

# Śanti Mantras

ॐ स॒ ह ना॑वतु । स॒ ह नौ॑ भुनक्तु । स॒ह वी॒र्यं॑ करवावहै ।  
ते॒ज॒स्विना॒वधी॑तमस्तु । मा वि॑द्विषा॒वहै॑ ॥ ॐ शान्तिः॒ शान्तिः॒ शान्तिः॒ ॥ १ ॥  
om sa ha nāvavatu | sa ha nau bhunaktu | saha vīryam karavāvahai |  
tejasvināvadhītamastu | mā vidviṣāvahai ॥ om śāntiḥ śāntiḥ śāntiḥ ॥ 1 ॥

sah -- he; ha -- indeed; nau -- both of us; avatu -- may protect; sah -- 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; adhītam -- 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 पूर्ण॑मदः पूर्ण॑मिदं पूर्ण॑त्पूर्णमुद॒च्यते॑ । पूर्ण॑स्य पूर्ण॑मादा॒य पूर्ण॑मेवावशि॒ष्यते॑ ॥  
ॐ शान्तिः॒ शान्तिः॒ शान्तिः॒ ॥ २ ॥  
om pūrṇamadaḥ pūrṇamidaṁ pūrṇātpūrṇamudacyate |  
pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate ॥  
om śāntiḥ śāntiḥ śāntiḥ ॥ 2 ॥

pūrṇam -- is fullness; adaḥ -- that; pūrṇam -- is fullness; idaṁ -- this; pūrṇāt -- from that fullness; pūrṇam -- this fullness; udacyate -- 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.