

# AYN Chants

## Vedic Period - Gayatri Mantra

Rig Veda

**om bhūr bhuvah svaḥ  
tatsaviturvareṇyaṃ  
bhargo devasyadhīmahi  
dhiyo yo naḥ prachodayāt**

Om Absolute Existence, Creator of the three realms,  
We meditate on that excellent glory of the divine Sun,  
May he enlighten our understandings.

Brhadaranyaka Upanishad

**om asato mā sadgamaya  
tamaso mā jyotirgamaya  
mṛtyormā'mṛtaṃ gamaya  
om śāntiḥ śāntiḥ śāntiḥ**

Om Lead me from the asat to the sat.  
Lead me from darkness to light.  
Lead me from death to immortality  
Om Peace Peace Peace.

## Upanishad Period - Shanti Mantra's

Taittiriya, Katha, Mandukya and Shvetashvatara Upanishad

**om saha nāv avatu  
saha nau bhunaktu  
saha vīryaṃ karavāvahai  
tejasvi nāv adhītam astu  
mā vidviṣāvahai  
om śāntiḥ śāntiḥ śāntiḥ**

OM Let both of us protect each other together  
May both of us enjoy together  
May both of us work together  
Let our study become radiant,  
let there be no hatred between us  
OM Peace, Peace, Peace.

Brihadaranyaka and Ishavasya Upanishad

**om pūrṇamadaḥ pūrṇamidam  
pūrṇāt pūrṇamudacyate  
pūrṇasya pūrṇamādāya  
pūrṇamevāvaśiṣyate  
om śāntiḥ śāntiḥ śāntiḥ**

Om That is Absolute, This is Absolute,  
Absolute arises out of Absolute  
If Absolute is taken away from Absolute,  
Absolute remains  
OM Peace, Peace, Peace.

Taittiriya Upanishad

**om tan mām avatu  
tad vaktāram avatu  
avatu mām  
avatu vaktāram  
om śāntiḥ śāntiḥ śāntiḥ**

Om May That [which is] Protect Me,  
May That [which is] Protect the Teacher,  
Protect Me,  
Protect the Teacher,  
Om Peace, Peace, Peace.

## Epic Period

Bhagavad Gita 2:15

**yaṃ hi na vyathayanty ete  
puruṣaṃ puruṣarṣabha  
sama-duḥkha-sukhaṃ dhīraṃ  
so 'mṛtatvāya kalpate**

O best among men,  
the person who is not disturbed  
by happiness nor distress and is steady in both  
is certainly eligible for liberation.

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## Epic Period (Devotional Chants)

Ganesh Mantra

**om vakratuṅḍa māhākaya  
koṭisurya samaprabha  
avighnam kurumédéva  
sarva kāryéshu sarvadā**

Om to him who possesses a large belly and curved trunk  
Who shines with the brilliance of a million suns  
Please make all my work free of obstacles, always.

Shiva Mantra

**om namaḥ śivāya gurave  
satccidānanda mūrtaye  
niṣprapañcāya śantāya  
nirāmbāya tejase**

Om. I bow to the guru, who is Shiva.  
His form is being, consciousness, and bliss.  
He is transcendent, calm,  
free from all support, and luminous.

Kali Mantra

**om mahākālyai ca vidmahe  
śmaśāna vāsinyai ca dhīmahī  
tanno kālī prachodayāt**

Om Let us meditate on the great Kali,  
May the one who resides in the cremation grounds,  
give me higher intellect and  
let Kali illuminate my mind.

## Ashtanga Chants

Opening Mantra

**om vandē gurūṅaṃ caraṇāravindē  
sandarśita svātma sukāvabōdhē  
niḥśrēyasē jāṅgalikāyamānē  
saṃsāra hālāhala mōhasāntyai**

**ābāhu puruṣākāram  
śaṅkha cakrāsi dhāriṇam  
sahasra śirasam śvētam  
praṇamāmi patañjalim Om**

Om I bow to the two lotus feet of the Gurus,  
which awaken insight into the happiness of pure Being,  
which are complete absorption into joy.  
the jungle physician, eliminating the delusion  
caused by the poison of Samsara.

I prostrate before the sage Patanjali  
who has thousands of radiant, white heads  
and who has, as far as his arms, assumed human form,  
holding a conch shell, a wheel, and a sword

Mangala Mantra (Closing) - Rig Veda

**om swasti prāja bhyaḥ  
paripālayantām  
nyāyena mārgēṇa  
mahīm mahīśāḥ  
gobrāhmaṇebhyaḥ  
śubhamastu nityam  
lokāsamastā  
sukhino bhavantu  
om śāntiḥ śāntiḥ śāntiḥ**

May the rulers of the earth keep to the path of virtue  
For protecting the welfare of all generations.  
May the religious, and all peoples be forever blessed,  
May all beings everywhere be happy and free  
Om peace, peace, peace