



## BALVIHAR PRAYER CHANTS

ॐ शुक्लाम्बरधरं विष्णुं शशिवर्णं चतुर्भुजम्।

प्रसन्नवदनं ध्यायेत् सर्व विघ्नोपशान्तये ॥

Om śuklāambaradharaṁ viṣṇuṁ śaśivarṇaṁ caturbhujam ।  
prasanna vadanam dhyāyet sarva vighnopaśāntaye ।।

(May one meditate upon Lord Vigneshvara, who wears the white garment, who is all pervasive, who has a bright complexion like the moon, who has four hands (representing all power), who has a cheerful face (or an elephant face), for the removal of all obstacles.)

ॐ वक्रतुण्ड महाकाय सूर्यकोटि समप्रभ।

निर्विघ्नं कुरुमेदेव सर्व कार्येषु सर्वदा ॥

Om vakratuṇḍa mahākāya sūryakoṭi samaprabha ।  
nirvighnaṁ kurumedeva sarvakāryeṣu sarvadā ।।

(O Lord Ganesha! who has a curved trunk with big body and whose tejas (power) is matched by crores of Suns, let all my works be done without any obstacles, always.)

ॐ सरस्वति नमस्तुभ्यम् वरदे कामरूपिणि ।

विद्यारम्भं करिष्यामि सिद्धिर्भवतु मे सदा ॥

Om sarasvati namastubhyam varade kāmārūpiṇi ।  
vidyārambhaṁ kariṣyāmi siddhirbhavatu me sadā ।।

(Salutations to you, O Goddess Sarasvati, who is the giver of boons, and who has a beautiful form! I begin my studies. Let there be success for me always.)

ॐ गुरुब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः ।

गुरुस्साक्षात् परं ब्रह्म तस्मै श्रीगुरवे नमः ॥

Om gururbrahmā gururviṣṇuḥ gururdevo maheśvaraḥ ।  
gurussākṣāt paraṁ brahma tasmai śrīgurave namaḥ । ।

(The Guru is Brahmā, the Guru is Viṣṇu, the Guru is Maheśvara. The Guru is ultimate Truth. Salutations unto that revered Guru.)

ॐ वसुदेवसुतं देवं कंसचाणूरमर्दनम् ।

देवकीपरमानन्दं कृष्णं वन्दे जगद्गुरुम् ॥

Om vasudevasutaṁ devaṁ kaṁsacāṇūrāmardanam ।  
devakīparamānandaṁ kṛṣṇaṁ vande jagadgurum । ।

(I salute Kṛṣṇa, the Lord, the teacher of the world, son of Vasudeva, destroyer of Kamsa and Chānurā, and the greatest joy of Devakī.)

ॐ त्र्यम्बकम् यजामहे सुगन्धिं पुष्टिवर्धनम् ।

उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात् ॥

Om tryāmbakam yajāmahe sugandhiṁ puṣṭivardhanam ।  
urvārukamiva bandhanānmrutyormukṣīya mā'mṛitāt । ।

(We offer our worship to the fragrant, three-eyed Lord āiva who enhances prosperity. May he liberate us from the bondage of death like the water melon (which effortlessly separates from the vine); may he not (let us turn away) from immortality.)

ॐ मनोजवं मारुततुल्यवेगं जितेन्द्रियं बुद्धिमतां वरिष्ठम्।

वातात्मजं वानरयूथमुख्यं श्रीरामदूतं शरणं प्रपद्ये ॥

Om manojavam māruta tulyavegam jiteendriyam buddhimatām varīṣṭham ।

vātātmajam vānarayūthamukhyaṁ śrīrāmadūtaṁ śaraṇaṁ prapadye । ।

(I take Refuge in Sri Hanuman, who travels as fast as the mind and the wind, who has mastered his sense organs, who is the best among the intelligent, who is the son of the deity of wind, who is the commander-in-chief of the army of the vanara (monkey) tribe, and who is the envoy of Sri Rāma.)

