

Plegarias y Mantras

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असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ।
ॐ शान्तिः शान्तिः शान्तिः ॥

Om̐

Asato mā sad gamaya
Tamaso mā jyotir gamaya
Mr̥tyor mā amṛtaṃ gamaya
Om̐ Śāntiḥ Śāntiḥ Śāntiḥ

Om̐

Llévame del no-ser al ser.
Llévame de la tiniebla a la luz.
Llévame de la muerte a la inmortalidad.
Om̐ Paz Paz Paz!

Om̐

Porta'm del no-ésser al ser.
Porta'm de la tenebra a la llum.
Porta'm de la mort a la immortalitat.
Om̐ Pau Pau Pau!

Om̐

Lead me from unreal to real;
from darkness (of ignorance) to light (of knowledge);
from death (the sense of limitation) to immortality (limitlessness, liberation).
Om̐ Peace Peace Peace!

[Translation: Parmarth Yoga & Meditation Centre, Parmarth Niketan, Swargashram, Rishikesh]