



Sānti-pāṭha: The Recitation of Serenity

The Perfect Prayer from the Vedas

**pūrṇamadah
pūrṇamidam
pūrṇāt
pūrṇamudacyate
pūrṇasya
pūrṇamādāya
pūrṇamevāvaśiṣyate**

That is full, this is full, fullness comes from fullness
Take fullness from fullness the remainder is fullness
We are complete, perfect, and filled with love in all our imperfections
Life is complete, perfect, and filled with love in all its imperfections
Everything is complete, perfect, and filled with love in every imperfection

*Peace of mind is knowing everything is just exactly as it is, and exactly as it is.
It is perfect in its imperfection*

<https://www.youtube.com/watch?v=vxHLnzOK8-E&t=84s>