



### **GAYATRI MANTRA**

**Aum Bhur Bhuvah Svaha  
Tat Savitur Vareniyam  
Bhargo Devasya Dhimahi  
Dhiyo Yo Nah Prachodayat**

Thou art the giver of life, remover of pain and sorrow  
The bestower of happiness  
May we receive thy supreme sin-destroying light  
May Thou guide our intellect in the right direction  
**Rg Veda 3.62.10**

### **BHOJAN MANTRA**

**Aum brahmarpanam brahma havir  
brahmagnau brahmana hutam  
brahmaiva tena gantavyam  
brahma-karma-samadhina**

**aham vaisvanaro bhutva  
praninam deham asritah  
pranapana-samayuktah  
pacamy annam catur-vidham**

Brahman is the instrument to offer with: Brahman is the oblation. By Brahman is the oblations offered into the fire of Brahman; Brahman alone is to be reached by him who meditated on Him in his works. **(BG.4.24)**

I am the fire of digestion in every living body, and I am the air of life, outgoing and incoming, by which I digest the four kinds of foodstuff. **(BG 15.14)**

### **SHANTI MANTRA**

**Aum saha nāvavatu  
saha nau bhunaktu  
saha vīryaṃ karavāvahai  
tejasvināvadhītamastu mā vidviṣāvahai  
oṃ śāntiḥ śāntiḥ śāntiḥ**

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.

**(Taittiriya, Katha, Mandukya and Shvetashvatara Upanishad)**