SACRED MANTRAS

Asato Ma Sadgamaya

असतो मा सद्गमय
तमसो मा ज्योतिर्गमय
मृत्योर्मा अमृतं गमय
ॐ शान्तिः शान्तिः शान्तिः ॥

asato mā sad gamaya
tamaso mā jyotir gamaya
mṛtyor mā amṛtaṃ gamaya
oṃ śāntiḥ śāntiḥ śāntiḥ

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asataḥ
from the unreal, the untrue

mā
me

sat
to the real, the true

gamaya
lead

tamasaḥ
from darkness

jyotiḥ
to light

mṛtyoḥ
from death

amṛtam
to immortality, what never dies

śāntiḥ
peace

From the unreal lead me to the real. From darkness lead me to light. From death lead me to immortality. Om, peace, peace, peace.

Say it when you light the evening lamp, before study, or in any hard moment.