

YOGA SIMPLEMENT

SHANTI MANTRA

Mantra de paix

Om saha naavavatu
Saha nau bhunaktu
Saha veeryam karavava hai
Tejasvi nava dhi tamastu
Maa vivvishava hai
Om shanti shanti shanti

SHANTI PATH

Chemin de paix

Asato ma sat gamaya
Tamaso ma jyotir gamaya
Mrityor ma amritam gamaya
Sarvesham svastir bhavatu
Sarvesham shantir bhavatu
Sarvesham poornam bhavatu
Sarvesham mangalam bhavatu
Loka samastah sukhino bhavantu
Om tryambakam yaja mahe
Sugandhim pushtivardhanam
Urvaa rukamiva bandhanat
Mrityor mukshi ya mamritaat

MAHA MRITYUN JAYA MANTRA

Mantra universel de la Guérison

Om tryambakam yaja mahe
Sugandhim pushtivardhanam
Urvaa rukamiva bandhanat
Mrityor mukshi ya mamritaat

GAYATRI MANTRA

Mantra du Soleil et de la Sagesse

Om bhu bhuvah swaha
Tat savitur varenyam
Bhargo devasya dhi mahi
Dhiyo yonah prachodayaat