

Shanti Mantras

om pūrṇam adaḥ pūrṇam idam
pūrṇāt pūrṇam udacyate
pūrṇasya pūrṇam ādāya
pūrṇam evāvaśiṣyate
om śāntiḥ śāntiḥ śāntiḥ

OM! That is Perfect. This is Perfect.
What is Perfect can only come
from what is already Perfect.
If you were to take Perfect out of
Perfect, what remains is Perfect.
OM! Peace! Peace! Peace!