

**PRIMORDIAL SOUND MEDITATION  
SHANTI MANTRA**

**Aitareya Upanishad**

Om

Vangme manasi pratisthita

mano me vaci pratisthitam

avir avir ma edhi

Vedasya ma aniisthah

srutam me ma prahasir

anenadhitenahoratan samdadhami

Rtam vadisyami

satyam vadisyami

tanmam avatu

tadvaktaram avatu

avatu mam

avatu vaktaram

avatu vaktaram

Om Shanti Shanti Shanti

## **Shanti Mantra Phonetic Pronunciation**

Om

Vang may man a see prah tish tee tah

Man o may vaa chee prah tish tee tam

Ah veer ah veer mah ay dee

Vey das ya mah ah nee ish tah

Shru tam may mah pra hah seer

Ah nay nah dee tay nah hor rah tran sam dah dah me

Ri tam vah dis yah me

Sat yam vah dis yah me

Tan mam a vah too

Tad vac tar ram a vah too

A vah too mam

A vah too vac tar ram

A vah too vac tar rah am

Om shan tee, shan tee, shan tee hee