

Listen to this chant at [svastha.net/peace-chants](http://svastha.net/peace-chants)

om pūrṇamadaḥ pūrṇamidaṃ pūrṇāt

pūrṇamudācyate |

pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate ||

om śāntiḥ śāntiḥ śāntiḥ ||

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ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते।

पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते॥

ॐ शान्तिः शान्तिः शान्तिः॥