

ॐ सह नाववतु

Om Saha Navavatu — Shanti Mantra

ॐ सह नाववतु ।

सह नौ भुनक्तु ।

सह वीर्यं कर्वावहे ।

तेजस्वि नावधीतमस्तु मा विद्विषावहे ।

ॐ शान्तिः शान्तिः शान्तिः ॥

Purpose

This Vedic peace invocation is traditionally chanted at the beginning and end of spiritual studies or practices. It invokes harmony between teacher and student, and more broadly, between all beings. The threefold repetition of "Shanti" (peace) represents peace in body, mind, and spirit, or peace from physical, divine, and internal disturbances.