ॐ स ह नाववतु। स ह नौ भुनक्तु।

सह वीर्यं करवावहै। तेजस्विनावधीतमस्तु। मा विद्विषावहै ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

Om sa ha nāvavatu । sa ha nau bhunaktu ।

saha vīryaṁ karavāvahaī । tejasvināvadhītamastu । mā vidviṣāvahaī । ।

Om śāntiḥ śāntiḥ śāntiḥ । ।

(May the Lord indeed, protect both of us. May he indeed, nourish both of us. May we together acquire the capacity (to study and understand the scriptures). May our study be brilliant. May we not disagree with each other. Om peace, peace, peace (Let there be freedom from three possible obstacles.)

हरिः ॐ। श्रीगुरुभ्यो नमः। हरिः ॐ ॥

hariḥom । śrīgurubhyonamaḥ । hariḥom । ।

(Salutations to my Guru)

ॐ भूर्भुवःसुवः। तत्सवितुर्वरेण्यम्। भर्गो देवस्य धीमहि। धियो यो नः प्रचोदयात् ॥

Om bhūrbhuvassuḥ । tatsaviturvarēṇyam । bhargo devasya dhīmahī । dhiyo yo naḥ  
pracodayāt । । ( chant 3 times)

(The three worlds (Bhu Loka, Bhuvan Loka, Suvar Loka) are pervaded by the Lord, the creator. Om is the basis of everything. That Lord is the one who is the most worshipful. We meditate on that all-knowing Lord. May the Lord set our intellects in the right direction.)

**Before Meals:**

ॐ ब्रह्मार्पणम् ब्रह्महविः ब्रह्माग्नौ ब्रह्मणा हुतम्।

ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्मसमाधिना ॥

Om brahmārpaṇam brahmahaviḥ brahmāgnau brahmaṇā hutam ।

brahmaiva tena gantavyaṁ brahmakarmasamādhinā । ।

(Any means of offering is Brahman, the oblation is Brahman, the fire in which the offering is made is Brahman, the one who offers is also Brahman. Indeed Brahman is gained by such a person who abides in Brahman.)

## **Arati Mantras**

ॐ अगजानन पद्मार्कं गजाननम् अहर्निशम्।

अनेक दन्तं भक्तानां एकदन्तम् उपास्महे ॥

Om agajānana padmārkaṁ gajānanam aharniśam ।

aneka dantaṁ bhaktānāṁ ekadantam upāśmahe । ।

(As the rays from the lotus face of Gauri (Devi Parvati) is always on Her beloved son Gajanana (who is having the face of an elephant), similarly, the grace of Sri Ganesha is always on His devotees; granting their many prayers; the devotees who with deep devotion worship the Ekadanta - one who has a single tusk.)

ॐ शुभं करोति कल्याणम् आरोग्यं धनसम्पदः।

शत्रुबुद्धिविनाशाय दीपज्योतिर्नमोऽस्तु ते ॥

Om śubhaṁ karoti kalyāṇam ārogyaṁ dhanasampadaḥ ।

śatrubuddhivināśāya dīpajyotirnamo'stu te । ।

(The lamplight brings auspiciousness, prosperity, good health and abundance of wealth. Let (my) salutations be to you for the destruction of the ignorance which is the intellect's enemy.)

ॐ योऽपां पुष्पं वेद। पुष्पवान् प्रजावान् पशुमान् भवति। चन्द्रमा वा अपां पुष्पम्। पुष्पवान् प्रजावान् पशुमान् भवति। य एवं वेद। योऽपामायतनं वेद। आयतनवान् भवति।

Om yo'pām puṣpam veda | puṣpavān prajāvān paśumān bhavati | candramā vāapām puṣpam | puṣpavān prajāvān paśumān bhavati | yaevamveda | yo'pāmāyatanaṁ veda | āyatānavān bhavati | |

(The one who knows the flower (emerging out) of the Lord, becomes (endowed with) flowers, progeny and cattle; the moon is indeed the flower (emerging out) of the Lord; the one who knows thus becomes endowed with flowers, progeny and cattle; the one who knows the support of the Lord becomes endowed with support.)

ॐ प्राणाय स्वाहा। ॐ अपाणाय स्वाहा।

ॐ व्यानाय स्वाहा। ॐ उदानाय स्वाहा।

ॐ समानाय स्वाहा। ॐ ब्रह्मणे स्वाहा।

Om prāṇāya svāhā | om apāṇāya svāhā |

Om vyānāya svāhā | om udānāya svāhā |

Om samānāya svāhā | om brahmaṇe svāhā |

(I offer this to prana. I offer this to apana. I offer this to vyana. I offer this to udana. I offer this to samana. I offer this to the Lord.)

