



Shanti Path from the Kenopanishad

om āpyāyantu mamāṅgāni vāk prāṇaścakṣuḥ
śrotra matho balam indriyāṇi ca sarvāṇi.
sarvam brahmo paṇṣadam
mā'haṃ brahma nirākuryāṃ
mā mā brahma nirākaroda
anirākaraṇam astva nirākaraṇam me'stu.
tadātmani nirate ya upaṇṣatsu
dharmāste mayi santu te mayi santu.
om śāntiḥ śāntiḥ śāntiḥ.

Translation

May my limbs, speech, vital air, eyes, ears, strength, and all the senses be strong/firm, so that I may perceive, That/Consciousness/Brahman.

May I be steady in my endeavour.

May I always perceive consciousness.

May consciousness never be hidden from my mind.

May the eternal and inherent nature of reality (Dharmas) described in the Upanishads shine in me, who am intent on knowing the self.

May they shine in me.

May they shine in me.

Om! Peace! Peace! Peace!