

*Invocations of the Mother*

**Om**

**Ānandamayī**

Om—She, the Delight  
(We invoke supreme bliss)

**Chaitanyamayī**

She, the Consciousness  
(We invoke supreme consciousness)

**Satyāmayī**

She, the Truth  
(We invoke supreme truth)

**Parame**

She, the Supreme  
(Eternally)

*Protection for Growth*

Oṃ saha nāv avatu | saha nau bhunaktu |  
saha vīryaṃ karavāvahai |  
tejasvi nāvadhītam astu mā vidviṣāvahai ||  
Oṃ śāntiḥ śāntiḥ śāntiḥ |

May we together be protected,  
May we together be nourished.  
May we work together with vigor,  
May our study be illuminating.  
May we be free from discord.  
Oṃ Peace, Peace, Peace!

*Sahntipath – The descent of universal peace*

om pūrṇamadaḥ pūrṇamidam pūrṇāt pūrṇamudacyate |  
pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate ||  
om śāṃtiḥ śāṃtiḥ śāṃtiḥ ||

Om! That is full; this is full, from the fullness the fullness  
arises.

When the full is taken from the full, what remains is full  
indeed.

Om! Peace! Peace! Peace!

Mūlādhāra	<i>Laṃ</i>	<i>Sa</i>
svadhīsthana	<i>Vaṃ</i>	<i>Re</i>
Maṇipūra	<i>Raṃ</i>	<i>Ga</i>
Anāhata	<i>Yaṃ</i>	<i>Ma</i>
Viśuddha	<i>Haṃ</i>	<i>Pa</i>
Ājñā	<i>Kṣaṃ/Haṃ/Om Dha</i>	
Sahasrāra	<i>Śrī/Om</i>	<i>Ni</i>

*Om pṛthvī Namaḥ*

*Om Mahāsarasvatī Namaḥ*

*Om Samudrāi Namaḥ*

*Om Mahālakṣmī Namaḥ*

*Om Agni Namaḥ*

*Om Mahākālī Namaḥ*

*Om Vāyu Namaḥ*

*Om Maheśvarī Namaḥ*

*Om ākāśai Namaḥ*

*Om Aditi Namaḥ*

*Om*

*Hrām*

*Hrīm*

*Hrūm*

*Hraim*

*Hraum*

*Hraḥ*

*Om Aim*

*Om Hrīm*

*Om Śrīm*

*Om Khaphareṃ*

*Om Hasrauum*