

# अथ शान्तिकरणम्

## Atha Shaanti Karaṇam

Here begins the **Shaanti Karaṇa** Chant

*We now begin **Shaanti Karana**. These are prayers to God and to the Cosmic Forces to yield peace in our personality. Without **Shaanti**, there can be no **Swasti**. Without peace there can be no nobility in life. And, this peace is the actual cooling down of the five fires of lust, anger, greed, infatuation and vanity that burn and destroys our divine energy.*

शं न इन्द्राग्नी भवतामवोभिः शं न इन्द्रावरुणा रातहव्या ।  
शमिन्द्रासोमा सुविताय शं योः शं न इन्द्रापूषणा वाजसातौ ॥१॥

1. Om                      Shan na indra-agnee bhava-taam avobhiḥ  
                                    Shan na indraa varuṇaa raata-havyaa,  
                                    Sham-indraa somaa su-vi-taaya shan yoh  
                                    Shan na indraa pooṣha-ṇaa vaaja-saatau

*May the Supreme One, God, Possessor of Radiant Light, give us peace with His protective resources. May the Supreme One, possessor of Choiceworthiness, bountiful in gifts, bring us peace. May the Supreme One and His Devotion create tranquility in us. And, may the Supreme One and His Nourishment grant us harmony in the battle of life.*

शं नो भगः शमु नः शंसो अस्तु शं नः पुरन्धिः शमु सन्तु रायः ।  
शं नः सत्यस्य सुयमस्य शंसः शं नो अर्यमा पुरुजातो अस्तु ॥२॥

2. Om                      Shan no bhagaḥ shamu naḥ shanso astu  
                                    Shan naḥ puran-dhiḥ shamu santu raayaḥ,  
                                    Shan naḥ satyasya su-yamasya shansaḥ  
                                    Shan no aryamaa puru-jaato astu

*May our fortune yield us peace; may the observance of law and order in society bring us peace. May economic prosperity that sustains citizenship confer peace. May our practice of truth and self-discipline generate peace, and may the soul, who performs actions and is born again and again, progress in peace.*

शं नो धा॒ता श॒मु ध॒र्ता नो अस्तु शं न उ॒रू॒ची भ॑वतु स्व॒धाभिः॑।  
शं रोद॑सी बृ॒हती शं नो अ॒द्रिः शं नो दे॒वानां सु॒ह॒वानि सन्तु ॥३॥

3. Om Shan no dhaataa shamu dharttaa no astu  
Shan na u-roo-chee bhavatu sva-dhaabhiḥ,  
Sham rodasee brihatee shan no adriḥ  
Shan no devaanaam suha-vaani santu

*May air and sunlight be peacefully supportive of life. May the spacious earth, with its life-sustaining grains, produce peace in us. May the extensive sky, containing mountain-shaped masses of clouds, rain down peace, and may our invocations of Nature's bounties be chanted in peace.*

शं नो अ॒ग्नि॒ज्योति॑रनी॒को अस्तु शं नो मि॒त्रावरु॑णाव॒श्विना॒ शम्।  
शं नः सु॒कृतां सु॒कृता॑नि सन्तु शं न इ॒षि॒रो अ॒भि वा॑तु वा॒तः ॥४॥

4. Om Shan no agnir jyotir aneeko astu  
Shanno mitraa varuṇaa vash-vinaa sham,  
Shan naḥ sukritaam sukri-taani santu  
Shan na iṣhiro abhi-vaatu vaataḥ

*May fire, whose force is light, bring us peace. May hydrogen and oxygen, and all other dual forces, generate peace. May the actions of righteous people create an atmosphere of peace, and may the refreshing winds blow peace on us.*

शं नो द्या॒वापृ॑थि॒वी पू॒र्व॒हू॒तौ श॒म॒न्तरि॑क्षं दृ॒शये॑ नो अस्तु ।  
शं न ओष॑धी॒र्व॒नि॒नो भ॑वन्तु शं नो रज॑स॒स्पति॑रस्तु जि॒ष्णुः ॥५॥

5. Om Shan no dyaavaa prithivee poorva-hootau  
Sham antarikṣham drishaye no astu,  
Shan na oṣha-dheer vanino bhavantu  
Shan no rajasas patir-astu jiṣṇuḥ

*May light and darkness inspire peace at the time of dawn when we make our first invocations. May the sky be there for us to look at, to expand our vision. May medicinal herbs and forest trees contribute to a healthy and peaceful surrounding. And may the sun that victoriously rules over this planetary system be for our peace.*

शं न इन्द्रो वसुभिर्देवो अस्तु शमादित्येभिर्वरुणः सुशंसः।  
शं नो रुद्रो रुद्रेभिर्जलाश्वः शं नस्त्वष्टा ग्नाभिरिह शृणोतु ॥६॥

