

Sanatana Dharma

Pratah Smarana Mantras and Santi Mantras



Śānti Mantras



- ॐ सह नाववतु ।
सह नौ भनक्तु ।
सह वीर्यं करवावहै ।
तेजस्विनावधीतमस्तु मा विद्विषावहै ।
ॐ शान्तिः शान्तिः शान्तिः ॥
- Om saha nāvavatu |
sa ha nau bhunaktu |
sa ha vīryam karavāvahai |
tejasvināvadhītamastu mā vidviṣāvahai |
Om shāntiḥ shāntiḥ shāntiḥ ||

Śānti Mantras



- **Meaning:**

1: Om, May God Protect us Both (the Teacher and the Student),

2: May God Nourish us Both,

3: May we Work Together with Energy and Vigour,

4: May our Study be Enlightening, not giving rise to Hostility,

5: Om, Peace, Peace, Peace.

Prayers: Prātaḥ Smaraṇam



- Prātaḥ smarāmi hr̥di saṃsphuradātma tattvam
Sat chit sukham paramahamsa gatim turiyam
Yat svapna jāgara sushuptam avaiti nityam
Tad brahma nishkalam aham na ca bhuta
sanghaḥ

Prayers: Prātaḥ Smaraṇam



- Prātar bhajāmi manasā vacasām agamyam
Vaco vibhānti nikhilā yadanugraheṇa
Yan neti neti vacanair nigamā avocuh
Tam deva devamajam achyutam āhuragryam

Prayers: Prātaḥ Smaraṇam



- Prātar namāmi tamasah paramarka varnam
Purnam sanātana padam purushottam ākhyam
Yasminnidam jagad asheshamashesha murtau
Rajjvām bhujangama iva pratibhāsitam vai

Śānti Mantras



- ॐ शं नो मित्रः शं वरुणः ।
शं नो भवत्वयमा ।
शं नो इन्द्रो ब्रह्मपतिः ।
शं नो विष्णुरुक्रमः ।

Om Sham No Mitrah Sham Varunnah |
Sham No Bhavativ-Aryamaa |
Sham No Indro Brhaspatih |
Sham No Vishnur-Urukramah |

Meaning:

- 1: Om, May Mitra be Propitious with Us, May Varuna be Propitious with Us,
- 2: May the Honourable Aryama be Propitious with Us,
- 3: May Indra and Brihaspati be Propitious with Us,
- 4: May Vishnu with Long Strides be Propitious with Us,

Śānti Mantras



- नमो ब्रह्मणे ।
नमस्ते वायो ।
त्वमेव प्रत्यक्षं ब्रह्मासि ।
त्वामेव प्रत्यक्षं ब्रह्म वदिष्यामि ।
ऋतं वदिष्यामि ।
सत्यं वदिष्यामि ।
Namo Brahmaṇe |
Namaste Vāyo |
Tvameva Pratyakśam Brahmāsi |
Tvāmeva Pratyakśam Brahma Vadiśyāmi |
Ṛtam Vadiśyāmi |
Satyam Vadiśyāmi |

Meaning:

- 5: Salutations to Brahman,
- 6: Salutations to Vayu (the Breath of Purusha),
- 7: You Indeed are the Visible Brahman,
- 8: I Proclaim, You Indeed are the Visible Brahman,
- 9: I Speak about the Divine Truth,
- 10: I Speak about the Absolute Truth,

Śānti Mantras



- तन्मामवतु ।
तद्वक्तारमेवतु ।
अवेतु माम् ।
अवर्तु वक्तारम् ॥
ॐ शान्तिः शान्तिः शान्तिः ॥
Tanmaamavatu |
Tad-Vaktaaram-Avatu |
Avatu Maam |
Avatu Vaktaaram ||
Om Shāntiḥ Shāntiḥ Shāntiḥ ||

Meaning:

- 11: May That Protect Me,
- 12: May That Protect the Preceptor,
- 13: Protect Me,
- 14: Protect the Preceptor,
- 15: Om Peace, Peace, Peace.