

**OM POORNAMADAH POORNAMIDAM
POORNAAT POORNAMUDACHYATE
POORNASYA POORNAMAADAAYA
POORNAMEVA AVASHISHYATE
OM SHANTI SHANTI SHANTIH**

THAT (BRAHMAN) IS WHOLE
THIS (CREATION) IS ALSO WHOLE
FROM THAT WHOLE (I.E. BRAHMAN ONLY)
THIS WHOLE HAS COME OUT (CREATION)
BUT EVEN THOUGH THIS WHOLE HAS COME
OUT OF THAT WHOLE
YET THAT WHOLE REMAINS WHOLE ONLY

(i.e. Brahman remains unaffected, retains His/Its fullness and completeness.) Let there be no discard anywhere
in the world. Let peace prevail.