

## Protection Mantra for Beginning of Classes

### Protection Mantra for Beginning of Classes ? Sankalpa (Making an Intention for the Practice)

Saha N?vavatu<sup>[1]</sup> byMaggie Reagh<sup>[2]</sup>

#### Saha Navavatu - ?anti Patham ? Peace Lessons

Saha n?vavatu

Saha nau bhunaktu

Saha viryam karav?vahai

Tejasvi n?vadhitamastu m? vidvi?avahai

Om ??nti???nti???nti?

#### Translation

May we be protected as we study together

May the learning-teaching experience generate much joy

May it leave us energized

May it fill us with Light, dispelling all darkness or misunderstandings between us

May it bring Peace to our thoughts, words and actions ? body, speech, and mind

May this Peace free us from our own negative actions (adhatmikam), those of others (adhibautikam), and any natural disasters (adhidaivikam) ? These are the three types of human suffering.

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**Source URL:** <http://www.yogatherapyinternational.com/node/6>

**Links**

[1] <http://soundcloud.com/maggie-reagh/saha-navavatu>

[2] <http://soundcloud.com/maggie-reagh>