

Focus Shlokas

Shaanthi Manthraa-3

*om sarve BHa-vanthu suKHi-naha
sarve san-thu niraa-ma-yaaha
sarve BHadh-raaNi pash-yanthu
maa kash-chidh Duh-KHa BHaag BHaveth
om shaanthy shaanthy shaanthy Hi*

Om, May all become happy, may all be free from illness. May all see what is auspicious, may no one suffer. Om, let there be Peace, Peace, Peace.

Shaanthi Manthraa-4

*om poor-Na-madhaha poor-Na-midham
poor-Naath poor-Na-mu-dachyathe
poor-Nasya poor-Na-maa-daa-yaa
poor-Nam evaa Va-shiSH-yathe
om shaanthy shaanthy shaanthy hi*

Om - God is infinite and complete. We came from this source and hence are also complete. If we are removed from this universe, the infinite power of God still remains and everything around us still stays complete. Om, Let there be Peace, Peace, Peace.

Shaanthi Manthraa-5

*om asatho maa sadh ga-ma-ya,
tha-maso maa jyothir ga-ma-ya,
mrth-yor maa amritham ga-ma-ya
om shaanthy shaanthy shaanthy hi.*

Om, Lead me from the unreal to the Real, Lead me from darkness to Light, Lead me from death to Immortality. Om, Let there be Peace, Peace, Peace.