

ŚĀNTIPATAḤ

Often chanting practice was preceded or ended with a passage asking for a peaceful flow and sound link between chanter, chanted and its purport. This chant is requesting a peaceful flow and positive link between the three aspects of the psyche: body, energy and mind; with the deeper awareness.

om |

om śāntiḥ |

om śāntiśśāntiḥ |

om śāntiśśāntiśśāntiḥ |

- repeat the last line again and take the chant back to the first line softening as you go.