

# Shanti Mantra

śānti mantrah

ओं सह नाववतु ।

सह नौ भुनक्तु ।

सह वीर्यं करवावहै ।

तेजस्विनावधीतमस्तु मा

विद्विषावहै ॥

ओं शान्तिः शान्तिः शान्तिः ॥

om̐ saha nāvavatu |

saha nau bhunaktu |

saha vīryam̐ karavāvahai |

tejasvināvadhitamastu mā

vidviṣāvahai ॥

om̐ śāntiḥ śāntiḥ śāntiḥ ॥

Traditional chant when  
starting new studies:

Om, May It protect us (teacher  
& student) together.

May It nourish us both  
together.

May we both work with  
strength together.

May our study have brilliance.

May we not be antagonistic  
towards one another.

Om. Peace. Peace. Peace.

## Romanized Sanskrit phonetic versions by Nicolai Bachman

Aum Saha Naavavathu Sahanau Bhunaktu  
Saha Veeryam Kara Vaavahai  
Tejasvi Naavadheetamastu Maa Vidwishaavahai  
Aum Shantih Shantih Shantihi

or

AUM sah nAvavatu sah nau bhunaktu  
sah vIry.n karvAvahai.  
tejasvi nAvadhItamastu  
mA vidviShAvahai..  
AUM shAntiH shAntiH shAntiH.