ॐ राजाधिराजाय प्रसह्यसाहिने। नमो वयं वैश्रवणाय कुर्महे।

स मे कामान् कामकामाय मह्यम्। कामेश्वरो वैश्रवणो ददातु।

कुबेराय वैश्रवणाय। महाराजाय नमः ॥

Om rājādhirājāya prasahyasāhine | namo vayaṁ vaiśravaṇāya kurmahe | sa me kāmān kāmakāmāya mahyam | kameśvaro vaiśravaṇo dadātu | kuberāya vaiśravaṇāya | mahārājāya namaḥ | |

(We offer (our) salutations to Kubera, the son of Viśravas, who is the king of kings, and who commands everyone's possessions by his power. Let that Kubera, the Lord of desires, give the desired objects to me, who is seeking fulfillment of desires. Salutations to Kubera, the son of Viśravas, the great king.)

ॐ सर्वे भवन्तु सुखिनः। सर्वे सन्तु निरामयाः।

सर्वे भद्राणि पश्यन्तु। मा कश्चिद् दुःखभाग् भवेत्॥

Om sarve bhavantu sukhinaḥ | sarve santu nirāmayāḥ |

Sarve bhadraṇi paśyantū | mā kaścīd duḥkhabhāg bhavet | |

(Om, May All become Happy, May All be Free from Illness. May All See what is Auspicious, May no one Suffer. Om Peace, Peace, Peace)

ॐ असतो मा सद्गमय। तमसो मा ज्योतिर्गमय।

मृत्योर्मा अमृतं गमय॥

ॐ शान्तिः शान्तिः शान्तिः॥

Om asato mā sadgamaya | tamaso mā jyotirgamaya |

mrutyormā amrutam gamaya | | om śāntiḥ śāntiḥ śāntiḥ | |

(Om, Lead us from Unreality (of Transitory Existence) to the Reality (of the Eternal Self), Lead us from the Darkness (of Ignorance) to the Light (of Spiritual Knowledge), Lead us from the Fear of Death to the Knowledge of Immortality. Om Peace, Peace, Peace)

त्वमेव माता च पिता त्वमेव। त्वमेव बन्धुश्च सखा त्वमेव।

त्वमेव विद्या द्रविणं त्वमेव। त्वमेव सर्वं मम देव देव॥

ॐ शान्तिः शान्तिः शान्तिः॥

Tvameva mātā ca pitā tvameva | Tvameva bandhuśca sakhā tvameva |

Tvameva vidyā draviṇam tvameva | Tvameva sarvaṁ mama deva deva | |

Om śāntiḥ śāntiḥ śāntiḥ | |

(You truly are my Mother and You truly are my Father. You truly are my Relative and you truly are my Friend. You truly are my Knowledge and you truly are my Wealth. You truly are my All, My God of Gods. Om peace, peace, peace)

कर्पूर गौरं करुणावतारम् संसारसारम् भुजगेन्द्र हारम्।

सदा वसन्तं हृदयारविन्दे भवं भवानी सहितम् नमामि ॥

karpūra gauram karuṇāvatāram saṁsārasāram bhujagendra hāram ।

sadā vasantaṁ hṛdayāravinde bhavaṁ bhavānī sahitaṁ namāmi ।।

(I bow to Lord Shiva and Shakti together, the Lord who is pure white like camphor, an incarnation of compassion, the essence of worldly existence, whose garland is the King of Serpents, always dwelling inside the lotus of the heart.)

मङ्गलं भगवान् विष्णुः मङ्गलं गरुडध्वजः ।

मङ्गलं पुन्दरीकाक्षः मङ्गलायतनो हरिः ॥

maṅgalaṁ bhagavān viṣṇuḥ maṅgalaṁ garuḍadhvajah ।

maṅgalaṁ puṇḍarikākṣaṁ maṅgalāyatano hariḥ ।।

(Lord Vishnu is all auspiciousness;  
The One who has Garuda as His flag is all auspiciousness;  
The One who has eyes like the lotus flower is all auspiciousness;  
Lord Hari is the abode of auspiciousness)

