

Mantra of Perfection: OM PURNAM ADAHA

This is an ancient Vedic Sanskrit chant of perfection and wholeness. (Purnima is the full moon.) The whole is perfect. Whatever is taken from the whole is whole. Whatever remains, remains whole. Adding to or taking from perfection does not change perfection; And most importantly, that you are the underlying perfection of existence.

OM PURNAM ADAHA
PURNAM IDAM
PURNAAT
PURNAM UDACHYATAY
PURNASYA
PURNAM ADAYA
PURNAM AYVA VASHISHYATAY

Purnam = Whole, Perfection
Adaha = That
Idam = This
Purnaata = from This Perfection
Purnam Udachyatay = Arises, Taken from Perfection
Purnasya = from Perfection
Purnam Adaya = remove
Purnam Ayva = Even then Perfection
Vashishyatay = Remains

*Recorded and Mixed at Chaytan Studio
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