6. Om Shan na indro vasu-bhir devo astu  
Sham aaditye-bhir varuṇaḥ su-shansaḥ,  
Shan no rudro rudre-bhir jala-aśvaḥ  
Shan nas-tvaṣṭa-g-naa-bhi-riha shri-ṇotu

*May electricity, the cosmic force acting in conjunction with the eight Vasus (earth, water, fire, air, space, moon, sun, and stars) that keep the universe inhabited, send forth peace to us. May the twelve months that make up the year give us the gift of peace. May the soul, made comfortable in the body by the presence of the vital airs, traverse the pathways of the world in peace. And, may the discriminating scholar, with words of inspiration, motivate us to listen for peace.*

शं नः सोमो भवतु ब्रह्म शं नः शं नो ग्रावाणः शमु सन्तु यज्ञाः।  
शं नः स्वरूपां मितयो भवन्तु शं नः प्रस्वश्वः शम्बस्तु वेदिः ॥७॥

7. Om Shan naḥ somo bhavatu brahma shan naḥ  
Shan no graa-vaa-ṇaḥ shamu santu yaj-ñaaḥ,  
Shan naḥ svaroo-ṇaam mitayo bhavantu  
Shan naḥ prasvaḥ sham-vastu vediḥ.

*May the devotion that we generate and the Mantras we chant in our ceremonies bring us supreme peace. May the ceremonies themselves, and everything associated with them – the ceremonial altars, the stones used to build them, the measurements of the pillars in the ceremonial halls, and the well-grown herbs offered onto the blazing ceremonial fires – all yield peace unto us.*

भगवन! हमारा ऐश्वर्य शांतिदायक हो, हमारी प्रशंसा शांतिदायक हो, हमारी बुद्धि शांतिदायक हो, सब प्रकार के धन शांतिदायक हो, शासन शांतिदायक हो, श्रेष्ठो का मान करने वाला न्यायकारी भगवान शांतिदायक हो.

*Bhagavan! hamaaraa aishwary shaanti-daayak ho, hamaaree prashansaa shaanti-daayak ho, hamaaree buddhi shaanti-daayak ho, sab prakaar ke dhan shaanti-daayak ho, shaasan shaanti-daayak ho, shesṭho kaa maan karne waalaa nyaaya-kaaree bhagavaan shaanti-daayak ho.*

*May the vegetable kingdom bring us peace and harmony. May the all round knowledge of the material world bring happiness to us. May we derive the fullest benefit from Mother Earth. May our experiments be blessed with success and may the pillars of our buildings be built on good foundations and may our houses be well designed. May the stores of grains and children in the household bring us peace and happiness.*

अथ शिवसंकल्प मंत्रः Atha Shiva Saṅkalpa Mantraḥ

Here we begin the Shiva Saṅkalpa Mantras

यज्जाग्रतो दूरमुदैति दैवं तदु सुप्तस्य तथैवैति ।  
दूरङ्गमं ज्योतिषां ज्योतिरेकं तन्मे मनः शिवसङ्कल्पमस्तु ॥

8. Om Yaj-jaagrato dooram-udaiti daivam  
tadu suptasya tathaivaiti,  
Doorāṅgamam jyotiṣhaam jyotir-ekam  
tanme manaḥ shiva-saṅkalpam-astu.

*That far going light of all lights that flies to the distances in one's wakeful state, and even so, in one's sleep, may that my mind be filled with beautiful and benevolent thoughts.*

येन कर्माण्युपसो मनीषिणो यज्ञे कृण्वन्ति विदथेषु धीराः ।  
यदपूर्वं यक्षमन्तः प्रजानां तन्मे मनः शिवसङ्कल्पमस्तु ॥

9. Om Yena karmaaṇ-yapaso manee-ṣhiṇo  
yaj-ñe kriṇvanti vida-the-ṣhu dhreeraaḥ,  
Yada poorvam yak-ṣham antaḥ prajaa-naam  
tanme manaḥ shiva-saṅkalpam-astu

*That mind, with the help of which wise people perform sacred deeds in sacrifices, and patient people enter into the battlefield of life, that which is the unique, mysterious light hidden in the innermost recess of our heart, may that my mind be filled with beautiful and benevolent thoughts.*

यत् प्रज्ञानमुत चेतो धृतिश्च यज्ज्योतिरन्तरमृतं प्रजासु ।  
यस्मान्न ऋते किञ्चन कर्म क्रियते तन्मे मनः शिवसङ्कल्पमस्तु ॥