सर्वं मङ्गलमाङ्गल्ये शिवे सर्वार्थसाधके ।।

शरण्ये त्र्यम्बके गौरि नारायणि नमोऽस्तु ते ॥

sarva maṅgalamāṅgalye śive sarvārthasādhake ।

śaraṇye tryambake gauri nārāyaṇi namo'stu te ।।

(Salutation to you, O Devi, who is the auspiciousness of all that is auspicious, who is the consort of Lord Shiva, who is the means of accomplishing all desires, who is the refuge of all, who is three-eyed and who is the fair-complexioned one. )

ॐ कायेन वाचा मनसेन्द्रियैर्वा बुद्ध्यात्मना वा प्रकृतेस्वभावात्।

करोमि यद्यत्सकलम् परस्मै नारायणायेति समर्पयामि ॥

Om kāyena vācā manasendriyairvā buddhyātmanā vā prakṛteśsvabhāvāt ।

karoomi yadyatsakalam parasmai nārāyaṇāyeti samarpayāmi ।।

(Unto Lord Narayana, I dedicate all the acts that I perform with my body, speech, mind, senses and intellect which are born of deliberation or natural tendencies.)

यानि कानि च पापानि जन्मान्तर कृतानि च।

तानि तानि विनश्यन्ति प्रदक्षिणपदे पदे ॥

yāni kāni ca pāpāni janmāntara kṛtāni ca ।

tāni tāni vinaśyanti pradakṣiṇapade pade ।।

(May those omissions and commissions done in this life and also in the previous births and the resulting afflictions perish with every pradakshina.)

ॐ पूर्णमदुः पूर्णमिदं पूर्णात्पूर्णमुदुच्यते।

पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

Om pūrṇamadaḥ pūrṇamidaṁ pūrṇātpūrṇamudacyate ।

pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate ।।

om śāntiḥ śāntiḥ śāntiḥ ।।

(That is fullness, this is fullness. From that fullness this fullness came. From that fullness this fullness removed, what remains is fullness. Om peace, peace, peace)



## मन्त्र पुष्पम् - Mantra Pushpam

ॐ योऽपां पुष्पं वेदं। पुष्पवान् प्रजावान् पशुमान् भवति। चन्द्रमा वा अपां पुष्पम्। पुष्पवान् प्रजावान् पशुमान् भवति। य एवं वेदं॥

Om yo'pām puṣpam veda | puṣpavān prajāvān paśumān bhavati | candramā vāapām puṣpam | puṣpavān prajāvān paśumān bhavati | yaevamveda | |

योऽपामायतनं वेदं। आयतनवान् भवति। अग्निर्वा अपामायतनम्। आयतनवान् भवति। योऽग्नेरायतनं वेदं। आयतनवान् भवति। आपो वा अग्नेरायतनम्। आयतनवान् भवति। य एवं वेदं॥

yo'pāmāyatanaṁ veda | āyatānavān bhavati | agnirvā apāmāyatanaṁ | āyatānavān bhavati | yo'gnerāyatanaṁ veda | āyatānavān bhavati | āpo vā agnerāyatanaṁ | āyatānavān bhavati | ya evam veda | |

योऽपामायतनं वेदं। आयतनवान् भवति। वायुर्वा अपामायतनम्। आयतनवान् भवति। यो वायोरायतनं वेदं। आयतनवान् भवति। आपो वै वायोरायतनम्। आयतनवान् भवति। य एवं वेदं॥

yo'pām āyatanaṁ veda | āyatānavān bhavati | vāyurvā apāmāyatanaṁ | āyatānavān bhavati | yo vāyorāyatanaṁ veda | āyatānavān bhavati | āpo vai vāyorāyatanaṁ | āyatānavān bhavati | ya evam veda | |

योऽपामायतनं वेदं। आयतनवान् भवति। असौ वै तपन्नपामायतनम्। आयतनवान् भवति। योऽमुष्य तपत आयतनं वेदं। आयतनवान् भवति। आपो वा अमुष्य तपत आयतनम्। आयतनवान् भवति। य एवं वेदं॥

yo'pāmāyatanaṁ veda | āyatānavān bhavati | asou vai tapannapāmāyatanaṁ | āyatānavān bhavati | yo'muṣya tapata āyatanaṁ veda | āyatānavān bhavati | āpo vā amuṣya tapataāyatanaṁ | āyatānavān bhavati | ya evam veda | |

