

## Peace Mantra from Katha Upanishad

**Om Sahana Bhavatu, Sahanao Bhunaktu**

**Sahaveeryam Karvaa vahai**

**Tejaswee Naava Dheeta Mastu Ma Vidvishaa vahai**

**Om Shanti Shanti Shanti**

*Word-by-word meaning:*

*Saha- both; nau-us; avatu- may he protect; bhunaktu-may he nourish; viryam karavavahai-may we acquire the capacity; tejasvi-be brilliant; nau-for us; adhitam- what is studied; astu-let it be; ma vidvisavahai-may we not argue with each other.*

*Translation*

*May He protect both of us. May He nourish both of us. May we both acquire the capacity (to study and understand the scriptures). May our study be brilliant. May we not argue with each other. Om peace, peace, peace.*

*Brief explanation*

*At the beginning of a class, the teacher and students generally recite this peace invocation together. Both seek the Lord's blessings for study that is free of obstacles, such as poor memory, or the inability to concentrate or poor health. They also seek blessings for a conducive relationship, without which communication of any subject matter is difficult. Therefore, this prayer is important for both the teacher and the student.*