Śanti Mantras

Om sa ha nāvavatu | sa ha nau bhunaktu | saha vīryāṁ karavāvahai |
tējasvināvadhītamastu | mā vidviṣāvahai || om śāntih śāntih śāntih ||

śaḥ -- he; ha -- indeed; nau -- both of us; avatu -- may protect; saḥ -- he; ha -- indeed; nau -- both of us; bhunaktu -- may nourish; saha -- together; vīryāṁ karavāvahai -- may we acquire the capacity (to study and understand the scriptures); tejasvi -- brilliant; nau -- for us; adhītam -- what is studied; astu -- let it be; mā vidviṣāvahai -- may we not disagree with each other; om śāntih śāntih śāntih -- om peace, peace, peace

May the Lord indeed, protect both of us. May he indeed, nourish both of us. May we together acquire the capacity (to study and understand the scriptures). May our study be brilliant. May we not disagree with each other. Om peace, peace, peace.

Om pūrṇamadāḥ pūrṇamidaṁ pūrṇātpūrṇamudacyate |
pūrṇasya pūrṇamādyā pūrṇameva vaisisyate ||

pūrṇam -- is fullness; adah -- that; pūrṇam -- is fullness; idam -- this; pūrṇāt -- from that fullness; pūrṇam -- this fullness; udacyate -- has come; pūrṇasya -- of that fullness; pūrṇam -- this fullness; ādāya -- having removed; pūrṇam -- the fullness; eva -- only; avasisyate -- remains; om śāntih śāntih śāntih -- om peace, peace, peace

That is fullness, this is fullness. From that fullness this fullness came. From that fullness this fullness removed, what remains is fullness. Om peace, peace, peace.