योऽपामायतनं वेदं। आयतनवान् भवति। चन्द्रमा वा अपामायतनम्। आयतनवान् भवति। यश्चन्द्रमस आयतनं वेदं। आयतनवान् भवति। आपो वै चन्द्रमस आयतनम्। आयतनवान् भवति। य एवं वेदं॥

yo'pām āyatānaṁ vedā | āyatānavān bhavati | caṇḍramā vā apāmāyatānam |  
āyatānavān bhavati | yaścāṇḍramāsa āyatānaṁ vedā | āyatānavān bhavati | āpo vai  
caṇḍramāsa āyatānam | āyatānavān bhavati | ya evaṁ vedā | |

यौऽपामायतनं वेदं। आयतनवान् भवति। नक्षत्राणि वा अपामायतनम्। आयतनवान् भवति। यो  
नक्षत्राणामायतनं वेदं। आयतनवान् भवति। आपो वै नक्षत्राणामायतनम्। आयतनवान् भवति। य एवं  
वेदं॥

yo'pām āyatānaṁ vedā | āyatānavān bhavati | nakṣatrāṇi vā apāmāyatānam |  
āyatānavān bhavati | yonakṣatrāṇām āyatānaṁ vedā | āyatānavān bhavati | āpo vai  
nakṣatrāṇām āyatānam | āyatānavān bhavati | ya evaṁ vedā | |

यौऽपामायतनं वेदं। आयतनवान् भवति। पर्जन्यो वा अपामायतनम्। आयतनवान् भवति। यः  
पर्जन्यस्यायतनं वेदं। आयतनवान् भवति। आपो वै पर्जन्यस्यायतनम्। आयतनवान् भवति। य एवं वेदं॥

yo'pām āyatānaṁ vedā | āyatānavān bhavati | parjanya vā apām āyatānam |  
āyatānavān bhavati | yaḥparjanyaśyāyatānaṁ vedā | āyatānavān bhavati | āpo vai  
parjanyaśyāyatānam | āyatānavān bhavati | ya evaṁ vedā | |

यौऽपामायतनं वेदं। आयतनवान् भवति। संवत्सरो वा अपामायतनम्। आयतनवान् भवति।  
यस्संवत्सरस्यायतनं वेदं। आयतनवान् भवति। आपो वै संवत्सरस्यायतनम्। आयतनवान् भवति। य एवं  
वेदं॥

yo'pām āyatānaṁ vedā | āyatānavān bhavati | saṁvatsarovā apāmāyatānam |  
āyatānavān bhavati | yassaṁvatsarasyāyatānaṁ vedā | āyatānavān bhavati | āpo vai  
saṁvatsarasyāyatānam | āyatānavān bhavati | ya evaṁ vedā | |

योऽप्सु नावं प्रतिष्ठितां वेदं। प्रत्येव तिष्ठति॥

yo'pṣunāvam pratiṣṭhitām vedā | pratyeva tiṣṭhati | |

ॐ न तत्र सूर्यो भाति न चन्द्रतारकं

नेमा विद्युतो भान्ति कुतोऽयमग्निः ।

तमेव भान्तमनुभातिसर्वं तस्य भासा सर्वमिदं विभाति ॥

Om natatra sūryo bhāti na cāndratāṛakam

Nemā vidyuto bhānti kuto'yamagniḥ ।

Tameva bhāntamanubhātisarvaṁ tasya bhāsā sarvamidam vibhāti । ।

(There the sun does not shine, nor do the moon or stars. There this lightning does not shine, what to talk of this fire? That (awareness) shining, everything shines after it; by the light of that awareness, all this shines in various forms.)

