

# Vedic Chanting

Nov 21, 2021

## **Aachaman**

**Om amrit-opas-tara-ṇamasi swaahaa ( water over us)**

**Om amrita-apidhaa-namasi swaahaa (water under us)**

**Om satyam yashaḥ shreer mayi shreeḥ shra-ya-taam swaahaa (Truth, Fame, Spiritual Wealth we seek)**

**Om vaaṅ ma aasye 'stu (Corners of lips) -**

**Om nador me praaṇo 'stu (Nostrils) -**

**Om akṣhṇor me chakṣhur astu (Eyes) -**

**Om karṇa-yor me shro-tram astu (Ears) -**

**Om baah-wor me balam astu (Shoulders) -**

**Om oor-wor ma 'ojo 'stu (Thighs) -**

**Om ariṣh-ṭaani me'ṅgaani tanoos tanwaa me saha santu (All over)**

**Om tejosi tejo mayi dhehi**

**Om veeryamasi veeryam mayi dhehi**

**Om balamasi balam mayi dhehi**

**Om ojosi Ojo mayi dhehi**

**Om manyurasi manyurmayi dhehi**

**Om sahosasi saho mayi dhehi**