

## Peace Mantra

Om Saha nāvavatu  
saha nau bhunaktu  
Saha vīryam karavāvahai  
Tejasvi nāvadhītamastu  
Mā vidviṣāvahai  
Om Shāntiḥ, Shāntiḥ, Shānti

**Om. May we be protected together.  
May we enjoy the fruits of our actions together.  
May we achieve strength together.  
May our knowledge be full of light.  
May we never have enmity for one another.  
Om. Peace. Peace. Peace to all.**

## OM svaroopā svasvabhāvā namo namah

*I bow again and again to my inherent essence of beingness,  
the inherent divinity, the one divine reality, which exists within myself,  
within you, within all existences, and beyond....*