ॐ भद्रं कर्णेभिः श्रुणुयाम देवाः । भद्रं पश्येमाक्षभिर्यजत्राः । स्थिरैरङ्गैस्तुष्टुवाꣳ संस्तूभिः ।

व्यशेम देवहितं यदायुः । स्वस्ति न इन्द्रो वृद्धश्रवाः । स्वस्ति नः पूषा विश्ववेदाः ।

स्वस्ति नस्तार्क्ष्यो अरिष्टनेमिः । स्वस्ति नो बृहस्पतिर्दधातु ।

ॐ शान्तिः शान्तिः शान्तिः ॥

Om bhādraṁ karṇēbhiḥ śruṇuyāma devāḥ । bhādraṁ paśyemākṣabhiryajatrāḥ ।

sthirairāṅgaistuṣṭuvā ꣳ saṁstanūbhiḥ । vyaśēma devahitaṁ yadāyuh ।

svastina indro vruddhaśravāḥ । svasti naḥ pūṣāviśvavedāḥ ।

svasti naṣtārksyo ariṣṭanemiḥ । svasti no bruhaspatirdadhātu ।

om śāntiḥ śāntiḥ śāntiḥ । ।

(O Gods! May we listen to what is meaningful with our ears. May we see with our eyes things that are free from blemish. Glorifying you with Vedic mantras, with strong limbs, may we enjoy our full lives. May Indra of great fame bless us with auspiciousness. May Garuda of unobstructed flight bless us with auspiciousness. May Brhaspati of great intelligence bless us with auspiciousness. Om peace, peace, peace.)

ॐ शन्नो मित्रः शं वरुणः। शन्नो भवत्वयमा।  
शन्न इन्द्रो बृहस्पतिः। शन्नो विष्णुरुक्रमः।  
नमो ब्रह्मणे। नमस्ते वायो। त्वमेव प्रत्यक्षं ब्रह्मासि।  
त्वमेव प्रत्यक्षं ब्रह्मं वदिष्यामि। ऋतं वदिष्यामि।  
सत्यं वदिष्यामि। तन्मामवतु। तद्वक्तारमवतु।  
अवतु माम्। अवतु वक्तारम्॥  
ॐ शान्तिः शान्तिः शान्तिः॥

Om śanno mi<sup>1</sup>traḥ śa<sup>1</sup>m va<sup>1</sup>ruṇaḥ | śanno bhav<sup>1</sup>atvarya<sup>1</sup>mā |  
śanna indro bru<sup>1</sup>ha<sup>1</sup>spa<sup>1</sup>tiḥ | śanno vi<sup>1</sup>ṣṇu<sup>1</sup>ruru<sup>1</sup>kra<sup>1</sup>maḥ |  
na<sup>1</sup>mo bra<sup>1</sup>hma<sup>1</sup>ṇe | na<sup>1</sup>ma<sup>1</sup>ste vāyo | tvame<sup>1</sup>va pra<sup>1</sup>tyak<sup>1</sup>ṣa<sup>1</sup>m bra<sup>1</sup>hma<sup>1</sup>si |  
tvame<sup>1</sup>va pra<sup>1</sup>tyak<sup>1</sup>ṣa<sup>1</sup>m bra<sup>1</sup>hma<sup>1</sup> vadi<sup>1</sup>ṣyāmi | ṛta<sup>1</sup>m vadi<sup>1</sup>ṣyāmi |  
sa<sup>1</sup>tya<sup>1</sup>m vadi<sup>1</sup>ṣyāmi | tan<sup>1</sup>mā<sup>1</sup>ma<sup>1</sup>vatu | tad<sup>1</sup>va<sup>1</sup>ktā<sup>1</sup>ra<sup>1</sup>ma<sup>1</sup>vatu | ava<sup>1</sup>tu mā<sup>1</sup>m |  
ava<sup>1</sup>tuvaktā<sup>1</sup>ra<sup>1</sup>m | | om śā<sup>1</sup>ntiḥ śā<sup>1</sup>ntiḥ śā<sup>1</sup>ntiḥ | |

(May the sun deity give us auspiciousness. May the ocean deity give us auspiciousness. May the lord of manes give us auspiciousness. May the ruler of devatas and the preceptor of devatas give us auspiciousness. May the all pervasive sustainer of creation, Lord Vamana, give us auspiciousness. Salutations to the creator. Salutations to you, O deity of wind! You indeed are the perceptible truth. I understand you to be the perceptible truth. I declare you to be the right understanding. I understand you to be the truthfulness in speech. May the truth protect me. May the truth protect the teacher. May the truth protect me. May the truth protect the teacher. Om peace, peace, peace)

(Reference - Meanings of most shlokas adapted from the book 'Purna Vidya - Puja and Prayers' )