10. Om Yat prajñaa-nam-uta cheto dhritish-cha  
yaj-jyotir antar amritam prajaasu,  
Yasmaan-na rite kiñ-chana karma kriyate  
tanme manaḥ shiva-saṅkalpam-astu

*That mind which is consciousness in itself, that which is awareness, that which is patience, and sustenance and memory, that which is the Amrita Jyotee, the deathless light, hidden in the hearts of all created beings, that without which no action can be performed, may that my mind be filled with beautiful and benevolent thoughts.*



येनेदं भूतं भुवनं भविष्यत् परिगृहीतममृतेन सर्वम् ।  
येन यज्ञस्तायते सप्तहोता तन्मे मनः शिवसङ्कल्पमस्तु ॥

11. Om Yene-dam bhootam bhuva-nam bhaviṣh-yat  
pari-griheetam amritena sarvam,  
Yena yaj-ñas-taayate sapta hotaa  
tanme manah shiva-saṅkalpam-astu.

*That deathless light by which is sustained all the past, present and future, that by which the sacrifice that has seven priests (five senses, ego, and intellect) is extended and spread, may that my mind be filled with beautiful and benevolent thoughts.*

यस्मिन्नृचः साम यजूंषि यस्मिन्प्रतिष्ठिता रथनाभाविवाः ।  
यस्मिंश्चित्तं सर्वमोतं प्रजानां तन्मे मनः शिवसङ्कल्पमस्तु ॥

12. Om Yasmin-nrichaḥ saama yajoomṣhi  
yasmin pratiṣh-ṭhitaa ratha-naa-bhaa-vivaa-raah,  
Yas-minsh-chittam sarvam-otam prajaa-naam  
tanme manah shiva-saṅkalpam astu

*That mind in which is sustained the knowledge of the Rigveda, the music of the Saama-veda, and the scared deeds of the Yajurveda, like spokes in the hub of a wheel, that in which is woven and interwoven all consciousness of all beings, may that my mind be filled with beautiful and benevolent thoughts.*

सुषारथिरश्वानिव यन्मनुष्यान्नेनीयतेऽभीशुभिर्वाजिन इव ।  
हृत्प्रतिष्ठं यदजिरं जविष्ठं तन्मे मनः शिवसङ्कल्पमस्तु ॥

—यजुः० अ० ३४। मं० १-६॥

13. Om Su-ṣhaa-rathir ashvaa-niva yan-manuṣhyaan  
ne-nee-yate'bhee-shu-bhir vaa-jina iva,  
Hrit pra-tiṣh-ṭham yad a-jiram javiṣh-ṭham  
tanme manah shiva-saṅkalpam-astu

*That mind which ever leads people like an expert charioteer controlling the reins of horses (the wise in control of the mind at all times), that which is heart-abiding, ever moving and the speediest of all forces, may that my mind be filled with beautiful and benevolent thoughts.*

स नः पवस्व शं गवे शं जनाय शमर्वते ।

शं॒ रा॒ज॒न्नो॒षधी॒भ्यः ॥२६॥ —साम० उत्तरा० प्रपा० १। मं० ३॥

14. Om Sa naḥ pavas-va sham gave  
Sham janaaya sham arvate,  
Sham raajann-oṣha-dhee-bhyaḥ.

*O King! O God! With your Peaceful Flow bring peace to the world of animals, and peace to the world of human beings, too. Peace, indeed, to the world of trees and plants.*

अभयं नः करत्यन्तरिक्षमभयं द्यावापृथिवी उभे इमे ।  
अभयं पश्चादभयं पुरस्तादुत्तरादधरादभयं नो अस्तु ॥

15. Om Abhayan-naḥ karaty-antarikṣham  
abhayan dyaavaa prithivee ubhe ime,  
Abhayam pash-chaad abhayam puras-taad  
utta-raad adha-raad abhayan no astu

*May the sky cause us no fear. No fear from both heaven and earth. No fear from behind, or from in front. Let there be fearlessness for us from above and from below.*

अभयं मित्रादभयममित्रादभयं ज्ञातादभयं परोक्षात् ।  
अभयं नक्तमभयं दिवा नः सर्वा आशा मम मित्रं भवन्तु ॥  
—अथर्व० कां० १९।१५।५, ६

16. Om Abhayam mitraad abhayam amitraad  
Abhayañ jñaa-taad abhayam parok-ṣhaat,  
Abhayan naktam abhayan divaa naḥ  
Sarvaa aashaa mama mitram bhawantu

*No fear from our friends, or from those who are unfriendly to us. No fear from the known, or from the unknown. No fear in the night, or in the day. May we be friends unto all directions, and may all directions be friendly unto us.*

॥ इति शान्तिकरणम् ॥

Iti Shaanti Karaṇam  
Here ends the Shaanti Karaṇa Chant.