



ANUŚĀSANAM: TEACHER-STUDENT INVOCATION

ॐ सह नावतु ।
सह नौ भुनक्तु ।
सह वीर्यं करवावहै ।
तेजस्वि नावधीतमस्तु मा विद्विषावहै ।
ॐ शांतिः : शांतिः : शान्तिः ॥

Om saha nāvavatu
saha nau bhunaktu
saha vīryam karavāvahai
tejasvi nāvadhītamastu ma vidveṣāvahai
Om śānti śānti śāntiḥ

TRANSLATION

Om. May we, guru and disciple, be protected together.
May we enjoy the fruits of our action 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.

