatu /
tadvaktaa rama vatu /
Avatu maam /
Avatu vaktaaram //
om shantih shantih shantihi

may mitra (the sun who controls the prana) grant us peace; may Varuna (the lord of the night and controller of the apana) grant peace to us; may aryaman (the principle of chivalry) be propitious to us; may Indra (the cosmic mind) and Brihaspati (the principle of wisdom) grant us peace; may Vishnu of great strides (the supreme omnipresent godhead) be propitious to us. salutations to you Brahmar (the absolute reality), and salutations to Vayu (the life- force of the universe). You alone are the perceptible Brahman. You alone I shall proclaim to be the perceptible godhead, I shall speak of the right; I shall speak of the truth; may that (teaching) protect me and also the preceptor. let that protect us both, the taught and the teacher.
om peace peace peace.

**om bhadram karne bhihshru nuyaama
devaaha / bhadram pashye maarksha
bhira jatraaha / stirai ranggai
sustuvaagam sastanuubhihi / Vyashema
deva hitaya daa yahoo /
swasti na indro vrudhash ravaaha /
swasti nach poosha vishva vedaaha /
swasti na staarksho arishta nemahi /
swasti no bruhaspatir dadhaatu //
*om shantih shantih shantihi***

may we hear only well through our ears. may we see only well through our eyes. may we who sing praise of you live our whole allotted span of life with perfect health and vigor. may Indra who is praised by the devotees safeguard our existence and well being. may the wise pooshan grant us safety. may garuda and Brihaspati grant us well being.
om peace peace peace.

**om namo bramhane namo astwagnaye
namach pradir vyai /
nama osha dhiibyah /
namo vaache namo vaacha spataye /
namo vishnave bruhate karomi //
*om shantih shantih shantihi***

We worship the supreme person for the welfare of all. may all miseries and shortcomings leave us forever so that we may always chant in the sacrifices and for the lord of sacrifices. may the medicinal herbs grow in potency, so that diseases can be cured effectively. may the devas grant us peace. may all human beings be happy, may all the birds and the beasts also be happy.
om peace peace peace.

**om tacha yo raavrinii mahe / gaatum
yegnaaya /
gaatum yegna pataye /
Davii swasti rastunaha / swastir maa
nushebhyaha / urdvam jigaatu
bhashajam / shan no astu dwipadee /
shan cha tush pade //
*om shantih shantih shantihi***

We worship the supreme person for the welfare of all. may all miseries and shortcomings leave us forever so that we may always chant in the sacrifices and for the lord of sacrifices. may the medicinal herbs grow in potency so that diseases can be cured effectively. may the devas grant us peace. may all human beings be happy, may all the birds and the beasts also be happy.
om peace peace peace.

**om yas chandasaa vrushabho
vishvaruupaha / chandobhyo dyamritaa
stambabhuva /
sa mendro medhayaa sprunotu /
Amritasya devadhaarano bhuuyaasam /
shariiram me vichar shaman /
Jihvaa me madhu-mattaama /
Karnaa bhyaam bhu ravish ruvam /
brahma nach koshasi medhayaa
pihitaha / shrutam me gopaaya //
*om shantih shantih shantihi***

may he who is the bull of the Vedic hymns, who assumes all forms, who has sprung from the immortal hymns of the Vedas – may the supreme lord strengthen me with wisdom. may I oh god become an upholder of the immortal revelation. may I be able and active in body; may my speech be sweet and agreeable to the highest degree; may I hear abundant (teachings) with my ears. You o aum are the veil of Brahman, which is concealed within me by my intellect. may whatever I have learned be preserved.
om peace peace peace.

**om puurnamadach purnamidam
puurnat- puurnamudachyate /
puurnasya puurnamaa daaya
puurnamevaa vashishyate //
om shantih shantih shantihi**

that (supreme Being) is perfect, this (jiva) is perfect. from the perfect the perfect arises. taking the perfect from the perfect; the perfect alone remains.
om peace peace peace.

**om asato maa sadgamaya / tamaso maa
jyotir gamaya / mrityormam ritam
gamaya //
om shanti shanti shantihi**

from untruth, lead us to truth. from ignorance, lead us to wisdom. from death, lead us to immortality.
om peace peace peace.

**om swasti prajaabyham paripaala
yantaam / Jnaayena maargena mahiim
mahimshaam / go braahmanebhyach
shubhamastu nityam / Lokhaa samastaa
sukhino bhavantu //
sarve jana sukhino bhavantu /
samasta sanmangaalini santu /
Lokshakarlyana samridi rastu /
Vishva shanti rastu //
om shanti shanti shantihi**

may all be well with mankind.
may the leaders of the earth protect in every way by keeping to the right path. may there be goodness for those who know the earth to be sacred. may all the worlds be happy. may the rains fall on time, and may the earth yield its produce in abundance. may this country be free from disturbance, and may the righteous be free from fear.
om peace peace peace.

**om pranamasya parabramha rishihi
paramaatmaa devataa /
Devii gayatrii chandaha praanaayaame
viniyogaha //
om bhuhhu om bhuvahah om suvahah
om mahahah /
om Janaha om tapahah om satyam /
om tat savitur Varenyam bhargo o
Devasya Dhiimahi /
Dhiyo yo nach pracho dayaa tu /
om Apo Jyothii raso Amritam
bhramhah / bur bhuvah suvarom //
om shanti shanti shantihi**

om. the material world;
om, the realm of the mind;
om the realm of light;
om the realm of vastness;
om the realm of creative delight;
om the realm of unobstructed will;
om the realm of the highest truth;
om may we meditate upon that adorable light of the Divine creator, and may he enlighten our intellect.
om peace peace peace.

**om tat savitur Varenyam bhargo o
Devasya Dhiimahi /
Dhiyo yo nach pracho dayaa tu**

om may we meditate upon that adorable light of the Divine creator, and may he enlighten our intellect.