



Universal Chants

A-sa-to mā sad ga-ma-ya
Ta-ma-so-mā jyot-tir ga-ma-ya
Mri-tyor mā a-mri-tam ga-ma-ya
Avir āvir ma e-dhi
Rudra yat te dak-shi-nam mu-kham
Tena mām pāhi nityam
Om. Shāntih, Shāntih, Shāntih

Source: Brihadaranyaka Upanishad 1.3.28

Lead us from the unreal to the Real
Lead us from darkness to Light.
Lead us from death to Immortality.
Light us through and through and guide us
ever more with Thy loving presence.
Peace, Peace, Peace

Om Sahanā vavatu;
Saha nau bhu-nak-tu,
Saha vir-yam kara-vā-va-hai
Tejas vi-nā-va-dhi-ta-mastu,
Maa vid vi-shā-va-hai
Om Shāntih Shāntih Shāntih

Source: Krishna Yajur Veda Taittiriya Upanishad 2.2.2

May the Infinite Reality protect us.
May It nourish us.
May It guide us.
May It give us strength and right
understanding
May Love and Harmony be with us all.
Om peace, peace, peace.


Universal Chants

Om dyauḥ shāntiḥ
Aantarikṣhaṁ shāntiḥ
Pṛthivī shāntiḥ, āpaḥ shanti
Oṣhadhayaḥ shāntiḥ
Vanaspatayaḥ shāntiḥ
Vishvedevāḥ shānti
Brahma shāntiḥ, sarvaṁ shāntiḥ
Shāntireva shāntiḥ;
sāmā shāntir edhi
Om shāntiḥ, shāntiḥ, shāntiḥ

Source: Atharva Veda – Chapter 19

May peace radiate in the whole sky as well as
in the vast ethereal space everywhere.
May peace reign all over this earth,
in water, herbs and trees.
May peace flow over the whole universe.
May peace emanate from the Supreme Being.
And may there be peace and peace alone.
Om peace, peace, peace be unto us all.

Om pūrṇam-adaḥ pūrṇam-idam
Pūrṇāt pūrṇam-udacyate
Pūrṇa-sya pūrṇam-ādāya
Pūrṇam-evā-vashiṣyate
Om shāntiḥ Shāntiḥ Shāntiḥ

Source: Brihadaranyaka 5.1.1

Filled with Brahman are the things we see.
Filled with Brahman are the things we see not.
From out of Brahman floweth all that is.
From Brahman all
Yet He is still the same.
Om Peace, Peace, Peace

Om Sarve Bhavantu Sukhinaḥ
Sarve Santu Nir-āmayāḥ
Sarve Bhadrānni Pashyantu
Mā Kaschid-Dukkh-Bhāg-Bhavet
Om Shāntiḥ Shāntiḥ Shāntiḥ

May all be happy.
May all be free from disease and illness.
May all realize what is good and auspicious.
May none suffer from sorrow.
Om Peace, Peace, Peace.