



HIMALAYAN
INSTITUTE®
THE ART OF JOYFUL LIVING™

Prayers of the Tradition

Om, Gurur brahmā Gurur vishnuḥ Gurur devo maheshvaraḥ Guruh sākshāt param brahma Tasmai shrī gurave namaḥ	The Guru is Brahma (the creator) The Guru is Vishnu (the sustainer) The Guru is Shiva (the Lord of dissolution) Truly, the Guru is the Transcendent One To that most venerable Guru, homage.
Asato mā sad gamaya Tamaso mā jyotir gamaya Mrityor mā amritam gamaya	Lead me from the unreal to the real Lead me from darkness to light Lead me from mortality to immortality
Om Saha nāvavatu Saha nau bhunaktu Saha vīryam karavāvahai Tejasvi nāvadhītam astu Mā vidvishāvahai	O Lord, may we be protected May we be nourished May we create strength among one another May our study be filled with light May there be no ill-feeling among us
Om shāntiḥ shāntiḥ shāntiḥ	Om, Peace, peace, peace
Om pūrnam adaḥ pūrnam idam Pūrnat pūrnam udacyate Pūrnasya pūrnam ādāya Pūrnam evāvashishyate	This is perfect, that is perfect Perfection arises from the perfect When perfection is taken from the perfect Perfection still remains
Om shāntiḥ shāntiḥ shāntiḥ	Om, peace, peace, peace