

Śanti Pataḥ – Saha Nāvavatu

om̐

saha nāvavatu |

saha nau bhunaktu |

saha vīryam̐ Karavāvahai |

tejasvi nāvadhītamastu mā vidviṣāvahai ||

om̐ śāntiḥ śāntiḥ śāntiḥ ||

Om. May both of us together be protected.
May both of us together be nourished.
May we work together with great energy.
May our study together be brilliant and effective.
May we not hate or despise with each other.
Om̐, Peace, Peace, Peace.

Asato Mā

asato mā sadgamaya |

tamaso mā jyotirgamaya |

mṛtyor mā'mṛtam̐ gamaya ||

Om̐ śāntiḥ śāntiḥ śāntiḥ ||

Lead us from the unreal to the real,
Lead us from darkness to light,
Lead us from death to immortality.
om̐ Peace, Peace, Peace.

Invocation to Gaṇeśa

om gaṇānām̐ tvā gaṇapatigam havāmahe

kaṇim̐ kavīnām̐ upamaśravastamam |

jyeṣṭarājām̐ brahmaṇām̐ brahmaṇaspatā ā naḥ

Śṛṇvannūtibhissīdaḥ sādhanam ||

We invoke thee, O leader of all the hosts.
The wisest of the wise.
The Sage of Sages with treasures
beyond measure.
The King of Brilliance. The lead chanter
of prayers.
Come with our blessings, listen to our
prayers.
Have a seat in our sacred space.

Mahāmṛtyum̐jaya Mantra (a.k.a. Tryambakam̐)

tryambakam̐ yajāmahe

sugandhim̐ puṣṭi vardhanam |

urvārukam̐ ivā bandhanān

mṛtyor mukṣīyā mā'mṛtāt ||

We meditate on the three-eyed reality,
which permeates and nourishes all like a
fragrance.
May we be liberated from death for the sake
of immortality, even as the cucumber is
severed from bondage to the creeper.

In a single word this mantra means STRENGTH