

World peace prayer

Lyrics in Sanskrit	Transliterated in English	Meaning in English
<p>ॐ सह नाववतु। सह नौ भुनक्तु। सह वीर्यं करवावहै। तेजस्वि नावधीतमस्तु मा विद्विषावहै। ॐ शान्तिः शान्तिः शान्तिः ॥</p>	<p>Om Saha nāvavatu saha nau bhunaktu Saha vīryam karavāvahai Tejasvi nāvadhītamast Mā vidviṣāvahai Om Shāntiḥ, Shāntiḥ, Shāntiḥ</p>	<p>Om, May we all be protected May we all be nourished May we work together with great energy May our intellect be sharpened (may our study be effective) Let there be no Animosity amongst us Om, peace (in me), peace (in nature), peace (in divine forces)</p>
<p>ॐ सर्वे भवन्तु सुखिनः। सर्वे सन्तु निरामयाः। सर्वे भद्राणि पश्यन्तु। मा कश्चित् दुःख भाग्भवेत्॥ ॐ शान्तिः शान्तिः शान्तिः ॥</p>	<p>Om, Sarve bhavantu sukhinaḥ Sarve santu nirāmayāḥ Sarve bhadrāṇi paśyantu Mā kashchit duḥkha bhāgbhavet Om Shāntiḥ, Shāntiḥ, Shāntiḥ</p>	<p>May all be prosperous and happy May all be free from illness May all see what is spiritually uplifting May no one suffer Om peace, peace, peace</p>

Surya Namaskar Positions

