

ॐ Shanti Path ॐ

*The Shantipath is made up of a number of mostly Upanishadic invocations.
Chanted together these invocations become a powerful call for the peace,
well-being and liberation of all beings.*

To chant the Shantipath with reflection on its meaning at the end of our Yoga practice is to share the merits of our personal sadhana with all those around us. It is a reminder to practice Yoga with a selfless spirit for the good and upliftment of all. It reminds us to practice with a pure heart free from desire and personal motivation. And it encourages us to practice with ever increasing zeal in order to purify our bodies, hearts and minds that they may shine a little more light and joy in the world.

**Om Asato Maa Sad Gamaya
Tamaso Maa Jyotir Gamaya
Mrityor Maa Amritam Gamaya**

Lead us from the unreal to the real. From darkness to light. From death to immortality.

**Sarveshaam Svastir bhavatu
Sarveshaam Shaantir bhavatu
Sarveshaam Poornam bhavatu
Sarveshaam Mangalam Bhavatu**

*May perfection prevail on all. May peace prevail on all. May contentment prevail on all.
May auspiciousness prevail on all*

Lokah Samastah Suchinoo Bhavantu
May all beings everywhere be happy

**Om Treyambakam Yajamahe
Sugandhim Pushtivardanam
Urvaa Rukami Vabandanaat
Mrityor Mukshi Amaamrataat**

*We bow to the all seeing one, who is fragrant, who nourishes all beings.
May he liberate us from the death of ignorance for the sake of immortal wisdom,
even as a fruit is severed from its bondage to the creeper*

**Om Poornamidaah Poornamidam
Poornaat Poorna Mudachyate
Poornasya Poornamadaaya
Poorname Vaava Shishyate**

*This is perfect, that is perfect. From the perfect springs the perfect.
Take the perfect from the perfect and only the perfect remains*

**Om Shanti Shanti Shanti Om
Shri Gurubhyo Namaha – Hari Om**