

The Teaching Chant

Om saha navavatu
Saha nau bhunaktu
Saha viryam karavavahai
Tejasvi navadhitamastu
Ma vidviṣavahai
Om shanti shanti shanti

Translation

Together may we be protected
Together may we be nourished and energised
May we work together with great energy
May our study together be effective
May there be no hatred among us
Om Peace, Peace, Peace

