

## Kaya Yoga

### THE PERFECT PRAYER

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।  
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥  
ॐ शान्तिः शान्तिः शान्तिः ॥

OM. Pūṇam adaḥ pūrṇam idaṃ pūrṇāt pūrṇam udacyate;  
Pūṇasya pūrṇam ādāya pūrṇam evāvaśiṣyate.

Om. Śāntiḥ, śāntiḥ, śāntiḥ.

That is perfect. This is perfect. Perfect comes from perfect.  
Take perfect from perfect, the remainder is perfect.  
May peace and peace and peace be everywhere.

### THE SVASTI MANTRA

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।  
सर्वे भद्राणि पश्यन्तु मा कश्चिद्दुःखभाग्भवेत् ॥

Sarve bhavantu sukhinaḥ sarve santu nirāmayāḥ;

Sarve bhadrāṇi paśyantu mā kaścid duḥkhabhāg bhavet.

May all be happy, all be without disease;

May all behold the Good, and none be sorrowful.

## Kaya Yoga

### KATHA UPANISHAD

ॐ सह नावतु । सह नौ भुनक्तु । सह वीर्यं  
करवावहे । तेजस्वि नावधीतमस्तु । मा विद्विषावहे ॥  
ॐ शान्तिः शान्तिः शान्तिः ॥

OM. Saha nāvavatu; saha nau bhunaktu; saha viryam  
karavāvahai; tejasvi nāvadhītam astu; mā vidviṣāvahai.  
Om. Śāntiḥ, śāntiḥ, śāntiḥ.

May He protect us both. May He take pleasure  
in us both. May we show courage together. May  
spiritual knowledge shine before us. May we never  
hate one another. Peace, peace, peace.

### THE GAYATRI MANTRA

ॐ भूर् भुवः सुवहः ।  
तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि ।  
धियो यो नः प्रचोदयात् ॥  
ॐ शान्तिः शान्तिः शान्तिः ॥

OM. Bhūr bhuvahḥ suvahaḥ;  
Tat savitur vareṇyam bhargo devasya dhīmahi;  
Dhiyo yo naḥ pracodayāt.  
Om. Śāntiḥ, śāntiḥ, śāntiḥ.

Body of all. Mind of all. Spirit of all.  
May we meditate on the radiance of the inner light.  
May that Self illumine our thoughts.  
Peace, peace, peace.