

## Beginning Prayer

स॒ह॒ना॑ववतु । स॒ह॒ नौ॑ भुनक्तु । स॒ह॒वी॑र्यं॒ङ्क॒रवा॑वहै ।  
ते॒ज॒स्वि॒ना॒वधी॑तमस्तु॒ मा वि॑द्विषा॒वहै॑ ॥

ॐ शान्तिः॑ शान्तिः॑ शान्तिः॑ ॥

*Sahanāvavatu Sahanau bhunaktu Sahavīryaṅkaravāvahai*

*Tejasvināvadhītamastu mā vidviṣāvahai*

*Om Śāntiḥ Śāntiḥ Śāntiḥ*

sah - he; ha - indeed; nau - we two; avatu - may protect; sah -  
he; ha - verily; nau - we two; bhunaktu - may nourish; saha -  
(we two) together; vīryam karavāvahai - may acquire the capacity  
(to study and understand the scriptures). adhītam - what is studied;  
tejasvi - be brilliant; nau - for us; astu - let it be; mā  
vidviṣāvahai - may we not cavil at each other

May he protect us both. May he nourish us. May we acquire the capacity  
(to study and understand the scriptures). May our study be brilliant.  
May we not cavil at each other.